

## 10-23-14 Parenting Class--#5 (Discouragement & Depression)

Elder Russell M Ballard "[Women of Righteousness](#)" April 2002... "Every sister who stands for truth and righteousness diminishes the influence of evil."

Sheri Dew "[Are You the Woman I Think You Are?](#)" October 1997... "This is a day when the adversary has launched an all-out attack against womanhood, because he knows—he absolutely knows—that the influence of a righteous woman is enormous and that it spans generations. He would have us be disinterested in marriage and motherhood, confused by the world's view of men and women, too harried by the pace of life to really live the gospel and to let it penetrate our souls."

What do you think these 2 quotes have in common?

Class member: It is focused on women.

Class member: You can conquer it by standing up for what is right.

Class member: As women we get discouraged. We forget that the good things we are doing are diminishing the good things in the world. We don't try anymore.

Class member: It is the reason Satan is after us. It explains our strength. That's why Satan would want to come after us. We had a fireside and she said, people get on themselves all the time for what they did wrong.

Class member: I think there is a reason that says, "When mom ain't happy no one is happy." I set the tone in our home.

Have you ever had a really wonderful tender mercy in your life? You are very aware of it. Who do you give credit to? Heavenly Father...even in little tender mercies. We quickly give credit to Heavenly Father for tender mercies. We should be very aware of that.

Example: I got up and have been so livid with my kids. I am so angry...this is day after day. It is simple why can't they do it. Who is the bad guy? Who has the problem? Me and these kids who won't learn! I'm wrong because I'm yelling again, but if they would learn I wouldn't have to do it.

When you have that experience how many of you take a deep breath and say "Get thee hence Satan!"? None of you.

He has you not recognize that he is in your life. You have power to cast him out, but if you think it's you then you aren't going to cast 'you' out. "There will not be peace in my home until you all leave."

It is important to understand that you are being attacked. This is not you innately being a 'bad' person. If Satan knows how powerful a righteous adult parent can be he doesn't like that.

I would say 95% of you will not be involved in divorce, drugs, alcohol, etc...because he can't get you to do those things he will do other things to get you to feel like you are the failure. If he gets you to feel like you are the failure how confident will you be in serving the Lord.

None of you are going to smoke pot after class because you don't feel good, but you are going to do something. He is happy that you are going to be miserable. If you are miserable then you make your family miserable. That is his goal!

I am not talking about clinical depression or anxiety. I truly believe that the Lord helped wise men discover medications to help people with chemical imbalances. I think there are things in this world the Lord has given us to help us. For those that have to take medication they are already in a hole and it only brings them up to ground level that most of us begin with.

This is the overwhelmed, discouraged, I can't handle this I have too much.

I was visiting with my son this weekend about Depression in Men...I asked him to talk to me about depression in men. Men don't get depressed we get stressed. For a man, it's like a closet of shoe boxes. Men will take down one shoebox and deal with that problem. Men are fixers. They have logical minds. They pull down the box and put it away and go through life. There are a lot of different boxes. If a man has a problem at work and you have your work box down and you go home and you want to be lifted..you put the lid on your box and put it away. You walk in and your wife says, 'How was your day?' He said, 'Good'. You know there is something wrong. Women want to talk about it, but don't want to solve it. If he takes down that box and deal with it he has to 'fix' it, but he isn't ready to. He puts his box up and he comes in we pester him to open up and vent because that is what makes us feel good. We keep on this. They really don't want to talk about it. They finally get mad and say, "It was fine!" Mom gets mad. She gets snotty about it. He hasn't done anything wrong. It's because he can't open it up and talk about it right then. They are more focused. The problem we have as wives he may come home and might be ready to talk about what it is and wants your opinion. Women backpack a lot of things. Part of this is just simply understanding how they work.

If both men and women worked like women you wouldn't have time for your children because you would both be basket cases.

Men withdraw when they have too much. That is Satan's temptation for them. To get them so focused on these boxes that they don't take down wife box and family box.

Class member (brother): In the evening when she asks me if I had prayed about our son from what we discussed this morning. I said no. It isn't that we didn't care it's just that we didn't think about it. It has nothing to do with you.

Class member: What is best in that situation? Do they need gentle reminders? Do they know.

Gentle reminders are called nagging! We will cover this in the marriage class.

We have established that the author of discouragement is Satan. He has a carefully planned agenda he is working towards.

When the missionaries arrive in San Antonio Texas they take them out to the Alamo and tell them this story.

"The Story of the Alamo" The Alamo was a mission in Texas and in the Mexican war it was converted into a fortress. At the end of their life they were part of the 180 men that were in the Alamo fortress. Santa Ana is coming with a force of 5000 soldiers to overtake the Alamo. They wanted to create a delay in the advancement so the Texan women and children could escape and the Texan army could get to them. It was a momentary barrier to allow good things to happen. For 11 days they held off the forces. It was in the evening Colonel Travis gathered all of his men in the courtyard and he told them. "It's not a question of whether we live or die. It is how do you want to die? 1. They could stay and fight to the death. That's what I'm going to do. If you want to join me that's fine. 2. You can try to escape. There was a man there named Moses Rose. He chose to escape. He successfully got away. He told the story about what happened. Colonel Travis drew a line in the sand. All of those that are willing to stay and die, cross over the line. All but 2 crossed over. One was Moses Rose who escaped. The other was Colonel Buyee sick in bed. He asked to have his cot taken across the line. About 3 days later the Texans lost and the Alamo was taken over, but the Texan army was able to take them.

How many of you are willing to serve the Lord for the next 2 years. All of them cross over the line. The last night of their mission they take them back to the Alamo and they

say how many of you now are willing to commit the rest of your lives to serving the Lord. These elders and sisters cross the line and commit that they are still willing to give their lives in service of the Lord.

Joseph Fielding Smith “The line of demarcation is drawn. We choose which side of the line we are on.”

Draw a “T”. On one side write the fruits of Christ. On the other side write the fruits of Satan.

The fruits of Christ: Peace, service, mercy, self worth, joy, love, direction, comfort, confidence

The fruits of Satan: Despair confusion, apathy, hopelessness, guilt, shame, anger, frustration, stress, sadness, loneliness

That line down the middle is the demarcation. It signifies the territory of what Satan and the Lord has. The Lord feels so strongly about your agency won’t cross the line. Satan has been restricted by the power of Christ to stay on his side of the line.

If you are feeling hopeless, discourage, despair, sadness...whose side are you choosing to be on. You will say, “It’s because...” I say, “You are right. You are in a rotten situation, but you are still choosing to cross the line.” If you are feeling love, joy, peace you are on the Lord’s side.

D&C 29: 36 “And it came to pass that Adam, being tempted of the devil—for, behold, the devil was before Adam, for he rebelled against me, saying, Give me thine honor, which is my power; and also a third part of the hosts of heaven turned he away from me because of their agency;”

Thine honor

My power

Because of agency

“To give me thine honor”... How do we give Satan honor? You are going to stay mentally focused on those discouraging despairing thought in your head. You keep replaying those tapes in your head. “I should have been up and read my scriptures this morning, etc....”

“Which is my power”...How does Satan get power? By honor those false thought and impressions he is putting into our mind. Part of giving him power is to say he doesn't have power. If you say that isn't Satan that is me that is thinking about that it is Satan.

“Because of their agency”...Who is free to cross the lines? Who is free to cast out Satan?

In the moment that is not easy. I want you to understand that because too often we feel hopeless and helpless.

“I can't be happy until my kids choose to get up on time. If they will change I will be happy.”

If you don't get happy they aren't going to change. That's the truth.

When we cross over to Satan's side we give away our power.

What is the meaning of “to chastise”—correct, lecture, punish...none of us want to be chastised because it is a punishment.

[Isaiah 53:5](#) “But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.”

What does that mean?

Class member: We can choose to lay those things at his feet. He will take them for us so we can have that peace.

That punishment or anything that disrupts our peace which he paid for with his stripes which he healed. Anything that causes depression he has already paid for and has paid for us to be healed.

Class member: That is a lot of times the reason people have a hard time changing. Because I feel like that is part of the process. I'm supposed to feel bad instead of realizing that it is part of the process of being better.

In order to repent of yelling...I need to mourn and suffer for those sins. The more time you spend in focusing on mourning for your sins the more time you are giving Satan.

To repent means to change. We change.

We can receive strength through the atonement to be forgiven and empowered to be more than we can be. Then we gain our own strength and walk at a higher level.

Class member: The circle of influence...if you put all those good things in the Lord's circle. The things we can control make us feel good. The things outside that circle is Satan's. When we step into the things that we can't control.

HOMEWORK: Read Saturday pm General Conference talk "[Approaching the Throne of God with Confidence](#)" by Elder Klebingat. He gave 6 things to do. They are fabulous practices. Take one of the 11 (6 from him, 5 from me) and do it.

Thoughts>Feeling>Actions>Habits>Character

5 Things Satan uses:

**1. Being self focused**

We are always taking inventory about how everything affects me. If my husband comes home late what does that do to me? Am I happy? How do you feel? If my kids don't get up early what does that do to me? That is a mindset. What are you looking for...the misery or the blessings?

If her child throws a temper tantrum it has no attack on my self image. We are just too busy taking our own personal temperature.

Examples of self focus on each side of the line:

Satan's side: Your thought process is, "If you change I will be happy. If you get up and get dressed and get your bed made without being told. If you remember to think about taking the garbage out I will be happy" You are giving your power to someone else. Arrows are coming in. This will make me happy. When I get a new car, new dress, pay off that bill.

Class member: Sometimes we feel crummy and blame it on something. I must not be doing someone right.

Lord's side of the line: What can I do to make you happy? How can I help you? A little person unhappy at getting up in the morning, what can I do to make getting up for you more fun? Alarm clock? Lay out clothes? Pack lunch the night before?

Satan's side: If you really loved me you would.... Lead FHE, family prayer, etc. You don't have the right to set someone else's goals for us.

Lord's side: What are your goals? Let me help you accomplish your goals.

## **2. Busy-ness:**

Keeping the balloons in the air...husband, children, you, church calling, etc. In your real life...I hope you see that you can't do it alone. If I had helped her we could have kept them up more. It is the Lord that needs to give you the power. Can the Lord cause a nice breeze to come up from the bottom and keep them up?

If have 27 balloons in the air I say, "This is too much. Can you send the breeze and keep them up for me?" God helps those who help themselves. Delegate. You have to use wisdom. Delegate off or Take off. You have used wisdom and good judgment. I am going to teach you how to teach your children. I am going to help you teach your husband how to help you.

Sometime we go to the Lord and say help me do all this stuff because everything is good. You have to give up some things that are good for what is best. "[Good Better Best](#)" talk by Elder Oaks Help me to have the wisdom to figure out essentials and have time for the few things that keep my bucket full.

Busyness puts you immediately on Satan's side of the line.

Class member: sometimes I just need to pray for peace to accept the things that need to fall off.

We need to be wise in cleaning the plate.

Three deadly sins....3,4,5. These are guaranteed to take you over the line to the other side. The 3 "C's" they will destroy a good woman. Criticism, Comparison, Complaining.

## **3. Complaining:**

At the top of your paper write a complaint you have.

The kids don't pick up their backpacks.

The kids are arguing and fighting.

My husband won't do FHE.

"Yes, life has its problems, and yes, there are negative things to face, but please accept one of Elder Holland's maxims for living—no misfortune is so bad that

whining about it won't make it worse." 'The Tongue of Angels' Jeffrey R. Holland  
April 2007

How do I get out if they don't stop? We get so we are in a rut. We give all of our power away. Learn how to act and not react.

"Men are given power to act and not be acted upon (react)"

My kids are always arguing and fighting. What am I doing? Send them to their rooms. It makes you angry because you gave the lecture series. I am refereeing. I am reacting to them fighting again. In the complaining the principle is to learn how to act instead of react.

1. Look at statement of complaint (which is negative). Change it into a positive statement.
2. Ask: What is in my power to make it happen? What can I do?

Example...my kids are always arguing and fighting.

#1 Complaint to statement: I want peace in my home. OR I want my kids to like each other.

#2 Ask 'What's in my power?': \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_....then do it.

Example...No one ever helps around the house.

#1 Complaint to statement: I want a clean home and I don't want to do it by myself.

#2 Ask 'What's in my power?': Make a new job chart, train, teach, work with them....then do it.

Example...my 15 year old son and I can't see eye to eye.

#1 Complaint to statement: I want to have a good relationship with my son.

#2 Ask 'What's in my power?': I can ask him questions, spend time with him, listen to him...then do it.

Example from Andrea.... Las night I was fixing dinner. Cara was tired and crying and hanging on me. Darrin & the kids were sitting in the living room talking and ignoring the crying and chaos I was dealing with in the kitchen. I started thinking "Can't anyone see that I need some help? Why are they just sitting in there instead of helping me? They didn't miss me at all." I turned that complaint into a statement in my head... "I need some help and I can't do this on my own." I asked, 'What is in my power?'...I decided I just needed to ask for help so I calmly stated that I needed them to come set the table and help me get Cara fed so I could give her a bath. They immediately got up and did



what I needed. Darrin picked up Cara and was calming her down, getting her in her seat, and putting on her bib. Justin set the table. Brooke got up to the table. Kyle carried food to the table. It was just interesting to see it all happen so quickly. My anger was gone. My stress was gone. Things were better because I looked at what I 'did' want to happen and what I could do about it.

You have gone from being on Satan's side of the line and gone back to the Lord's side. This is applying the atonement. The complaint is what I need to repent of. You change it into a positive statement. Stop. Turn to the Lord. Ask the Lord to help you know what to do and do it.

Class member: It makes me think about how strong that tool is. It's impossible to cross the line.

The Lord can't help us as we complain because he won't go across that line.

Class member: What she was saying, what do we want and what do we have power to do? I could just ask, but don't think about just asking. I just think about how it's annoying me.

#### **4. Criticism:**

The first step toward apostasy is criticism. When we want the Lord to accommodate same-sex marriage, that is apostasy. That is criticizing our leaders. Criticism is deadly. It doesn't hurt anyone but you.

#### **5. Comparison:**

There is no perfect mother or perfect wife.

Each one of you look at someone else performing their spiritual gifts. You would look at me and say she is such a good teacher. I have to go teach my YW and I can't do it like that. Teaching has been given to me as a gift so I can help with families. It is simply that the Lord is using me here. I am a lousy cook. I cook quantity, but that doesn't say it tastes good. I have a daughter who has a thing for cooking. Tracy is fabulous in listening and understanding people. I'm using my own family. You look at other people and feel "I can't". That is why we are given gifts. To help others. We need to have gratitude for the gifts others have that bless my lives. What gift do I have that I can share.

HOMEWORK: Write down your spiritual gift. Write what you can do to bless the lives of others.

HOMEWORK: Implement the complaint formula.

None of you...no one can say they have no spiritual gift! I will make you memorize D&C 46.

Story:

She was a young girl. She had sacrificed her worldly plans to spend long, tedious hours at work in order to provide for and raise her younger orphan brother, but now she lay on her bed dying of a sickness.

She called her bishop, and as she talked to him in her last moments he held her rough, hard, work-calloused hand in his. Then she asked the question, "How will God know that I am His?"

Gently he raised her wrist and answered, "Show Him your hands."