

## **Parent Takeaway**

### **Truth in a world of lies**

#### **This week's theme**

In our Zoom group meeting this week we're looking at 'truth in a world of lies'. Is truth the same for everyone? Is there 'absolute truth'? Jesus said that he is "the way, the truth and the life" (The Bible - John 14:6a), so we are looking at what truth and full life can look like during this pandemic and beyond.

#### **Tip of the week**

Often areas of friction in the family escalate; small irritations lead to resentment which progresses into conflict. So this week's tip is to deliberately take time each day to talk about the small irritations - nip it in the bud! You may do this at a mealtime when you're together as a family anyway. You might have to set a rule that each person expressing an irritation must be heard in full before anyone responds. This will help to avoid the quieter or younger members of the family feeling dominated or marginalised. Don't forget to suggest ways in which you can resolve each of these issues.

#### **Creative idea - one thing that you can do together**

How about making your own "truth trumps lies" collage as a family?

Get a newspaper and cut out some of the myths about coronavirus or other untrue things that we are led to believe. If you don't have a newspaper, how about printing them from the internet or even writing them out? This may be a great way of discussing the lies you may struggle with about yourself and others. Stick all these lies on one sheet of paper.

Now on another piece of paper write some positive things about each of you and about your family which you know are true. Which is the more powerful, the lies or the truth?

#### **An encouragement for you**

We often believe lies about ourselves. Sometimes we see what other people are doing (maybe on Facebook) and think that they seem to be doing so much better than we are. We are all uniquely made with different ways of parenting, responding, coping and expressing ourselves. The truth is that no-one can expect any more from you that you are able to give. So be kind to yourself - have realistic expectations, don't compare yourself with others and DO feel a real sense of achievement at what you are able to do in these difficult times.

"Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

*Philippians 4:8 The Bible*