

Too Pooped to
Parent



Living Gracefully



You might be too busy if.....

- You feel as though you are constantly trying to catch up at work or home.
- There's rarely a break in your schedule.
- You are regularly late.
- You don't have time to eat three healthy meals a day, much less one with your family.
- You don't exercise.
- Your mail is piled up because you haven't had time to open it.
- Your to-do list is rarely checked off.



Effects of busyness on our children

	ALL ADULTS		BORN AGAIN		NOT BORN AGAIN	
	WELL	NOT WELL	WELL	NOT WELL	WELL	NOT WELL
Intellectually	18%	50%	16%	54%	19%	47%
Physically	16	54	14	57	18	52
Emotionally	12	62	10	69	13	57
Spiritually	8	71	5	84	9	61
Morally	8	75	6	84	9	68
Base	1011		417		594	

Americans Agree: Kids Are Not Being Prepared for Life

(Source: The Barna Group, Ventura, CA)

October 26, 2004



Does it take a village?

- The responsibility of the spiritual and moral development of your child is yours.
- God is very serious about the role that parents play in the development of children's moral and spiritual growth (Deut. 6: 4-9)



Lead by example

- Make sure your children know your priorities
- Make sure you know your priorities
- Be consistent in your decisions – When they concern your children and when they concern you



Where the tires hit the pavement

- Work – how much is too much?
- Sports – perspective is key
 - **Points to consider for high school coaches, parents and athletes:**
 - • 11, 999 of 12,000 high school athletes will never play college sports.
 - • Only about 1 athlete in every 10 high schools will play sports in college.
 - • Less than 1% of high school athletes receive scholarship money to play sports in college.



5 Rules

- **Learn to say no.** *No* will empower you to bring your schedule under control. You have the right and the responsibility to decline activities that do not fit into your schedule or reflect your personal goals. What activities do you need to let go?
- **Promise little, if anything at all!** You may be tempted to tell people you'll do little things, but when life become hectic, it's far too easy to forget what you've promised. You'll have more integrity and less stress if you underpromise and overdeliver. Rather than saying you'll get something done tomorrow, say "by the end of the week." Then when you finish tomorrow, the other person is delighted and you've eliminated the stress of trying to meet an ambitious, self-imposed deadline.



5 rules

- **Set boundaries on your time.** To keep your priorities, you must guard the time you set aside for them. Have “no technology” periods in which you turn off cell phones, TV and computers. Protect time with your family and friends. And if you’re falling behind, block out a day or a few hours to stop and catch up.
- **Don’t feel pressured to respond immediately.** When someone makes a request, don’t feel compelled to give him or her an answer on the spot. “Let me think about that and get back to you” or “I’ll let you know tomorrow [or next week, etc.]” will suffice. Especially if you’re a people pleaser, it is critical that you don’t answer yes on the spot. You will often end up regretting your commitment later.
- **Give yourself permission to complete tasks imperfectly.** One of the biggest reasons people procrastinate then spend more time than necessary on some activities is their obsession with perfection. Live your God-given purpose with excellence, but resist the temptation to chase the elusive goal of perfection



What to do tomorrow?

- Apply the 5 rules
- Live gracefully
- Live on purpose
- Unpack your schedule and unpack your life