

# Back To School : 7 Things Every Parent Can Do

From Dennis DeMarois of the Gathering PBC

**A. Dinner** - the table should be the point where your family gathers, processes the day, brags on God, catches up on the day, and as an opportunity to ‘catch their breath’ and laugh a bit.

- **Heb. 10:24-25** tells us to meet together and encourage each other.
- **Deut. 11:19** tells us how important it is for parents to talk about the things of God with their kids.

**B) Chores** - household jobs don’t disappear, schedule them and get them done before your head hits the pillow. Kids do homework, Kitchen gets cleaned, groceries are bought, bathrooms, backpacks backed, clothes laid out.

- **Prov. 31:27** describes the women (wife) “She looks well to the ways of her household and does not eat the bread of idleness.”
- **1 Tim. 3:4** tells the man (husband) “He must manage his household well ....”

**C) Chairs** - sitting for one hour minimum to let home-life happen, disconnect from your devices, let your family know that you are there and present. You can shower, watch your shows, get caught up on e-mails and social media on your time. One hour minimum per night to just be present.

- Be present for your family to just “come to you” like Jesus spoke about in **Matthew 11:28**, “Come to me, all you who labour and are heavy laden, and I will give you rest.”
- Be present and be an example of a family who knows how to rest because they believe that “He (God) gives strength to the weary and increases the power of the weak.” (**Isaiah 40:29**)
- Be present and let God teach us to live well! Teach us to live wisely and well! Kids will remember how the home where you were present for them. As **Ps. 90:12** reminds us, “Teach us to number our days carefully so that we may develop wisdom in our hearts.

**D) Prayers** - schedule private worship, get up early so kids and S/O see you making God a priority before day start (or day ends), attend local church regularly (at least once per week), prepare your weekly or monthly giving to God’s work and let your kids see you doing this too, keep a prayer/praise list and share it as you feel led w/ your S/O and kids.

- **1 Chron. 16:19** tells us to “Give unto the LORD the glory due unto his name: bring an offering, and come before him: worship the LORD in the beauty of holiness.”
- **Psalms 37:7** tells us to “Be still in the presence of the LORD, and wait patiently for him to act.”
- **Philippians 4:6** tells us “in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

**E) Calendar** - just like you do for work grab your schedule and take control of it, weekly review of the plans w/ your S/O before week begins, review kids days off and obligations, be pro-active to create margin in your daily schedule.

- **Proverbs 21:5** tells us that “the plans of the diligent lead surely to abundance, but everyone who is hasty comes only to want.”

**F) Dates** - you and your S/O need to make romance a priority, if you don't it will get swept under the rug, kids need to know “mom and dad” make time for each other. Mutually decide what works and “just do it”! Monthly date (yep, pay for babysitter or schedule someone to watch kids), regular post-it love notes on the bathroom mirror, a prayer and kiss before you leave the house, flowers in the vase every Monday.

- **1 Peter 4:8** tells us that “Above all else, keep loving each other earnestly ...”.

**G) Exercise** - make a minimum of three times per week schedule to do something to take care of your body. You will burn out if you don't. You will be able to manage life better, you'll be able to keep up with the demands of a full schedule, and you might just enjoy it too. If you got to do it at 5am before school day start then do it, if you got to do it when kids are in bed do it, if you do it during your lunch break do it, if you do it before you walk in the door just do it. Taking one of the exercise times on the weekend means that you only need to find two times during the school week to exercise.

- **1 Cor. 6:19** tells us to take care of the “Temple of the Holy Spirit” which is our bodies.