THE ANCHORED HOME

A Biblical Call for Parents to Stay Rooted and Resilient

SCOTT DAVIS

The Anchored Home: A Biblical Call for Parents to Stay Rooted and Resilient

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Dedication



This book is dedicated to you.

To the moms and dads in the trenches of teething, tantrums, teen drama, and the never-ending, "Do I really have to say this again?" conversations.

I once heard a comedian say, "When children are great, they're amazing. But when they're not... you start to understand why some animals eat their young."

If you've ever felt that on a deep level—you're in good company.

To the faithful, the frazzled, the funny, and the just-trying-to-make-it-through-dinner-without-a-scene.

May you be reminded:

You're not alone.

Your labor is not in vain.

And your home—chaotic, sacred, messy, holy—is a ministry.

You are seen.

You are chosen.

And by God's grace...

You are anchored.

Acknowledgments



To **Erlene Weldon**—my 92-year-young mother-in-law—thank you for living a life that proves faithfulness doesn't retire.

You raised four godly sons and one remarkable daughter (my Donna), all in a home where the Bible wasn't just read—it was lived. Your example of Christ-centered parenting continues to bear fruit in every generation.

Even into your 80s, you faithfully ran a Montessori school in Mississippi, pouring biblical truth into the hearts of students day after day. And now, in this sweet new season of life, your legacy continues—not only in the classroom you once led, but around our piano, where you still teach music and Scripture-filled songs to our four grandchildren, week after week.

Thank you for your quiet strength, your unwavering love, and your deep commitment to both Christ and Christian education. You've been a living curriculum of grace, truth, and joy.

We are all still learning from you.

Preface



Christian parenting is more than surviving the school year or shuttling between activities—it's a sacred calling to shape hearts for eternity. In a culture that rewards busyness and blurs truth, *The Anchored Home* is a rally cry for moms, dads, and guardians to embrace their role as the primary spiritual leaders in their children's lives. The local school or church were never designed to raise your kids for you; they are partners, not substitutes. Your home is the heart of discipleship, where the values and faith you instill are reinforced, not replaced, by the school and church communities supporting you.

This book is not just inspiration—it's instruction, filled with biblical truth and a lot of tools, tips, and applications tucked into these pages. But let me say this upfront: I'm not expecting any parent to implement them all—not this week, not this month, not even this year. Instead, read through everything and just pick *one thing*.

One idea that resonates.

One shift that feels doable.

One new habit that could breathe spiritual life into your

home.

Start there.

God honors movement—even small steps of faith.

You're not raising kids alone. You're not navigating this world without help. God is with you, and He has *called you* to this—equipped you *for* this—and will *anchor you* in it.

Let this book encourage you, stretch you, and most of all, remind you:

You don't have to be a perfect parent.

Just a faithful one.

You are not "just a parent." You are a disciple-maker. A truth-teller. A warrior with worn-out sneakers and grace-stained hands.

INTRODUCTION

How Drift Happens at Home



Let's start with a scene most parents know all too well. You pack up the car for a "simple" beach day with the kids. Somehow, this "simple" outing requires chairs, towels, a cooler the size of a small refrigerator, sand toys enough to supply a daycare, snacks to feed a football team, and that one umbrella you still can't figure out how to open without looking like you're wrestling a pterodactyl. After what feels like an hour of unloading, setting up camp, and coating everyone in SPF 100 (because apparently SPF 50 is basically water), you finally step into the waves.

Fifteen minutes later, you glance back at the shore—and your heart drops. Where's all your stuff? Did someone steal it? But then you realize the truth: your stuff didn't move... you did. You drifted.

Parenting can feel the exact same way. You dive into the waves of everyday life—laundry piles that multiply like rabbits, school projects that require more supplies than

NASA missions, endless carpool lines, doctor appointments, picky eaters who suddenly "hate" their favorite food, and, of course, college savings accounts that make you want to lie down for a while. In the middle of it all, you look up one day and realize: we've drifted spiritually. And so has our home.

We didn't plan to lose focus on our purpose as parents. It wasn't a decision we made in a single moment. It happened inch by inch, day by day, wave by wave.

But here's the good news: just like in the ocean, drifting isn't permanent. The moment you realize it, you can re-anchor. Right here. Right now. You can stop, realign, and intentionally bring your family back to center—back to Jesus.

CHAPTER 1

Anchored in Purpose Don't Drift as a Parent

"But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God." Acts 20:24

Drift is Real. But So is Purpose.

Paul's words in Acts 20:24 show us a life anchored in purpose. He had been beaten, shipwrecked, falsely accused—yet through it all, his heart remained steady. He wasn't swayed by hardship or public opinion. He knew exactly why he was here: to testify of Jesus, to finish his race with joy, and to fulfill the ministry God had given him.

And believe it or not, parenting is part of *your* ministry. It's not a side gig or a footnote in your calling. It's not just about surviving the next 18 years and crossing your fingers that they'll still text you on your birthday. God placed you in your child's life on purpose—and for a purpose. You're not just raising kids; you're raising disciples. Future men and women of God. And that kind of work? It matters more than we often realize in the day-to-day chaos of spilled cereal and sibling squabbles.

Now, here's the part we can't afford to miss: Your child's school, church, youth group, and Bible teachers? They're all valuable. They're meant to *partner* with you, but not *replace* you. The responsibility to pass down faith, truth, wisdom, and a love for Jesus isn't theirs to carry alone. It rests first and foremost with you. And that's not something to be intimidated by, but something to embrace. It's not a burden.

It's a blessing. A high calling. A holy opportunity to make an eternal impact right in your own home.

The Parenting Detour

Back when I was in college at Liberty University, I remember driving to an event a couple of hours away with some friends. This was long before GPS—way before flip phones. If you wanted directions, you either memorized them or carried one of those big spiral-bound Rand McNally atlases. After the event, we started heading back to campus, laughing, talking, and just enjoying the ride.

Then, mid-conversation, almost like snapping out of a dream, I looked around and realized, "None of this looks familiar." That's when it hit me: I had been driving completely in the wrong direction for two hours. I was so far off course that what should have been a simple trip had turned into a major detour. I'll never forget that sinking feeling of realizing how much time and gas I had wasted simply because I wasn't paying attention.

Parenting often feels like that. You get caught up in the busyness of everyday life—school drop-offs, practices, homework, meals—and before you know it, you look up and wonder, "How did we get here?" Drift doesn't always feel dramatic in the moment. It happens slowly, almost silently, while you're distracted by the noise of life. But if left unchecked, it can lead you further from where you wanted to be as a family than you ever intended to go.

The good news? You can always turn around. It might take time, but God's grace gives you the chance to reset your direction and head back toward the destination He's called you to—anchoring your home in Him.

Anchoring Practices for the Home

Here's how we can stay anchored in our purpose as parents—not just once, but daily:

1. Define Your Family's "Why"

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:10

This verse isn't just about your personal calling—it speaks to your role as a parent too. God didn't randomly assign you to your kids like names pulled out of a hat. He *intentionally* created you for this exact role. You were designed not just to raise children, but to *disciple* them (Matthew 28:19), *train* them up in truth (Proverbs 22:6), and *lead* (Ephesians 2:10) your family in the good works God prepared long before you ever held that newborn in your arms or signed the adoption papers.

So let me ask: What's your family's "why"? What mission has God explicitly entrusted to your home?

Because without a clear sense of purpose, families tend to drift into what I call *survival mode*—just trying to make it through the next week without losing your mind. The

calendar fills up with school drop-offs, work meetings, sports practices, youth group nights, and maybe—if you're lucky—a quiet dinner at home. But God has something more for your family than simply making it to Sunday service or getting everyone to soccer on time.

Your home has a mission. A purpose. A God-given *why*. And when you define it, everything starts to shift—your decisions, your priorities, your conversations. You stop running in every direction and start walking in the one God prepared for you.

☐ Biblical Insight for Your Family's Purpose

These verses are not just ancient commands; they provide a timeless, practical blueprint for building a Christ-centered home and raising children anchored in God's truth.

"And these words which I command you today shall be in your heart. You shall teach them diligently to your children..." Deuteronomy 6:6-7

This passage, known as the Shema (shuh-MAH), was central to the faith of Israelite families, and it still carries weight for us today. It reminds us that our homes are meant to be more than just places to eat meals and sleep. They are daily training grounds for truth. Teaching our children God's Word isn't something to outsource or fit in when it's convenient—it's meant to be a lifestyle of faithful, intentional instruction rooted in love.

"But as for me and my house, we will serve the LORD." Joshua 24:15

Joshua didn't just follow God privately; he declared his commitment publicly for his entire household. He drew a clear line and said, "This is who we are, and this is who we serve." What if we did the same? What if our children regularly heard us say, "This is what our home stands for. This is who we belong to"? That kind of clarity leaves a lasting impression and gives kids a deep sense of identity and direction.

"...that they should make them known to their children; that the generation to come might know them..." Psalm 78:5-7

God's Word is not meant to stop with us. It is meant to be passed down so that the next generation knows Him personally, not just His stories. The goal isn't just Bible knowledge—it's helping our children know and walk with the God of the Bible, so they are anchored in His truth and equipped to share it with their own children one day.

"Where there is no revelation, the people cast off restraint..." Proverbs 29:18

When there is no clear spiritual vision, families drift. Priorities blur. Boundaries break down. But when God's Word is central in the home—when the "why" is clear—everything aligns. A home rooted in God's truth experiences peace, purpose, and direction.

As parents, we are called to cast that vision—not perfectly, but prayerfully. We get to set the spiritual tone of our homes in ways that reach beyond behavior and speak to the heart. When we do, we are not just creating good memories—we

are building a legacy of faith that will outlast us and impact generations to come.

☑ Practical Starting Point: A Clear First Step

One simple but powerful way to anchor your home is to write a family mission statement. Think of it as a compass for your household—a clear reminder of who you are and why you do what you do. Here's a sample to get you started: "Our family exists to glorify God by living according to His Word, loving each other and others deeply, and pointing everyone, especially our children, to Jesus in everything we do." Now, don't get hung up on making it sound perfect. This isn't about fancy phrasing or theological flair. It's about clarity. It's about putting into words the values you want to live by and pass down.

Once you've written your family's mission statement, make it visible. Frame it. Tape it to the fridge. Paint it on a wooden sign if that's your thing. But most importantly—read it. Out loud. Together. Maybe once a week at dinner or during family devotion time. Let those words take root. Let them shape decisions, redirect conversations, and remind everyone—parents included—what truly matters. When your family knows its "why," the daily chaos doesn't feel quite so random. It becomes part of a bigger story—one with purpose, direction, and a Christ-centered mission.

Parameter With the Property of the Property

Here's a fun and meaningful way to engage your kids as you shape your family's mission: just ask them. Sit down

together—maybe over dinner or during a bedtime chat—and ask questions like, "What do you think makes our family special?" or "What do you think God wants our family to do for Him?" or "What are some ways we can show others Jesus?"

Now, be ready—because their answers might make you smile. You may hear things like, "Eat tacos together," or "Be kind," or "Go to church," or even, "Talk about Jesus more." And honestly? That's a great start. Kids often express big truth in small, simple ways.

So take their answers seriously. Don't brush them off or try to "fix" them. Use their thoughts as a springboard to guide the conversation toward Scripture and help them see how even the ordinary things—like family meals or being kind to a sibling—can point back to Jesus. Help them connect the dots between the everyday and the eternal. After all, tacos and truth *can* go hand in hand when your family mission is anchored in Christ.

2. Feed on the Word Together

"But his delight is in the law of the LORD,
And in His law he meditates day and night.
He shall be like a tree planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper."
Psalm 1:2-3

If you want to raise children who are anchored, steady, and fruitful, the foundation of your home has to be the Word of God. Scripture is more than just a book of advice or a list of rules—it's living, powerful, and transformative. It doesn't just *inform* us—it changes us from the inside out. But here's the thing: it's not meant to be reserved for Sunday mornings at church. God's Word is for the everyday moments: the living room couch, the drive to school, the dinner table conversations, and those quiet bedtime routines when hearts are soft and ears are open.

If we treat the Bible like it's optional, dull, or something only pastors open, our kids will pick up on that, too. But if they see it as life-giving, practical, and powerful—as something you run to in good days and bad—they're far more likely to treasure it for themselves. You don't have to lead elaborate family devotionals or preach sermons over dinner. Just make Scripture a natural part of the rhythm of your home. Let it be woven into everyday life, and over time, those roots will grow deep—not just in you, but in them, too.

Biblical Insight on Feeding on the Word

"We will not hide them from their children, telling to the generation to come the praises of the LORD, and His strength and His wonderful works that He has done." Psalm 78:4

At first glance, this verse is about passing truth down to the next generation. But look closer, and you'll see something deeper. You can't tell of God's strength if you haven't experienced it yourself. You can't speak of His wonderful works if you haven't taken time to notice them. You can't pass along the praises of the Lord if His goodness hasn't stirred your

own heart. This verse is not only a call to teach—it's a reminder to be fed. Before we can pour into our children, we must first be filled ourselves.

"Man shall not live by bread alone, but by every word that proceeds from the mouth of God." Matthew 4:4

Just as our bodies crave daily food, our souls—and the souls of our children—hunger for spiritual nourishment. You wouldn't feed your child only once a week and expect them to thrive, yet many of us do this spiritually without realizing it. Daily time in God's Word provides the clarity, strength, and joy we need to lead our homes well. Scripture isn't an optional extra; it is essential for staying anchored in truth and growing strong in faith.

"...and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith..." 2 Timothy 3:15

Timothy's faith didn't appear out of nowhere. It was rooted in a childhood shaped by Scripture, nurtured by those who faithfully poured God's Word into him. Paul's words remind us that consistent exposure to Scripture in the home lays a foundation that leads to salvation and spiritual wisdom.

As parents, we have the privilege and responsibility to build that foundation. It doesn't have to be perfect or polished. It's about faithfulness—bit by bit, verse by verse, day by day. As we take in God's Word ourselves, it overflows naturally into our parenting, equipping us to speak truth and live it out in front of our children. When we feed on His Word, we not only nourish our own hearts but create a ripple effect that nourishes theirs, too.

✓ Practical Starting Point: Grounding Your Family in God's Word

You don't need a seminary degree or a pulpit in your kitchen to lead your family spiritually. No one's expecting a full-blown sermon over cereal or a deep theological lecture before soccer practice. What your kids need most isn't your perfection—it's your presence. They need to see that God's Word matters to you—and that it can be a natural, life-giving part of your everyday rhythm as a family.

Start simple. Be consistent. Even five intentional minutes in God's Word each day can plant seeds that grow into lifelong faith. It might be as straightforward as reading the Proverb that matches the date—Proverbs 22 on the 22nd, and so on. Or pick a short gospel story and take turns reading a few verses together. Keep it light, keep it real.

After reading, ask a question or two to spark a conversation. It doesn't have to be complicated. Try things like:

- "What do you think this means?"
- "How can we live this out today?"
- "What does this tell us about who God is?"

These little moments of connection—no pressure, just presence—can become the foundation for deeper spiritual conversations down the road. It's not about doing it perfectly. It's about showing your kids that God's Word is personal, powerful, and worth making space for—right in the middle of your real, messy, beautiful everyday life.

From the Mat to the Word:

An Olympic Coach's Bible Reading Tip

A while back, I heard some great advice from my friend Jim Gruenwald, a former Olympic wrestler and now the head wrestling coach at Wheaton College in Illinois. He devised a simple yet powerful plan to read through the entire Bible in a year.

Now, there are plenty of "read-the-Bible-in-a-year" books and Bibles out there, but Jim's idea was refreshingly straightforward. He said, "Take your own Bible, flip to the end of Revelation, and see how many pages are in it." So I did—mine has 1,198 pages.

Then he said, "Decide how many days this year you think you can realistically and consistently read." Knowing I'd miss a few, I gave myself some grace and chose 350 days instead of 365.

Next step: divide 1,198 pages by 350 days. That's just 3.4 pages a day.

That's it—just over three pages a day! I read more than that just scrolling on my phone without even thinking. This plan made reading the whole Bible feel not only doable, but actually exciting. What a great idea!

Weekly Anchor Verse

One simple way to make Scripture part of your family's rhythm is by choosing one verse each week to be your "anchor verse." Pick something short, meaningful, and easy for everyone to remember. Write it somewhere visible—on

a chalkboard, a whiteboard, the fridge, or even a sticky note by the kitchen sink. Say it out loud before dinner each night. Talk about what it means during bedtime or while driving to school. Make it a fun challenge to memorize together and let the kids take turns picking the next verse.

The goal isn't to turn your home into a Bible boot camp. You're not trying to create little scholars with perfect memory verses and gold stars. You're creating *space*. Space for God's Word to live in your home naturally, consistently, and joyfully. Scripture was never meant to be a chore or a punishment. It's a daily invitation to know the heart of God.

Whether it's part of your dinner routine or whispered during a bedtime prayer, the power of God's Word isn't in how polished your presentation is—it's in the Word itself. "So then faith comes by hearing, and hearing by the word of God" (Romans 10:17). As you create space for it in your home, trust that God's Word will do what only it can do: soften hearts, shape character, and draw your family closer to Him—one verse at a time.

3. Stay Connected in Community

"And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another—and so much the more as you see the Day approaching." Hebrews 10:24–25

Parenting can sometimes feel like a lonely road. When the laundry is piled high, the toddler is melting down, the teen is shutting you out, and the pressure of life keeps coming—it's easy to believe the lie that you're the only one struggling. And

let's be honest, the world doesn't offer much help. Culture says, "You've got this. Figure it out yourself. Keep smiling and scrolling." But that's not how God designed us to live.

From the very beginning, God created us for community—for deep, meaningful connection with others who walk the same road and share the same mission. Hebrews 10 reminds us that we are called to gather together, to encourage each other, to stir up love, and to keep each other going when the days are long and our energy is short. That's what biblical community does: it lifts when we're weary, exhorts when we're wandering, and reminds us that we're not alone.

When you surround yourself with other Christ-following families, something powerful happens. You gain strength. Your perspective shifts. Your faith is renewed. Parenting may still be hard, but now you're walking the road with others who understand, who pray for you, who speak truth when you're discouraged, and who remind you that God is faithful.

You weren't meant to carry this calling alone. And when you link arms with others who are anchored in Christ, your home becomes part of something bigger—a community grounded in grace, rooted in truth, and walking forward together.

☐ Biblical Insight on Why Isolation Is So Dangerous

"Two are better than one... For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up." Ecclesiastes 4:9-10

This verse paints a powerful picture of why spiritual community is essential. Life will knock you down—it's not a matter of if, but when. And when it does, it's so much harder to get back up if you're walking alone. God wired us for connection. He didn't design us to navigate life, or the challenges of parenting, in isolation. When you're surrounded by people who love the Lord and care for your family, you're not just lifted when you fall—you're reminded that you're not carrying the weight by yourself.

"A man who isolates himself seeks his own desire; he rages against all wise judgment. Proverbs 18:1

This verse is a clear warning: isolation isn't just lonely—it's dangerous. When we pull away from others, we lose perspective. Discouragement begins to settle in, pride creeps up, and our decisions often come from fear or frustration instead of wisdom. Community keeps us grounded. It provides accountability, guidance, and encouragement—three things every parent desperately needs while leading a family.

"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour." 1 Peter 5:8

Peter's imagery is striking. Lions don't attack the herd; they target the one that strays. That's exactly how our enemy works—he isolates, discourages, and convinces us that no one else understands. But God has given us the gift of community as a defense. When we stay connected to other believers, especially families who are also following Christ, we become stronger and safer. Surrounded by support,

reminded of truth, and anchored in God's design, we are far less vulnerable to the enemy's schemes.

Parenting was never meant to be a solo journey. God uses community to lift us when we're weary, steady us when we're unsure, and remind us of His presence when life feels overwhelming. Staying connected isn't just helpful—it's vital.

From Filters to Fellowship: Choosing Real Over Highlight Reels

Social media has a way of magnifying comparison while masking reality. You scroll through perfectly filtered photos and start to believe the lie that every other family has it all together—the matching outfits, the obedient kids, the spotless homes. But behind every curated post is real life, and often, a lot of unseen struggle. The danger is when we start using social media as a substitute for real community. We trade honest connection for highlight reels, and before we know it, we feel isolated, inadequate, and discouraged.

That's why godly friendships matter so much. Real-life, Christ-centered relationships will remind you of what social media never can: You're not crazy. You're not failing. And you are most certainly not alone. When you're walking in community with other parents who love Jesus and are in the trenches right alongside you, you'll hear the kind of truth that doesn't come with a filter. You'll be encouraged, prayed for, challenged, and reminded that the goal isn't perfection—it's faithfulness. So don't settle for scrolling. Seek out real connection. It's one of God's greatest gifts for this parenting journey.

How to Build Biblical Community as Parents

Building community doesn't mean you need a big crowd or a perfectly organized small group. Honestly, you just need a faithful few—other parents who love Jesus and are walking through the same messy, beautiful journey of raising kids in a broken world. Start small. Start simple. And be consistent.

Maybe it looks like inviting another family over for dinner after church. Nothing fancy. Paper plates and spaghetti work just fine. Or maybe you meet up at the park, let the kids burn off some energy, and talk about what God's been teaching you lately. You'd be surprised how deep a conversation can go between juice box breaks and scraped knees.

Look around your church and also take a good look around your child's school. Chances are, there are other families who share your values and are just as hungry for connection and encouragement as you are. Some of the strongest biblical friendships can grow between families who are walking the same hallways, attending the same chapel services, and cheering from the same bleachers. Don't be afraid to start a conversation, extend an invitation, or be the one who goes first.

Proverbs 27:17 says, "As iron sharpens iron, so a man sharpens the countenance of his friend." That kind of sharpening doesn't happen from a distance. It happens through real, honest relationships—where you can pray together, laugh together, and remind each other that God is still at work, even on the hard days. You don't have to parent alone. God has placed people around you for a reason—so reach out,

open your door, and let community grow one conversation at a time.

Building community doesn't always mean opening your home or planning a weekly Bible study with snacks and childcare. Sometimes, it's as simple and powerful as a group text.

Start by reaching out to two or three spiritually minded friends—other parents who love the Lord and are walking through the same joys and challenges of raising kids in today's world. Create a text thread and give it a name that reflects your purpose, like "Parents in Prayer" or "Faithful in the Fray."

Use that space to send out a Bible verse once or twice a week. Keep it short and encouraging. Share prayer requests—without fear of judgment—and check in with one another when someone's had a tough week. Celebrate the wins together, even the little ones, like a good conversation with your teen or a toddler meltdown that didn't turn into a total disaster.

This isn't just about staying in touch. It's about staying anchored. It's spiritual accountability wrapped in friend-ship—and when parenting gets hard (and it will), that thread can become a lifeline of support, truth, and grace.

My pastor friend Jeff Daws explains it well. He says, "The prayer is the prayer, and the text is the care." And he's right. Sometimes, a simple "Hey, I'm praying for you" can remind you that God sees you and surrounds you with what you need.

4. Practice Daily Confession & Realignment

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." I John 1:9 In parenting—and in life—drift is inevitable. We get tired, distracted, stretched thin. We lose our footing for a moment, or a season. But here's the truth: Despair is not inevitable.

Every day brings a new set of challenges. Maybe you lost your temper and screamed at your child. Maybe you said something you regretted five seconds after it came out of your mouth—words that came from frustration, not faith. Maybe you reacted in anger instead of responding with patience. Or you ignored your spouse, chose convenience over your calling, or let the urgent take precedence over what's eternal.

But here's the good news—really good news: Grace meets you right where you are. Not where you wish you were, or where you think a "better parent" would be. Right here. Right now.

Confession isn't about beating yourself up or dragging yourself through guilt. It's not about trying harder to earn God's approval. It's about *realigning*—bringing your heart back to the One who already knows your mess-ups, already loves you completely, and is always ready to forgive and restore.

He's not surprised by your bad moments. He's not keeping score. He's inviting you to come close, be honest, and start fresh. That's what grace does. That's what forgiveness looks like.

So if today went sideways—if you raised your voice, reacted out of anger, or said something you wish you could take back—don't stay stuck in shame. Bring it to Jesus. Confess it. Receive His mercy. And keep going. That's not weakness. That's strength. That's how you stay anchored.

☐ Biblical Insight for Daily Confession and Realignment

"He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy." Proverbs 28:13 This verse reminds us that confession isn't about punishment—it's about freedom. When we try to hide our mistakes or make excuses, especially in parenting, we carry guilt that only grows heavier. But when we come honestly before God, confessing and turning away from what we know is wrong, we don't receive condemnation—we receive mercy. Confession is an invitation to step out of hiding and into His grace.

"I acknowledged my sin to You... and You forgave the iniquity of my sin." Psalm 32:5

David's words here remind us that confession leads to peace, not shame. When we stop pretending and bring our failures to God, He meets us with forgiveness. Confession clears the air between us and the Lord, lifting the weight of guilt and replacing it with His unshakable grace. It restores our joy

and renews our perspective so we can lead our homes from a place of peace rather than pressure.

"Through the LORD's mercies we are not consumed... They are new every morning; Great is Your faithfulness." Lamentations 3:22–23

God's mercy is never on a timer. It doesn't run out when we lose our temper or fall short. Every morning, He offers us a fresh start. Even in the middle of our mistakes, His compassion is ready and waiting. Parenting is full of imperfect moments, but His mercies are always greater than our failures.

"Draw near to God and He will draw near to you." James 4:8

Confession is simply this: turning back to God. Every time we draw near, He responds by moving closer. He never turns us away but welcomes us with open arms, ready to restore and renew us. His grace reminds us that we don't have to carry yesterday's mistakes into today—He's already provided the mercy we need to begin again.

Daily confession realigns our hearts. It keeps us anchored in God's grace and reminds us that we are not parenting alone. When we live in that rhythm of returning to Him, we model for our children what it looks like to walk in humility, honesty, and the freedom only Jesus can bring.

☑ Practical Starting Point: Go First. Be Real.

We're usually pretty quick to notice when our kids mess up but one of the most powerful moments in parenting happens when we admit we've messed up first. Not hypothetically. Not generally. But specifically—like when we blow up in anger and raise our voice, or when we let our emotions take the driver's seat and end up yelling things we instantly regret.

These are the moments that matter—not because we got it right, but because we *didn't*, and now we have a chance to respond in a way that points our kids to Jesus.

Maybe you reacted too harshly. Maybe you shut down or ignored a situation you should've leaned into. Whatever it was, don't sweep it under the rug or excuse it away. Instead, choose to face it head-on with honesty and humility. Your child already saw your failure—what they need to see next is your faith.

Scripture says in 1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." That word confess means to admit the truth—to say, "God, I agree with you. I was wrong," and trust that His mercy is bigger than our mistakes. It's not about shame. It's about healing and hope.

And when you look your child in the eye and say something like, "I shouldn't have yelled like that. I'm sorry. That wasn't okay. I love you, and I'm asking God to help me do better. Will you forgive me?" You're not losing ground as a parent. You're gaining trust.

You're giving them a front-row seat to what real faith looks like. Not perfect behavior, but a heart that's willing to own its

failures and come back to God. That kind of moment is more impactful than any rule, routine, or reminder. It's real. It's redemptive. And it leaves a lasting mark.

Home Tip: Model Repentance with Words and Actions

One of the most powerful gifts you can give your children is the example of repentance—not just in theory, but in real, everyday life. Make it normal in your home to hear phrases like, "I'm sorry for how I said that. That wasn't patient or kind," or "Let's pray and ask God to help us realign our hearts," or even, "Can we do a restart today?" These aren't just nice words, but they're a training ground for grace. They teach your kids what it looks like to own mistakes, to turn back to God, and to start again.

Let's be honest—this doesn't come naturally. Everything in our flesh resists humility. Saying, "I was wrong," or "Will you forgive me?" can feel awkward at first, especially when you're the adult in the room. But this is God's way—the biblical way. Scripture tells us in 2 Corinthians 5:17, "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." Repentance is part of that new life. It's not about wallowing in guilt—it's about turning around and walking in a new direction.

In the original biblical language, the Greek word for repentance is **metanoia**, which means "a change of mind" that leads to a change in direction. It's not just feeling sorry—it's

choosing to realign your life with God's truth. And that begins with your words and your actions.

Your kids don't need you to be flawless. They're not expecting perfection—but they *are* watching how you respond when you mess up. Do you ignore it? Do you shift the blame? Or do you show them what it looks like to be humble, honest, and surrendered to God?

When you model repentance—when your kids hear you confess, see you pray, and watch you grow—you're building a legacy far stronger than one built on performance. You're showing them that grace isn't a theory, it's a lifestyle. You're reminding them (and yourself) that you don't have to be a perfect parent—just a repentant one. And that's where real transformation begins.

Reflection: Where Are You Drifting?

Take a quiet moment today—just you and the Lord—and ask this simple but powerful question: Where am I drifting? Drift doesn't happen all at once. It's subtle. Slow. Often unnoticeable until you look up and realize you're not where you thought you were. It might be showing up in your priorities when the urgent keeps crowding out the eternal. It could be in your tone at home, when sharp words and frustration have started to feel more normal than grace and gentleness. Maybe it's in your spiritual leadership, where you've grown passive instead of intentional. Or maybe the drift is in your time with God, when quiet moments in His Word have been replaced with busyness, noise, and distraction.

The beautiful thing is, the Holy Spirit isn't waiting to shame you. He's not standing over you with a clipboard of failures. He's your Helper, your Comforter, the One who gently draws you back to center. If you ask Him to search your heart, He will. And when He reveals those areas of drift, it won't be to condemn—it'll be to restore.

There's real hope in that. Because you're not raising your kids on your own. You're not holding your family together by sheer willpower. God is with you. He is the One anchoring you, even as you seek to anchor your home in truth, grace, and love.

Let the prayer of Psalm 51:12 be yours today: "Restore to me the joy of Your salvation, and uphold me by Your generous Spirit."

Drift may be subtle, but God's grace is steady—and He's always ready to lead you back.