



FROM YOUR CFS **Wellness Specialist**



One Thing Needful Encouragement for parents

Parenting is a challenging but rewarding journey. With endless responsibilities—laundry, meals, school, extracurriculars—it's easy for parents to feel overwhelmed. Here are four key reminders to help parents stay encouraged in their role.

1. You Are Not Your Children

It's natural to want children to succeed, but **a parent's worth is not tied to their child's achievements**. Instead, parents and children alike are fully loved and complete in Christ. Parenting from this place of grace brings peace and perspective.

2. Only One Thing Is Truly Needed

The world pressures parents to do more and be more, but Jesus reminds us, "Few things are needed—or indeed **only one**" (Luke 10:41-42). That one thing is our relationship with God. Prioritizing faith in the home helps both parents and children remain centered, no matter life's challenges.

3. Perfectionism Is Paralyzing

There is no such thing as a perfect parent. **Mistakes happen, and God's grace is sufficient in weakness** (2 Corinthians 12:9). Celebrate small victories - getting through a tough morning, a moment of patience, a bedtime prayer together. These daily wins matter.

4. Today Is Not Forever

Parenting struggles are temporary. A tough day, a frustrating phase, or a difficult season will pass. Jesus reminds us not to be consumed by worry but to seek him first (Matthew 6:33-34). **God is working through every moment, shaping both parents and children.**

Even on the hardest days, remember that children are a gift from God (Psalm 127:3-4). Trust in His promises, embrace grace, and take heart in knowing He is guiding both parents and children every step of the way.
