



Parenting with Peace: *A Time of Reflection & Prayer for Single Parents*

In general, parenting is hard. There is no doubt that parenting alone can be exponentially harder. This resource was designed to give you an opportunity to stop, breathe, and reflect on how you can invite God and the body of Christ into your current situation. Going through this exercise will not fix everything, but it will hopefully give you a different perspective and prompt you to invite others into your journey. No matter who you are, this truth is for you: you weren't meant to live life alone, and you certainly weren't meant to parent alone.

Set aside at least 30 minutes to read through the Scripture, prompts, and questions that follow. Take time with each section and write down what the Lord brings to you.

Start with reading Philippians 4:4-9

[4] Rejoice in the Lord always; again I will say, rejoice. [5] Let your reasonableness be known to everyone. The Lord is at hand; [6] do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

[8] Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. [9] What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Take a few moments to pray that God would still your heart, open your mind, and anything else that you think of.

In the midst of your current circumstances, can you identify one way that you can rejoice in the Lord at this point in your life? Write this down. If you can list more, definitely do.

Philippians 4:7 says, "The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Write down your thoughts about this Scripture.

Write down a few things about family life that you want to consistently put before God in prayer. These are likely things that you think about often yet might forget to pray about.

Who are a few people in your life (maybe at your church) with whom you can share these requests? These are people you trust (or are working to trust) and who want to help you in your life and faith.

As you go through your daily life, what are some discouraging thoughts that often pop into your head? How can you reframe these thoughts to think about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy?

Close out your time in prayer, asking God to lead and guide you through any disappointment you may have. Decide who you are going to call today and ask for prayer (and maybe practical help). Consider setting aside a time in the future to revisit these questions or to reflect on how you can continue to invite God into these areas of your life.