



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

**Emotions and Hormones - God's Gifts**

It's funny how consistent people can be – okay, not really consistent and not really funny – but in certain comments and remarks, they appear consistent and predictable with our family. When I tell people 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.

Over than many years of this, our daughters naturally got their feelings hurt (a little). With so many different people all saying these things, it made them feel 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!

## **Brokenness**

Over the years, I've had contact with quite a few mothers with broken hearts of varying degrees. There are some who are sad because their children struggle in some areas. I think all of us at some time or another hurt for our kids' hurts and defeats. Then there are some who truly have hearts that seem to be shattered into tiny jagged pieces with little or no hope of ever being whole again. There are some who have walked through such horrific experiences as having a child struggle and lose the battle with destructive behaviors such as substance abuse, crime, cutting. Some with children that have runaway or most tragic of all, committed suicide. You are the parents, whom I feel led to speak to today. I tread lightly because I know how caring, but sometimes ignorant, words can do more harm than good. I promise you that I pray these words will only bring hope and not more pain as I prayerfully write them tonight.

I also realize there is nothing that I can say to you that will help. But, I can't help but believe that God has words that can bring healing. I don't want you to think that I am about to say to be grateful for your tragic circumstance, but I must say, I believe that a God that loved you and called you will faithfully hear your cries and answer you. Hang on with all your strength to His promises that are so beautiful and full. At times they can seem empty, and the people that quote them may seem too religious to make them sound anything more than Sunday School or rote answers to life's biggest problems. But I must say, that the One who spoke them in the first place is more than capable of bringing them about and fulfilling them whether we are able to believe or not. For He is faithful even when we are not. 2 Tim. 2:13

There is such truth in every scripture, and I think now of the one that says that "Greater joy has no one than to hear that their children are walking in the truth." 3 John 4 I feel the opposite must also be true – greater pain has no parent than when our children walk away from the truth. The cause of that straying may not even matter or may make it worse if we feel we or some other trusted person is to blame. Whether they strayed because of abuse, peer pressure, generational sin, betrayals, or the appeal of sin, the result is the same: distance from God and ugly, horrible scars. Also, it breaks our hearts as parents, grandparents and family. Our reactions vary greatly as well. Some of us grieve with tears, sadness and depression, and others grieve with anger and rejection. Truly this is impossible to understand and write in this short entry by this writer or even to comprehend without much insight from God.

One thing I know: God does care and He does have the answer. I was thinking about a mother who visits her daughter who is in prison for hurting her grandchild – and cries constantly. The younger sister that was talking to me about this was working in a degrading job to help support her broken family. How can anyone BUT God have an answer for that pain? Pain so great? Lives so devastated by wrong doing? ONLY God can have an answer this big. He had the answer for Job when all of his children were killed. And He felt the pain Himself, when His only Son was killed because of sin. He walked in our shoes. He cares so much that He even gathers our tears in a bottle. Psalm 56:8 Think of that, meditate on that. Has anyone ever loved you so much that even your tears were considered precious and valued enough to save?

I think ultimately of Mary Magdelene who had sinned so greatly that she was judged and condemned by most “good” people. But she came to know God in a way that is far greater than those very people who judged her as less than they were. They remained empty, and Jesus scolded them. But Mary was honored and is spoken of even today. (John 12) Our pain and our failures or the failures of our children, if they lead us to know Jesus in such a profound way, eventually turn into the greatest gift.

Cling to His promise, dear broken-hearted one, That He works all things together for good. (Rom.8:28) Then find a way to make yourself praise Him before you see the good, even through the tears. Once God transforms a horrific situation into good, it’s easy to be thankful and full of faith. But, when we praise Him before anything good shows up; while we are still in the depths of our brokenness, that is when the praise and worship is the highest and the sweetest to our Maker. That is when our hearts find the most peace and joy in suffering. That is when healing can take place – even if only for a moment. That is when our shattered hearts actually do appear almost whole. That is when, if we allow Him to, God will renew our vision of a Sovereign God. Sovereign in all things – even in this circumstance. He will have the appearance of a Lamb that was slain as in Revelation 5:6 and as the All-powerful and Victorious Lion of the Tribe of Judah. (Rev.5:5) And when we finally meet Him face to face, we will know what others have said, that it will be worth it all.

As the song says: “But until then, my heart will go on singing. Until then with joy I’ll carry on.” I pray you will find strength to sing in your darkest days. Sending each of you love .

## Coach's Corner

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!

## **Game Plan**

- ❖ 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.)
- ❖ 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.
- ❖ Model self-control for our daughters and also the learning of self-control. Do we ever actually attain this or is it an ever increasing and growing gift?
- ❖ 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.
- ❖ 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.
- ❖ Help our girls learn to pray over all things and minimize panic.
- ❖ 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.
- ❖ Sing when we are happy or sad and tired.
- ❖ Forgive frequently – ourselves and others always!