

Parent Wellness COMPASS

Parent Wellness Circle *Program Workbook*

Faith Supplement and Resources

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Session 1 Understanding Parent and Family Resilience

Prayer Service (Sample: This format can be repeated each week, using the scriptures suggested, or scripture of your choosing.)

“Be still and know that I am God.”

—Psalm 46:10

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will guard your hearts and minds in Christ Jesus.”

—Philippians 4:6-7

“If the only prayer you ever say in your entire life is ‘thank you,’ that will be enough.”

—Meister Eckhardt (mystic)

Opening Prayer A Parent’s Prayer**

Lord, I need your help today.

I want to care for those you’ve sent
Into my life, to help them grow in body, mind and spirit,
To help them develop the special gifts you’ve given them.

Help me to embrace them without clutching,
To support them without suffocating,
To correct them without crushing.

And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

—adapted from A Parent’s Prayer (www.lords-prayer-words.com)

Scripture (Free to choose one from above or your own.)

Reflection/Journaling Prompts

What drew you to come to this Parent Wellness Circle?

Name your three greatest joys and your three greatest concerns about being a parent.

To me, being a faithful parent means ...

The image of God the Father or God as Mother is helpful or not helpful to me because ...

(Light a candle and ask for God’s Blessing on this Wellness Circle.)

Do the work of Session 1 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Closing Additional Suggestions

Closing with candles. *In this closing ritual, each person lights a candle from the larger, center candle and reads out loud their "closing reflection." To do this, you will need to place a small table in the center, a large "pillar" candle to place in the middle of the table, and then a votive candle for each person. You will light the pillar candle while the group is taking time to complete their "closing reflection." After each person shares her/his closing reflection, he/she will light their votive candle from the flame of the pillar candle and then place their votive on the table, with all of the votives eventually forming a circle around the pillar candle. You will need matches or some other candle or wick to make lighting the votives from the pillar candle easier (and safer!).*

Closing without candles. *You can close with personal affirmations. In this Closing Ritual, each person reads out loud their "closing reflection." You may stand in a circle, holding hands if you wish. As each person, who wishes to, shares their closing reflection, members of the group are invited to share a positive affirmation about that person and their family.*

***The suggestions included for opening and closing prayer are only suggestions. Each facilitator is encouraged to adapt the suggestions, or create opening and closing prayer that fits more closely with the group. Particular scriptures or prayers may be more meaningful in your specific context. You are also welcome to invite members of the group to create or lead the prayers if that is what works best for your group. Some groups assign prayer partners during the six weeks of the Wellness Circle. The wisdom is in the group, so please adapt, change, use or create as makes sense for your situation.*

Session 2 What School of Parenting Did You Attend?

“But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’”

—Luke 10:41-42

“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.”

—1 John 4:18

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Into my life, to help them grow in body, mind and spirit,
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Help me to embrace them without clutching,
To support them without suffocating,
To correct them without crushing.

And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

—adapted from A Parent’s Prayer (www.lords-prayer-words.com)

Scripture (Choose one from above or choose your own.)

Reflection/Journaling Prompts

Think of a moment when you looked into the eyes of one of your children and were deeply aware of God’s presence. Was it in the delivery room, the first time you saw him or her? Was it a quiet moment in the middle of a night after they finally fell asleep? Was it a moment they were just playing with total abandon?

What does your child teach you about God?

By seeing you, what does your child learn about God?

(Light a candle and ask for God’s Blessing on the work of this Wellness Circle.)

Do the work of Session 2 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Session 3 Your Parenting Voice

“Be angry but do not sin; do not let the sun go down on your anger. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another.”

—Ephesians 4: 26, 31

“For God gave us a spirit not of fear but of power and love and self-control.”

—2 Timothy 1:7

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.”

—Hebrews 12:1

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. And now these three remain: faith, hope and love. But the greatest of these is love.”

—1 Corinthians 13:4-8

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And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

—adapted from A Parent’s Prayer (www.lords-prayer-words.com)

Scripture (Choose one from above or choose your own.)

Reflection/Journaling Prompts

Think back to a time when you were younger and made a mistake, perhaps a big mistake. What was the most important, meaningful, or encouraging thing a parent, teacher, grandparent, mentor or other adult said to you? What was it about what they said and how they said it that had an impact on you?

(Light a candle and ask for God’s Blessing on the work of this Wellness Circle.)

Do the work of Session 3 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Session 4 Rethinking Discipline (Comfort, Growth, Panic Zones)

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

—Matthew 11:28-30

“But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.”

—James 3:17

“Make me to know your ways, O Lord; teach me your paths. Lead me in truth, and teach me, for you are the God of my salvation; for you I wait all day long.”

—Psalm 25:4-6

“All shall be well and all shall be well. All manner of things shall be well.”

—Julian of Norwich (mystic)

Opening Prayer A Parent’s Prayer

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To support them without suffocating,
To correct them without crushing.

And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

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Scripture (Choose one from above or choose your own.)

Reflection/Journaling Prompts

When we are overwhelmed, tired or confused, it’s often hard to know which way to go, or even to see the way Jesus, the Light, may be leading us.

What does “leaning toward the Light” mean for you and your family?

What do you do, or wish you would do more of, to lean in toward the Light?

—*Lean in Toward the Light* by Carrie Newcomer (youtu.be/fxAUmNjWaIs)

(Light a candle and ask for God’s Blessing on the work of this Wellness Circle.)

Do the work of Session 4 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Session 5 Staying Connected Through the “J” Curves of Parenting

“Our help is in the name of the Lord, who made heaven and earth.”

—Psalm 124:8

“Blessed is the one who trusts in the Lord, whose confidence is in him. He will be like a tree planted by the water and sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

—Jeremiah 17:7-8 (NIV)

“I tell you not to worry about your life. Don’t worry about having something to eat, drink or wear. Isn’t life more important than food or clothing? Look at the birds in the sky! They don’t plant or harvest. They don’t even store grain in barns. Yet your Father in heaven takes care of them. Aren’t you worth more than birds. Can worry make you live longer?”

—Matthew 6:25-27 (CEV)

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. And now these three remain: faith, hope and love. But the greatest of these is love.”

—1 Corinthians 13:4-8

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And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

—adapted from A Parent’s Prayer (www.lords-prayer-words.com)

Scripture (Choose one from above or choose your own.)

Reflection/Journaling Prompts

The world around us and our children is changing constantly. If you had to choose three values you wanted to instill in your children to guarantee they could navigate whatever changes life will bring to them, what would those three values be?

(Light a candle and ask for God’s Blessing on the work of this Wellness Circle.)

Do the work of Session 5 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Session 6 The Journey Continues

“For everything there is a season, ... A time to weep, and a time to laugh; a time to mourn, and a time to dance.”

—Ecclesiastes 3

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

—Philippians 4:8

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

—Matthew 6:33

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

—Matthew 6:34

Opening Prayer A Parent’s Prayer

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To support them without suffocating,
To correct them without crushing.

And help me to live joyfully and playfully myself, so
They can see your life in me and find their way to you.

Amen.

—adapted from A Parent’s Prayer (www.lords-prayer-words.com)

Scripture Suggestion (Choose one from above or one of your own.)

Reflection/Journaling Prompts (Choose one of these for reflection and just listen.)

Children’s Choir singing *Seek Ye First The Kingdom of God*

—([youtube.com/watch?v=4FuurRAJkZY](https://www.youtube.com/watch?v=4FuurRAJkZY))

Seek Ye First the Kingdom of God and Pachelbel’s Canon in D

—([youtube.com/watch?v=hCdYULR-pe4](https://www.youtube.com/watch?v=hCdYULR-pe4))

(Light a candle and ask for God’s Blessing on the work of this Wellness Circle.)

Do the work of Session 6 in the Parent Wellness Circle workbook.

Closing Prayer

Thank you Lord for the time we have shared this day/evening: time to be; time to reflect; time to learn from each other and from you. We thank you for the gifts and talents, joys and sorrows, strengths and fears each of us brings to this circle. We know and trust that you circle us with your love and presence each step of the way and for this we give thanks.

We pray now for:

Those closest to our family. ...

Those who guide and help our family. ...

Those who make decisions that affect families. ...

Those families who are hurting or have someone in their family who is hurting. ...

For our families and for our own needs.

Close with the Lord's Prayer, the Peace Prayer of St. Francis, or repeat the opening prayer.

Peace Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

Psalm 121

I lift up my eyes to the hills—from where will my help come?
My help comes from the Lord, who made heaven and earth.
He will not let your foot be moved; he who keeps you will not slumber.
He who keeps Israel will neither slumber nor sleep.
The Lord is your keeper; the Lord is your shade at your right hand.
The sun shall not strike you by day, nor the moon by night.
The Lord will keep you from all evil; he will keep your life.
The Lord will keep your going out and your coming in from this time on and
forevermore.

Parent's Serenity Prayer

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Serenity

May I find the peace of mind to know I've done the best I could, and that is enough. To know that I've loved each of my children with all my heart, sought what was best for each with pure intentions, and made decisions with a clear mind and caring spirit.

May I accept that I cannot control them, but only guide them. I cannot decide for them, but only with them. May I accept who they are becoming with an open heart, open mind, and always open arms. And may they accept me for who I am, the principles I've stood for, the values I've sought to impart—even as they shape their own destinies.

Courage

May I feel the loving grace of God within me, bringing me peace as I face the stress and strain of daily life. And may that loving light shine through me, offering a beacon of hope to my children during their times of struggle. After hardships, may we experience the healing touch of forgiveness, and the cleansing joy of laughter.

May I not dwell on the past with regrets, but be fully present and open to the gifts of today. Help me to face life's challenges head-on with honesty, integrity, and humility. And may I find the strength to always act according to my convictions, so my children will know how to face the winds of adversity.

Wisdom

May I know when to push and when to let go. When to be firm, and when to set them free. May I genuinely seek first to understand, then to be understood. May I enjoy the blessings of a well-tuned ear, an open yet discerning mind, and the ability to speak my truth both directly and compassionately.

May each of these gifts bring the blessings of respect, resilience, and rejoicing to my family—and to all the families I may meet along the way

—from (www.petermontminy.com)