



THE SERIES FOR STRESSED OUT MOMS AND DADS



Winning the Battle for Your Best Life  
September 27, 2015

<sup>23</sup> Above all else, guard your heart, for it is the wellspring of life.

*Proverbs 4:23 (NIV)*

WINNING THE BATTLE FOR YOUR BEST LIFE:

### 1. REFUSE TO LET YOUR FAMILY ORBIT THE CHILDREN.

<sup>6</sup> In the original creation, God made male and female to be together. <sup>7</sup> Because of this, a man leaves father and mother, and in marriage <sup>8</sup> he becomes one flesh with a woman - no longer two individuals, but forming a new unity.

*Mark 10:6-8 (MSG)*

✓ If you neglect your marriage for the sake of the **KIDS**, you'll end up sacrificing **BOTH**.

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### 2. REST SO YOU CAN BE READY.

<sup>8</sup> "Remember to observe the Sabbath day by keeping it holy. <sup>9</sup> You have six days each week for your ordinary work, <sup>10</sup> but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters...."

*Exodus 20:8-10 (NLT)*

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### 3. BUILD YOUR LIFE ON THE FOUNDATION OF CHRIST.

<sup>4</sup> We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the LORD, about his power and his mighty wonders...

<sup>6</sup> so the next generation might know them— even the children not yet born— and they in turn will teach their own children. <sup>7</sup> So each generation should set its hope anew on God, not forgetting his glorious miracles and obeying his commands.

*Psalms 78:4,6-7 (MSG)*

<sup>11</sup> After all, no one can lay any other foundation than the one that is already laid, and that foundation is Jesus Christ.

*1 Corinthians 3:11 (GW)*