

COUNSELOR'S CORNER



March



Perspective: Changing our mindset

In the book of Philippians, the apostle Paul reminds us, "I can do all things through Christ who strengthens me" (Philippians 4:13). With Christ as our source of strength and wisdom, there is no limit to what we can achieve. As parents and members of the Christian community, we have a responsibility to nurture a growth mindset in ourselves and in those around us, especially our children. By encouraging them to embrace challenges, persist in the face of setbacks, and view failures as opportunities for learning and growth, we equip them with the mindset and skills they need to thrive in all areas of life.

In our family we often use the phrase "how can we make lemonade out of our lemons?" Life is full of challenges and the apostle Paul teaches us that we should embrace our failures and use them as an opportunity to grow. Many times, our children will come home with a bad grade or got into an argument with a friend. I encourage you as parents to help your children understand that this setback is simply a means for growth and opportunity. So, I ask all of you "how can you make lemonade today?"

Upcoming events:

- 3/14: End of 3rd Quarter
- 3/15/:No School- Prof Dev Day
- 3/15-16 : Beauty and the Beast
- 3/22: Report Cards

Parenting Resources:

What we say vs. What God says

"I'M NOT SMART ENOUGH"	God says "I will give you wisdom" 1 Cor. 1:30-It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption.
"I'M ALWAYS WORRIED AND FRUSTRATED"	God says "Cast your cares on me" 1 Peter 5:7- Cast all your anxiety on him because he cares for you.
"I'M TOO TIRED"	God says "I will give you rest" Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.
" I CAN'T GO ON"	God says " My grace is sufficient" 2 Cor. 12:9- But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.
"I CAN'T FORGIVE MYSELF"	God says "I forgive you" 1 John 1:9-If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness

Fun fact about our thoughts...

The average person has about 12,000 to 60,000 thoughts per day. Of those, 95% are exactly the same repetitive thoughts as the day before and about 80% are negative.



