

## HIGHLIGHT PAPER - Two Textbooks - CDodgion

### **“Boundaries with Kids”**

1. *It's important to think about the future while disciplining your children.*

So many parents today give in to their children's wants and desires because it's easy. Unfortunately, the parent is not preparing their child for the future. This is such an important concept to help parents understand when their style of parenting is based on what's easy for them at the time. I can see using this in a session and talking to parents about how to help them parent for their child's benefit.

2. *Children learn boundaries through watching their parent's behavior.*

They say more is caught than taught with parenting. Parents may not realize that children are watching more of what they're doing and mimicking that instead of doing they're saying. Sharing this information with parents and helping them understand how their behavior molds and shapes their children can help them change their own behavior.

3. *Setting boundaries for your children is a loving thing to do.*

Some parents think it's important to give kids everything they want when in reality setting boundaries is a good thing to do. It will help them late in life when they go out into the real world and find out they can't have everything they want. They have to live within certain guidelines, there are rules to follow like being responsible and doing a good job at work instead of slacking off.

4. *Children are people to and it's important to give them respect.*

Wow! This is big. Helping parents to understand how giving their children respect will help them learn to respect others is essential. Letting them know that how they treat each other, other family members and friends can help prepare their children to think about other people in the world.

5. *Looking at pain as an opportunity for growth can help you get through it.*

This is one that's personal. God is consistently showing me how I can grow through painful situations. It's all in how I look at pain and what I do with it. If I look for the opportunity of growth and don't get

stuck in the pain, I have a better chance of growing and developing. It's comforting to know as a Christian, God uses all the hardships in our lives to grow and mature us.

6. *Motivation and behavior go together.*

This is a concept that is important to help parents understand. It's more important for a child to learn to do the right thing because they want to instead of fearing circumstances or pleasing other people.

Helping children find their own internal motivation will guide them through life with their own ideas and they'll be stronger for it.

**"Sacred Marriage"**

1. *Everything I say and do in life is to support the gospel ministry of reconciliation.*

It's not that I've never heard of this before but somehow it hit me much deeper while I was reading this book. On a personal note, it means with every relationship that I have, whether that's a friend, a co-worker or the cashier at the store, *everything* I say and do is meant to be as an ambassador of Christ. So, I've been more mindful of what I say and do these days with my friends, my co-workers and the cashier at the store. Instead of saying or doing what I think is right, I've been stopping to think more and ask the question, "What message does God want to convey in this conversation?"

2. *Considering marriage as a tool/opportunity that God uses to build Christlike Character.*

I can imagine introducing this idea to a Christian couple in counseling to help them see how this could change the focus on their marriage from pleasing each other to pleasing God. I would help them think about honoring God by loving, forgiving, praying, etc. for your spouse is a way to serve God and develop and build character that is God pleasing. In turn, having a better relationship and marriage as a result.

3. *Christian love is about loving the person as they are and praying for God to grow them.*

This is a reminder to me that God is in charge of doing the work, we are in charge of following His plan for us. This idea saved my parent's marriage. Early in their marriage each person was focusing on changing the other and making them what they wanted them to be. At some point, my mother decided

to accept my father as he was and work on being the best she could be. Eventually he came around and decided he needed to take responsibility for himself. I will definitely use this idea in my practice to help couple's love each other and be responsible for their own actions. I will also use it to remind myself to do my part as a counselor but not to overstep and try to change them myself.

4. *It's important to be intentional in your relationships.*

In the book it mentions this woman who left behind multiples suitors to marry one man who unintentionally neglects her. The importance of being intentional is far reaching and so important in our relationship with friends, family and co-workers, etc. Over the past year or so I've started becoming way more intentional in all my relationships. Reading this encourages me to continue even more. Being intentional about what you do brings you closer to your desired results.

5. *What general men or general women want or need.*

This has come up in my life in relationships where the guy will say, "General woman like this or that." It came up recently in my Love language interview with one of the couples. "Women need love and men need respect," said the husband. While I think this is a good start, it's not the full picture. It's important to know the needs and wants of your particular partner. This is something that will be integral in sessions with my clients.

6. *Persevering through trials and struggles can make your relationships stronger.*

I want to encourage my clients to view their struggles and hardships as opportunities for growth to become stronger individually and in their relationships. My parents are 56 years strong in their marriage. I have watched them struggle many times and come through to the other side. I have personally benefited from watching them struggle because they have modeled what it takes to make it through hard times.