



## PAUSE IN PARENTING

Reflection/discussion guide

Do this activity on your own, as a couple or in your small group and discuss together.

- Take a self-evaluation moment. How are you doing, as a parent, in living out Genesis 2:2? Be practical and think specifically of when you take a break and how you spend your time.
- As you heard each of the five areas in which you need to intentionally PAUSE in parenting, you probably applied it to your own life. Take some time to go over the following questions specific to each of the five areas. How would you define each PAUSE in your life? What are you already doing well in each area? Where is there room for improvement?
  - Pausing in the midst of **Parenting**.
  - Pause for **Alone time**.
  - Pause to prioritize **Us**.
  - Pause in **Solitude**.
  - Pause on **Expectations**.
- What do you need to do in your life to more intentionally PAUSE? What needs to get added? Or taken away?
- The hope and prayer is that if you take the intentional time to PAUSE you will experience the promises of Matthew 11:28-30:

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.  
Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and will find rest for your souls.  
For my yoke is easy to bear, and the burden I give you is light.”

Of the five areas to PAUSE in, what will be your top priority? Who can help you follow through on this PAUSE area?



## PAUSE in Parenting

*By the seventh day, God had finished the work he had been doing; so, on the seventh day he rested from all his work.*  
Genesis 2:2

You have to choose to **PAUSE** and make pausing in parenting a priority.

**Pause in the Midst of P** \_\_\_\_\_

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*  
Psalm 139:14

**Pause for A** \_\_\_\_\_

*Let him sit alone in silence for the Lord has laid it on him.*  
Lamentations 3:28

**Pause to prioritize U** \_\_\_\_\_

*A friend loves at all times, and a brother is born for a time of adversity.*  
Proverbs 17:17

**Pause in S** \_\_\_\_\_

*...but Jesus often slipped away to be alone so he could pray.*  
Luke 5:16

**Pause on E** \_\_\_\_\_

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Matthew 11:28-30