

Replacing Lies with Truth

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SUMMARY

The speaker reflects on their parenting challenges with their teenage daughter, particularly regarding planning and managing responsibilities. They acknowledge their own toxic beliefs and the pressure they placed on their daughter, ultimately finding solace in faith and the understanding that struggles can lead to growth.

- The speaker initially believed their daughter lacked planning skills and would struggle as a result.*
- Attempts to teach her planning were perceived as criticism, leading to feelings of failure.*
- Toxic beliefs often include absolutes like "never," which can hinder perspective.*
- The speaker recognizes that struggles can lead to learning and growth.*
- Trust in God is emphasized as a source of strength and assurance.*
- A reminder that challenges are temporary and growth is a process.*
- The importance of grace in the parenting journey is highlighted.*

When my daughter was a teen, I believed my daughter doesn't plan and she's going to struggle. I tried teaching her how to plan her time, schoolwork, [music] and her budget, but all she heard was that something was wrong with her and I expected her to be like me. When I'm overwhelmed, [music] I can struggle with the belief that this is impossible. That it's hard to even [music] parent because I feel like I've already failed. My toxic beliefs often have the word never in them. Like [music] they will never learn, things will never change.

The truth? If she struggles, she will learn. She trusts God and I can trust [music] him to use any mistakes for her good. Then I remember that nothing is impossible with God. That God is God and [music] I am not and he loves me and he loves my child and that he will give us the strength to endure. In those moments I have to remind myself it will not always be like this. Jesus is at work, he's [music] growing each of us just as he promised he would. And though it may take time, he provides grace for the journey. [music]