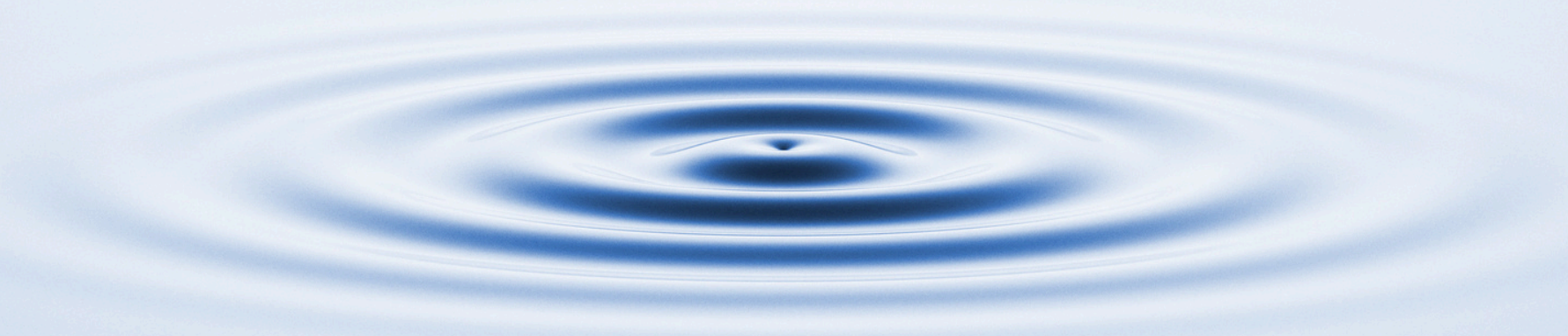


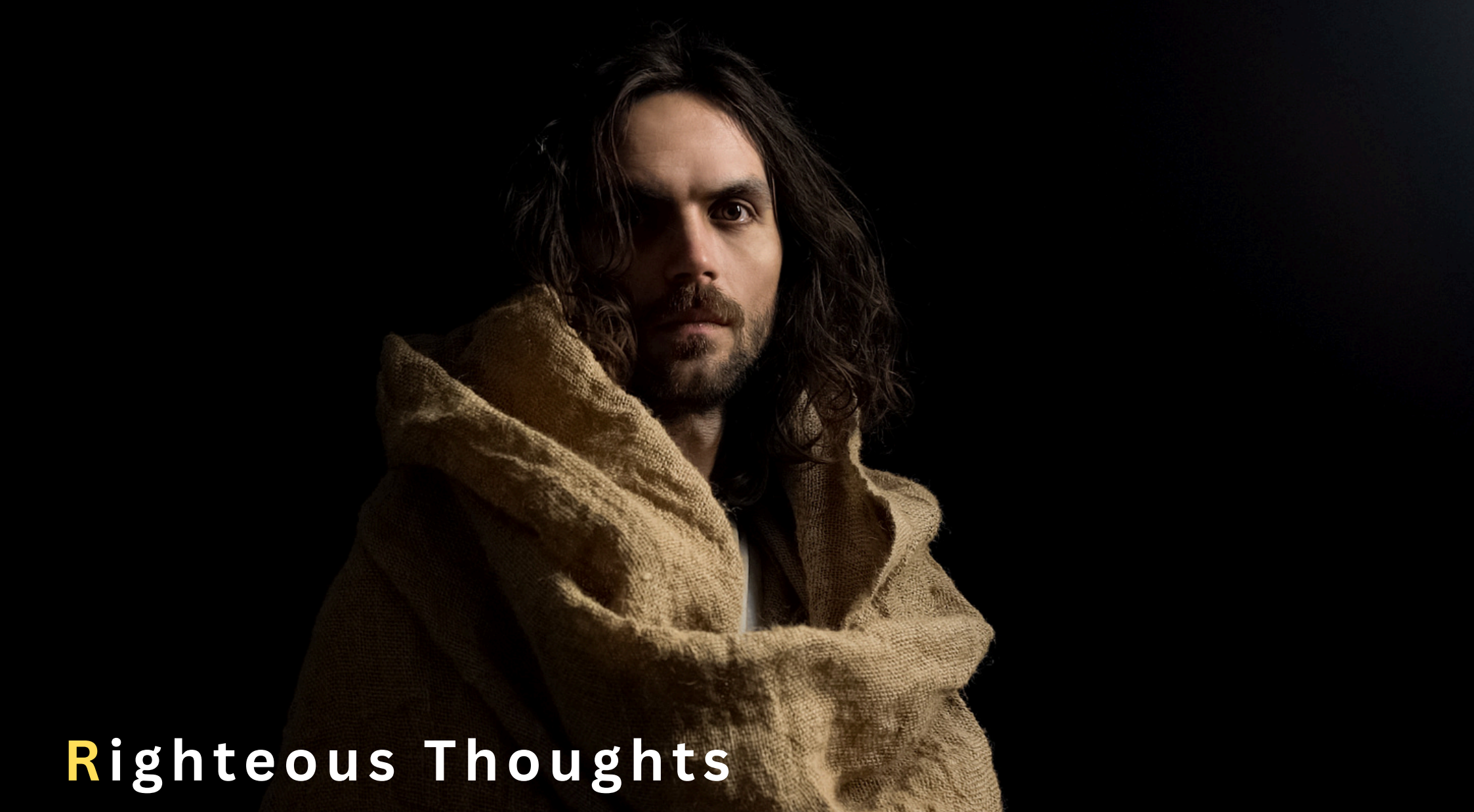
6 Tips to Stop
Negative Thoughts as a
Christian Parent

P . R . A . I . S . E



Pure Thoughts

As a parent, consider the purity of your motives, especially when thinking about your child's behavior or choices. Are your thoughts constructive, or are they clouded by worry or resentment? Philippians 4:8 calls us to dwell on what's pure to keep our hearts right.



Righteous Thoughts

Think about what is right and just in the context of your relationship with your child. When you focus on righteous thoughts, you consider how you can act fairly and kindly, even in challenging situations. Ask yourself, “How can I be fair and model godly character?”



Admirable Thoughts

Reflect on the positive qualities of your child, even if they're struggling. What are the admirable traits they've shown? This focus helps you see their potential and encourages a hopeful perspective.



Inspirational Thoughts

Focusing on what brings joy and warmth can inspire a more positive outlook and help you appreciate the beauty in your child's growth, however gradual. This can include memories, progress made, or little moments of connection.



Steadfast Thoughts

Anchor your thoughts in what is praiseworthy and worthy of commendation. Reflect on your child's small victories, strengths, and the blessings of parenthood. Praising God for these things builds gratitude and steadiness, helping you stand firm when challenges arise.



Excellent Thoughts

When you think on things that are excellent, you seek the best for your child, letting God's standards guide your heart.