

10-2-14 Parenting Class #3

Follow up: Create a House of Order

Class member: Our mission statement we did last year. Wrote a family cheer this year.

Class member: I've taken this class for 7 years. I wrote my mission statement last year, hung it on my wall, and didn't do anything else. My kids got in a fight this week. I sat one of them on a chair and I read part of it to my son. "What are you going to do for your brother right now? You helped write this you can help make our house better."

Class member: Our motto is "Pray, Play, Stay!"

Class member: It took us forever, but we wrote it last year and say it before FHE. "In so doing we honor the sacrifices before and honor those still to come."

How has this influenced your family?

Class member: I feel like they think "This is what we do." I feel like it comes more readily to their memory. We say it before FHE each week.

The absorb and internalize it.

Class member: My 3 yr old had it memorized in a few weeks. She put in that she wanted to listen to the Holy Ghost. 8, 4, 2...the 2 yr old try to say it. They can memorize, internalize, and understand what it says.

It makes me part of a family group. I fit here. This is my place. It's important in developing that. How many of you sing "I am a child of God". It I came to you and say "Do you feel like you are going to the Celestial Kingdom?" You would say no, but "I know I can eventually." It's because we don't always feel too united in the family we are a part of.

Some of you don't have that close relationship with your siblings. So it's more difficult to

Class member: Last week I didn't get overwhelmed. That was huge for me. I most of the time get overwhelmed. I know that's not your intent. It's me because I'm hard on myself. Last week my goal was to come here and accept what you are saying. It's in my head and I want to do it and I will get to it at some point.

A couple of months ago I received a letter from a lady that had taken the class. She said that taking the class was the most depressing experience she had ever had. Every week I went home so overwhelmed and depressed and discouraged. At the end of the year she was so sad. She took a break then came back and realized how much she had learned and changed.

It's a process not an event! It's the law of the harvest. Get ideas and think about them. I hope you "do" 2 things from the semester. Don't get discouraged yet.

Class member: Last September was my first time taking the class. You talked about improving by percentages. It inspired me to do a little bit and do a little bit different. This information isn't to overwhelm us. We are striving for perfection, but we are never going to achieve it in this life. That takes away the overwhelming feeling.

If you have never thought about a mission statement you don't go to the finished product with it memorized. But start thinking about it. Put these things on the backburner and think about them. I'm praying the Holy Ghost will bug you about them.

Class member: The train analogy helped me a lot.

Train analogy: You think of a train going on a track at night. There is a big headlight. It illuminates for a long distance. That is your spirituality. The light you have. It leads you along your life. All of us feel like we are always failing and falling short. The train continues to move down the track. Your knowledge is clear out in front you are moving, but your light and knowledge will always be in front of where you are. You never catch up to it. You never feel like you are "there". It's going to move ahead of you. You are still moving down the track.

Class member: That video you had us watch. I was crying because we have had days like that where we feel like we haven't accomplished anything.

Some days we look at the list and feel like we didn't get anywhere, but we were holding a child, comforting, or dealing with a tantrum.

Class member: Another thing I liked about that video. I felt sorry for her. I was feeling upset that it doesn't happen like that. In my overall goal in life I would have rather been with that child.

Class member: Thank you for letting us get everything done that YOU wanted us to get done today. There is a purpose for everything today. If we didn't get to our list there is a reason.

Devil's advocate—What were the things that came into her life that kept her from doing what she wanted to do that day? Service! How many times do we look at the end of the day and what we wanted to get done and we see...Pinterest, Facebook, email those things are different from service.

Quote on her wall....."Welcome the interruption that allows you to serve!"

Class member: Service is never convenient.

That is true doctrine.

Class member: We did a FHE to create our mission statement. We baked cookie bars. We talked about the ingredients that build our happy family. It was hands on. It made it easier to pull their attention in.

You look at it with the desire to do it, not the thought that this is hard. When your mental thought process is like that the Holy Ghost can't inspire you. You have shut the door on inspiration and you have stopped it. "This would be awesome. I'm not sure how to create this. Show me how to do this?" Then you open the door to the Holy Ghost. One opens the door and one closes the door. When we are thinking in the negative mode...we think "I can't..."

[Mosiah 4:30](#)

But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.

This is counsel in a list that Heavenly Father is giving us.

1. Watch yourself
2. Watch your thoughts
3. Watch your words
4. Watch your deeds
5. Observe the commandments of God
6. Continue in the faith

Warning...if you don't do this...the consequence...you must perish.

What does it mean to perish? I don't think it means you are going to outer darkness. I think what this means is that you lose out on a blessing. It may be exaltation. It may be that you miss a treasured opportunity in this life.

Greek word for sin is to "miss the mark".

T→F→A→H→C

Why do you think when you ask for a volunteer people don't volunteer?

Class member: I don't like people looking at me.

Class member: Afraid to make a mistake. Afraid to be vulnerable.

Class member: I want to know what is expected before I get up there.

Class member: It opens me up to judgement.

All of these are true. Is this room a safe environment? Don't we feel like we are all flawed and have it. I don't have it yet either. I'm a little further down the train track. I'm not at the destination.

Why do we have these feelings? Where do they come from?

Class member: I think Satan is so strong on us. When we feel overwhelmed we are the home. Satan is breaking our homes up and I feel overwhelmed and I remember that is Satan and I can do this.

Class member: I think Heavenly Father doesn't give us guidance by feeling bad about ourselves. When I'm feeling guilty and that I'm doing everything wrong. I have to mark that off as Satan. The Spirit tells me I'm going to do that. I feel good and I am going to progress.

As you sat there, did you feel good? Did you feel joyous or a little bit lousy? This is not comfortable.

Class member: I felt uncomfortable until someone volunteered.

Class member: I hesitated because I wasn't sure what you wanted.

When you sit in Sunday School Class and no one will volunteer to read.

The Lord says, "Who will go to the cannery?" We can think of a dozen reasons why we can't.

What I want you to think about...put it on your ponder pad....

“Discouragement in Women”—New class next week.

Class member: I used to say “I can’t do this...” He put his arms around me and said I don’t want to use that word in our vocabulary. We don’t say I can’t... we say, I need help, or can you teach me, or I’ll try. We don’t say I can’t. Those words create discouragement in our hearts and in our minds that puts a block and limits what we can do.

I don’t think anyone was saying, “I can’t” but “I won’t”. How many were looking down.

Class member: I am going to guess that so many other people do the same thing. All of the things we thought were positive things not negative things. We ourselves don’t believe that’s true.

A lot of these feelings are formed when you are very young in your home with your parents. It comes from when Mom says, “What do you mean you didn’t hit your sister?” “What do you mean you forgot your lunch? I reminded you 5x” As we teach them that their effort isn’t good enough we teach them at a young age what you just exhibited just now.

Class member: It comes on TV too. My husband was watching the Simpsons. There was a line where they say “You matter. You matter.” Say it outloud. She says it outloud and the Dad yells from the other room, “You don’t matter.”

Our goal is to try to help them do better. If you do it in a negative way it teaches you aren’t good enough. I’ll help you with that in Praise & Encouragement. Grades in school and competition...you just feel like you can’t do it. If the Spirit moves you to say it, it is the simple things that matter the most.

If I ask a question every hand should go up. I challenge you to do that. The more you are willing to raise your hand the more YOU will receive knowledge and the Spirit will testify to you.

This is a truth from the scripture....

Thoughts→Feelings→Actions→Habits→Character

It is taught in order.

HOMEWORK: I want you to work on this for this week.

Thoughts→Feelings→Actions→Habits→Character

Watch Yourself---rather than be reactive in what we think and do take inventory of yourself and say “what is going on in me”. This does not mean you can take your personal temperature all the time. Where are your priorities and where are you coming from. What is motivating me? What is making me act? You are the only one. Everyone else sees the outside.

“T”—Watch your thoughts—Go to the Sermon on the Mount. Lift one another’s burden’s, strengthen the weak. On the video we saw her actions and her behavior, but we didn’t see what happens inside. You can do something good because your heart was right or you can do it because you want someone else to see you are good. What are your thoughts? Your thoughts lead to your feelings.

“F”—Feelings. You will never have negative feelings if you are thinking positive thoughts. Feelings create actions.

“A”—Actions—You thought about it at some point. Actions over time create Habits.

“H”—Habits

“C”—Character

The reason I want to separate them up here is because of this. Many of us decide to be a better mother. We are committed to change our actions. We jumped over the feelings. We get up the next morning and our kids are late. I’m not going to yell and you are getting frustrated inside.

If you really want to change a behavior you have to change how you think about it first.

Until you change your thoughts and remember all the things that attracted you to him in the first place then it doesn’t flow from your soul.

When you want to change a behavior in you is check your thoughts and improve your prayers. That is where you start to change behavior not in your actions.

Class member: I was reading a parenting book about anger. If you think “this is normal behavior” you deal with it in a better manner. If I just changed the thought the behavior didn’t bother me anymore. It made a huge difference.

I have been working on this for years. The self help books don't necessarily say this, but they do say this.

Class member: Sometimes we aren't aware of thoughts lead to feelings. It's the subconscious chatter that goes on everyday. We don't even recognize we had a single thought. It came from these thoughts that happened without paying attention to that chatter that is going on in your mind. We are oblivious to the chatter.