



STEWARDSHIP AND FAMILY

HEALTHY HOMES GROW HEALTHY MINDS!

INTRODUCTION

- **What defines:**
- **A Healthy home?**
- **What is a Healthy mind?**

- A healthy home environment doesn't just happen ;
- It will become a healthy home because of intentional effort made by parents of which those parents have a God given responsibility.
- It is where both parents instill Godly values like prayer and the word of God
- Some parents become prayer warriors and in this journey, leave their children behind. Tag your children along when you pray, tag them along too when you read the word of God.
- The word of God to become a lifestyle of the home.
- A healthy environment of the home is where parents do not fear to share their mistakes and their disappointments in life with their children, so that they do not repeat the same mistakes as the parents have.
- For instance, I fell pregnant when I was in grade 11 and my husband was doing 1st year at university and we became parents at that early stage.
- We have shared that with our children because we don't want them to repeat the same mistake, we want them to learn from our mistakes.

- A healthy home environment is where each member respects the other and where God's order is displayed.
- E.g. Where a husband leads his family in a Godly way with his wife supporting him and children respecting their parents and each other.
- A healthy home is where we are able appreciate one another.
- A happy home is where discipline is exercised and is consistent (in a healthy manner of course)

- It is important for parents to be available in a child's life especially between ages of 5-12 because that is where a child's personality is being fully shaped and developed.
- Another important point; As a parent make yourself available, so as to recognize when your child's behavior suddenly changes.
- For instance, you will be able to notice when your child withdraws , lock themselves up in their room or when his/her school performance declines.

DISTICTION BETWEEN A BRAIN AND A MIND (People tend to use this interchangeably).

- **THE BRAIN**

- Is formed/developing around 4 weeks in the mother's womb. Its development is influenced by:
 - 60% Genes
 - 30% Environmental Factors.
 - 10% Maternal Nutrition.
 - Therefore, 40% of the brain's development depends on external factors such as nutrition and most importantly the well being of a mother. The mother's well being in totality is crucial for her unborn baby as it can produce maldevelopment of the brain which can lead to an unhealthy mindset of the child.
- Is an organ that is part of your body (like the heart, lungs, liver, kidneys)
- It is visible. You can touch it.
- It controls most of the body functions(99%).

- **THE MIND**

- Your mind is part of the invisible world of consciousness, thought, feeling, attitude, perceived the things belief and imagination.
- The brain is associated with the mind and consciousness, but the mind is not confined to the brain cells only It has tremendous power over all bodily systems.
- It is the engines that drives the car.

THREE LEVELS OF AWARENESS

- The mind has 3 levels of awareness
- **The conscious:** The conscious consists of what someone is aware of at any particular point in time. It includes what you are thinking about right now.
- **The subconscious:** contains information that is just below the surface of awareness. It can be retrieved with relative ease and usually can be thought of as memory or recollection.
- **The Unconscious:** contains thoughts, memories, and desires that are buried deep in ourselves, well below our conscious awareness. Even though we are not aware of their existence, they exert great influence on our behavior.
- These are the memories that come in dreams, these are the memories that come with a slip of a tongue.

... Still talking about A HEALTHY MIND

- A healthy mind is a mind that is able to differentiate between right and wrong,
- A mind that is able to take responsibility,
- Is able to accept Godly values as a lifestyle,
- After we recognized that what we did was wrong, we took the responsibility to parent by Godly standards and values.
- Eventually this healthy mind should be seen in action - what do we mean
- We must be able to see our children being independent both physically/ psychologically/ spiritually in being able to withstand influences/ challenges of life and live a Godly lifestyle.
- We must be able to see our children taking leadership in all spheres of their lives.

Parents you must remember that :

- A child's mind is a clean slate.
- And as parent: you are equipped with what to write on this slate.
- Whether you are a teenage parent/ whether you a single parent/ whether you have adopted a child - you are equipped by God with what to write
- AND What you write becomes of the child
- Proverbs 22:6 - Train a child in the way he should go and when he is old, he will not depart from it.

- **AS A MATTER OF FACT YOU MUST ALSO Remember that there are many other writers on this slate;**
- Family members, Nanny's, Friends, Neighbors, Teachers, TV, Social media
- EVERYONE IS WRITING ON THIS SLATE.
- Wanted and unwanted writers are writing. Planned and unplanned incidences are being recorded.
- EVERYONE WANTS A PIECE OF THIS SLATE.

- Much as there are other writers if you have trained a child in a healthy home environment he will be able to apply the Godly values that have been instilled at home to navigate what is brought into their minds
- You cannot control everything that is brought into their minds and their lives but you trust that the principles they have will assist them.
- The responsibility of being a parent is not based on how you feel or what you fear- it is a God given responsibility.

- All we need to do is to live our lives submitted to God, the Holy Spirit will direct us in the things we do not know. This is important because:
- Our children will relate to God as they see us relating to Him.
- They will also relate to the world the way they see us relating to life.
- They copy us and they will always carry bits and pieces of us with them for the rest of their lives.

- You may be saying this is too much of a responsibility and I'm scared,
- You may be saying - I have not parented well,
- Or I have done all what a reasonable parent should have done, but my children are not doing as expected.
- REMEMBER THAT YOU ARE JUST A STEWARD TO THOSE CHILDREN.
- REST IN THE KNOWLEDGE OF KNOWING THAT GOD IS IN CONTROL.

**AS LONG AS GOD
HAS NOT GIVEN UP ON THIS CHILD,
YOU ARE A PARENT FOR THE REST OF
YOUR LIFE!!!**