

WHEN YOU FEEL LIKE A FAILURE

Do you ever have days where you feel like it's all coming off the rails and, because of the way you are responding, you're letting your kids down? You don't handle something the way you should, or you say some things you wish you could take back. There's tension in your home, and your relationships aren't quite where you want them to be. Well, you're not alone. Parenting young kids is fun, hard, tiring, messy, and amazing, all at the same time. Some days are great, but most days are complicated. But hear this: God hasn't asked you to be a perfect parent, only a faithful one. And He gladly pours out grace into every place where you feel weak or unsure.

Take some time to reflect on these Scriptures and think about what they mean for you as a parent.

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." — Romans 8:28

Reminder: God's love is abundant, and He is for you as a parent as you seek to love and follow Him.

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.'" — II Corinthians 12:9

Reminder: God's power shows up most clearly when you feel weakest

"Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." — Lamentations 3:22–23

Reminder: Every morning offers new mercies and a fresh start.

REFLECTION QUESTIONS

- 1) What are the moments in your day that tend to make you think, "I'm failing at this parenting thing?"
- 2) What emotions come up when you feel that way?
- 3) How might God be inviting you to pause, breathe, and let His compassion meet you in those emotions?
- 4) In what small ways do you see growth (either in yourself or your child) that you often overlook?
- 5) What's one story from your own upbringing that shapes how you respond to your child today? Is that story helping or hindering you?
- 6) How could you practice offering yourself the same grace you hope your child will learn to give others?

SHORT EXERCISES FOR THE WEEK

The Two-Minute Reset

At some point during the day, especially after a hard moment, sit quietly for two minutes. Take slow breaths and pray: "Lord, help me see my child the way You see them, and help me see myself the way You see me, and understand Your compassion." This short pause can change the tone of the next hour.

Daily Review

At the end of the day, list three things that went well (even if they seem small).

- We laughed at something together.
- I was able to keep it together when my child had a meltdown.
- I apologized for something, and my child forgave me

One Simple Connection

Pick one easy way to connect with your child today:

- 1) Sit on the floor with them for five minutes.
- 2) Share a snack.
- 3) Ask a playful question.
- 3) Offer an unexpected hug.

Starting Fresh Each Day

Every morning when you wake up, remind yourself of these two truths:

- 1) God's grace is sufficient for you.
- 2) His mercies are new every morning.

Remember that small, consistent moments build trust more than big, "perfect" ones.

CLOSING PRAYER

Lord, thank You for meeting me in my imperfect, yet beautiful, parenting journey. When I feel like I am failing, remind me that Your compassion is always there, and Your grace is enough. Help me slow down, breathe deeply, and love my child with the same gentleness You show me. Heal the places in me that feel overwhelmed and fill our home with Your peace. I entrust my child and myself into Your loving care. Amen.