

Sometimes the best thing you can do is step away!

## 4 Timeouts Every Parent Needs To Take:

### Timeout to calm down

Ephesians 4:26-27 NLT

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

### Timeout to rest

Psalms 127:1-3 CEV

Without the help of the Lord it is useless to build a home or to guard a city. It is useless to get up early and stay up late in order to earn a living. God takes care of his own, even while they sleep. Children are a blessing and a gift from the Lord.

### Timeout to connect

Mark 10:6-9 NLT

But ‘God made them male and female’ from the beginning of creation. ‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one, let no one split apart what God has joined together.

### Timeout to refill

Galatians 5:22-23 NLT

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Isaiah 40:28-31 NLT

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

\*\*\*Response\*\*\*

I’m giving myself a timeout

I’m helping a parent take a timeout