



## HEARTS *at* HOME

1. What is one behavior or goal you want to focus on with your child/ren? If you have a baby, what is one goal you want to focus on as a mom?
2. With the pyramid example, do you know and understand what level your child is at? (For moms with babies, how can you start modeling and practicing being in control of your body now?)

Stage 1: Focus on Body Control

Stage 2: Body Control in your surroundings and with other people

Stage 3: Using your words

3. Do you have check-ins with your kids, or is this a new idea? Does this idea excite you or bring feelings of anxiety? Why?
4. What is something that Kristin said that stood out to you? What are you going to start/change/stop doing?

*Read: 2 Chronicles 15:4-7, Joshua 1:9*

5. What is God asking you to be strong in and not to give up on?
6. When it comes to your children, what fear do you have, and how do these verses encourage you?
7. What other Bible Verses do you find encouragement from?

*Please share prayer requests and take time to pray for one another*