



Welcome to
Raising Daughters of the King
Princesses that bring Honor to their Royal Father

Broken Hearts and Emotions

It's funny how consistent people can be – okay, not really consistent and not really funny LOL - but in certain comments and remarks, they appear consistent and predictable with our family. When I say that we have four daughters, the comments are fairly predictable. Often times, guys will say something like “poor dad!” Sometimes mothers will ask how we survived the tears and drama. Girls will giggle and say it sounds like fun. After years of this, our daughters finally got their feelings hurt a little that so many indicated that they thought they caused their dad heart-ache or stress.

Oh, there have been some funny comments like the need to take up a collection for Dad to help pay for weddings (if the collection had actually taken place, we might have laughed a little more about that ☺); or one cute older gentleman said “that’s like hooking up a vacuum cleaner to your wallet.” I must say that the most memorable comment – at least for our girls – was when a dad, who also enjoyed raising his daughters, said, “Four girls! Wow, your dad is a very blessed man!” That comment meant the world to our joke-weary girls. Then, he took the time and effort to try to learn their names and who they were. No wonder this sensitive Sunday School teacher makes a difference in the many ministries he is involved in. But, I am getting side-tracked here. The comment of mothers about emotions and tears is where I would like to focus today.

What a gift of God are the emotions and hormones of girls! Oh, many times I have not called them that, especially when they got the best of me. Those hormones and emotions gave me the gift of motherhood and the ability to love and relate to people and my children. They even are the very reason I am a mother! I have tried to remind myself at times that hormones are truly a gift from God. I LOVE being a mother, a woman. I LOVE having four daughters with hormones and emotions! Learning not to be controlled by emotions and hormones is a great skill that we can help teach our girls (and maybe need to teach ourselves.) It is possible to reduce the ups and downs. It is possible! Really!



Coach's Corner

So how do we help our girls not become drama queens that are controlled by their emotions – sometimes making all those in their paths or presence regret they were there? Well, that is definitely a challenge. If it were easy, it wouldn't be such a rare thing to find a girl who can control her emotions. Maybe it's more that we learn to control our reactions and behavior in spite of emotions or raging hormones. Realizing it is possible and awareness of ourselves is half the battle. More on that in the game plan section of this newsletter and coming book.

Learning to control our own dramas as mothers and model that for our daughters is another huge step in the education of our girls. The filter on our mouth is huge. If we don't have a strong filter, it can be developed without losing your identity or your sense of humor. But, it can still be added to your personality in such a way that will help build you up, help you be less negative, and model self-control to your daughters.

The progression of motherhood can, itself, lead to heart ache even if everything is going well. We start off learning how to read the needs of our newborns, next we begin trying to read the wants of our toddlers, after that we begin teaching our children to obey our wishes. Then come many stages of release – after we have taught them to feed themselves, dress themselves, read, write, drive safely, and too many more things than can be written here, we must release them into making their own, independent decisions and finally adult choices.

As we begin to grow and mature in our motherhood, it is easy, and often necessary, for us to move into a control mode over our children – and we get stuck there. We want our kids to eventually become independent adults and make wise choices – but sometimes we consider them good choices only as long as they are the same ones we would make. But if they choose their own jobs and paths after high school, as well as their life partners, that we do not approve of, then we can end up in quite a conflict. (Disclaimer: I am not saying that we should not give advice and help our kids make these difficult decisions – but after we have prayed and done our part, it is time to turn it over to our kids and to our God.)

As mothers, we can try to control their actions and force them to live the way we want them to, or we can trust the lessons we've taught them and the God we've surrendered them to. If we do not, our motherhood can take us into heartbreak and, for some of us, eventually to bitterness. If we walk in the path of surrender little by little, we are ready for the adult moments when we can trust them into God's hands. Again, I believe strongly in sharing advice and wise counsel, but not in controlling the choices and decisions of our adult offspring.

I had the opportunity to choose my paths and live my life, it only seemed fair to allow my kids (adults) to seek God and learn to follow His direction for their own lives. (Without being disrespectful here of people I love and respect, I had to fight and battle through some resistance in order to follow God to serve him on the mission field. I didn't want to repeat that same pattern for my own family.) There is a very fine line between hurting for our children as they go through pain and hurting for myself as if they are not individuals but rather they are merely an extension of myself. One is the pain of parenthood; the other is the pain of self-centeredness.

We don't often see many examples of mature moms allowing their daughters (and sons) to make their own choices in life. Let me tell you here, it is a very tough thing to do. But even though it takes quite a lot of courage and self-control, to do so, it is so much better than the self-inflicted wounds that come from trying to force our will on our adult kids. Maybe we want to live our desires through them or maybe we just think we know best. But it is not right.

The wound comes (self-inflicted) when we choose to believe that our daughters' bad choice was somehow an attack or intentional injury made on us. Sometimes we even decide that our daughter's pain is our own. We get angry and hold on to a grudge against them or against those who hurt our kids. When we tell our story, it is their story we claim as our own. Resentment and bitterness now become our own. Drama settles into our character as well.

Our challenge as moms: pray, surrender, obey God's direction, trust, surrender, and pray some more. Oh, and don't forget to forgive – everyone for everything! LOL

Game Plan

- 1) Realizing that we don't have to be emotionally out of control and that it is possible to control our emotions is a huge step. (Not talking about denying emotions and feelings – but definitely saying that we can learn to be less reactive and less emotion driven.)
- 2) Self-awareness is huge. A calendar can help a young girl learn to give herself and those around her an extra measure of patience when hormones are likely to kick in. This can be done discreetly and privately as we teach ourselves to regard even these times with self-respect.
- 3) Model for our daughters self-control and also the learning of self-control. Do we ever actually attain this or is it an ever increasing and growing gift?
- 4) Don't give in to the tears when they are little and it will drastically reduce the fake tears and drama later. Help your daughters develop communication skills rather than train them to cry to get their way. Sometimes we seem afraid to tell our children that life has disappointments, so learn to accept that and move on.
- 5) Help our girls learn to laugh at tough situations – that doesn't mean to mock them or the trouble, but it always helped to have dad on board to turn tension into humor.
- 6) Help our girls learn to pray over all things and minimize panic.
- 7) Encourage our girls and ourselves to develop a lifetime habit of: prayer, surrender to a Good Father, obedience to God's directions, trust in God to work it all out, and more prayer.
- 8) Sing when we are happy or sad and tired.
- 9) Forgive frequently – ourselves and others always!