

# Raising Kids

(Without Losing Your Mind)



**5 Powerful Keys To**

**R.E.S.T.**

*Jacqie D'Back*

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## **Raising Kids (Without Losing Your Mind) 5 Powerful Keys to R.E.S.T.**

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# **RAISING KIDS**

**(WITHOUT LOSING YOUR MIND)**

## **5 Powerful Keys To**

### **R.E.S.T.**



# INTRODUCTION

**-YESTERDAY IS HISTORY. TOMORROW IS A MYSTERY. TODAY IS A GIFT. THAT'S WHY WE CALL IT 'THE PRESENT'. ELEANORE ROOSEVELT-**

Oftentimes stress will manifest when we carry over yesterday's concerns into our present day concerns. The school may have called about your child's poor grades or their behavior. Your boss or coworker may have criticized you more than usual. You may have snapped at the kids or your spouse. The budget may leave a lot to be desired.

All of yesterday's concerns accumulate and will almost always end up in a high stress level. Therefore, we must be able to "dump" all of our concerns from the previous day or days and concentrate wholly on our today. **"The Present"**

The people around us, especially our children deserve our best stress-free self. In order to help you receive and enjoy 'today' as the gift that it is; I have composed 5 powerful keys to R.E.S.T.

I assure you that after reading this short booklet you will discover exactly how to **relax, enjoy, saturate** and **trust** your busy life to Jesus and in finding true R.E.S.T. you will be quite capable of offering your best self in **"The Present"**. Now that is truly a precious **gift** for your family.

## POWERFUL KEY #1

### R- IS FOR RELAX

# How To Relax Fast

Why should you learn how to relax fast? Because stress is more than just unpleasant. It's also dangerous. Many diseases are now known to be caused by or made worse by stress. As a parent, stress brings out the worst in our behavior and attitudes toward our children and our spouse. There is something you can do about it.

You may be thinking, "What planet is she living on? When do I have time to relax?" Right?

Matthew 11:28-30 MEV says this: Come to me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn of Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and my burden is light.

Most of the time Jesus says, "Come follow me.", but this is one of the few times that He says, "Come to me." Think of a father calling his child to sit on his lap. He has everything under control. Just take a moment and relax with your heavenly Father.

Now go to your inner quiet place. Go deep inside to a place where you feel that you are at peace and then just relax and breathe in deeply and enjoy the feeling of being at one with God and at peace within yourself.

Use this special time and place to be calm. Free your mind and body of all worry, all regret, all disappointment, all anger and grief.

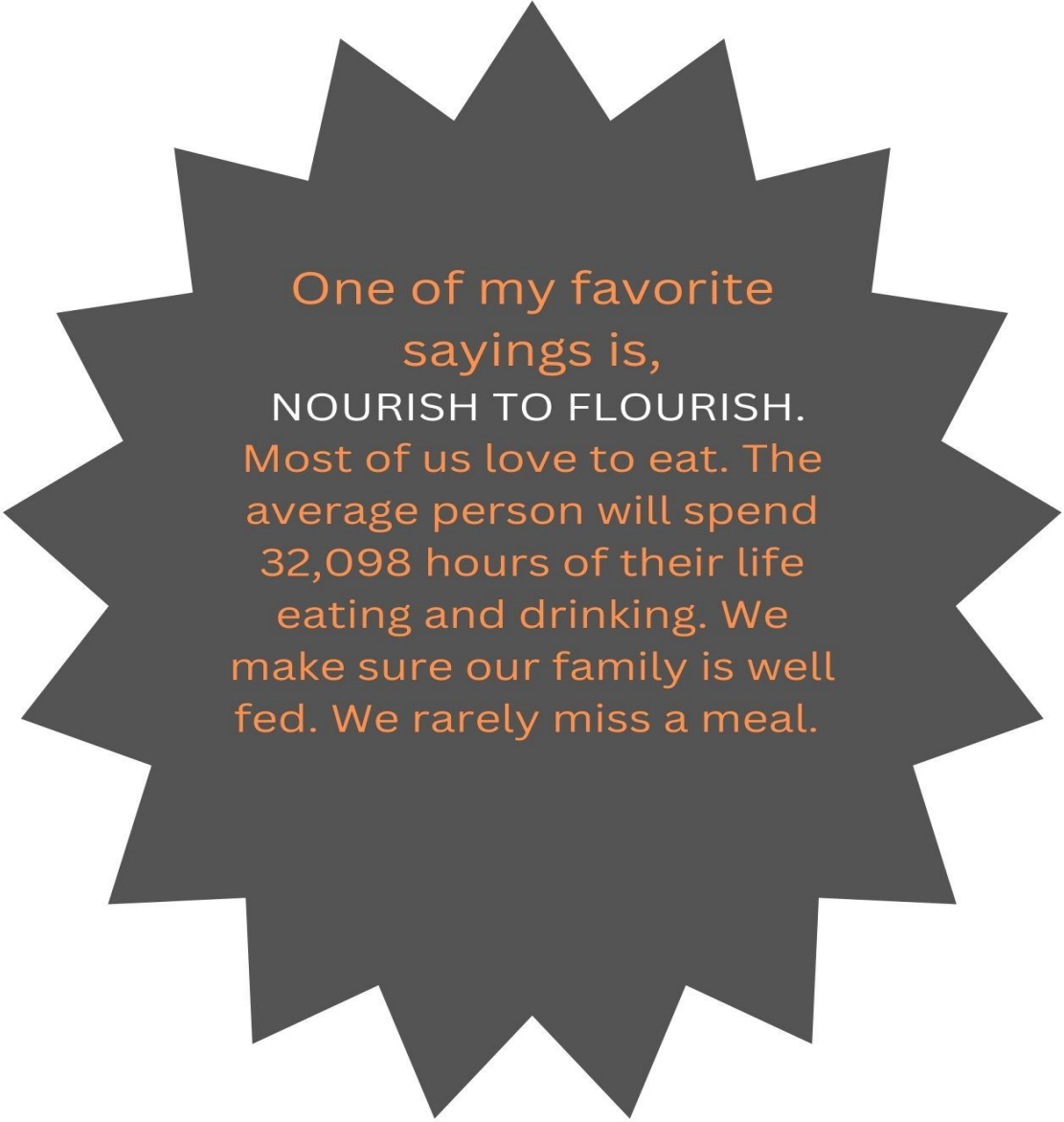
One of my favorite sayings is, **NOURISH TO FLOURISH**. Most of us love to eat. The average person will spend 32,098 hours of their life eating and drinking. We make sure our family is well fed. We rarely miss a meal.

How many spiritual meals do we miss, though? Are we surviving on a few snacks here or there? What about our children? Are we making sure they are being fed the Word of God? Jesus said, "Are you thirsty? Come to the well. Are you hungry? I am the bread of life." John 7:37 and John 6:35 [paraphrased].

What am I saying? Relax, because you are in union with Jesus. The metaphor of the yoke from Matthew 11:29 is that it joins 2 animals together for 1 purpose.

Jesus is not simply referring to work or toil. The focus is on a union with Him.

Would you agree that when children are well fed, their mood is better? What about you? Is your mind more clear? I bet you even have more strength? It is the same with our spirit man. We need to drink in His presence and chew on some bread by reading His Word. Read the Word of God with your children. They need bread, too. **NOURISH TO FLOURISH**.



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## POWERFUL KEY #1

### R- IS FOR RELAX

I keep a devotional book in my bathrooms, for a quick snack on God's Word. I really mean quick because (you may have had an experience like me) my daughter, who was a toddler at the time, used to barge into the bathroom and climb on my lap while I was on the toilet. You may only have time some days for a quick snack, but why not make it a healthy one. Your children may see you doing it and pick up the habit. They learn by watching you.

Try chewing on these verses for today:

Matthew 11:29-30 MEV Take My yoke upon you, and learn of Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

John 16:33 TPT "...And everything I've taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!"

What if I don't have time?

Proverbs 16:3 TPT "Before you do anything, put your trust totally in God and not in yourself. Then every plan you make will succeed."

We all have the same 24 hours everyday. It is the only commodity that allows everyone an equal share. No exceptions. What you choose to do with them determines your daily forecast. Reexamine your commitments and ask God where you can tweek them. You will be surprised to find out that there are many time-thieves stealing away your life. You will be amazed at how great God is at organizing our lives and identifying the thieves when we simply relax and let Him.

Your children are watching you organize your time. They see where your priorities are and they will model after you. It is your choice what model you are putting on display. Is it a relaxed, carefree lifestyle trusting in God or a stressed out, busy, disorganized life spiritually starving.

**COPY this link:** [jacqie@jacqiedbach.com](mailto:jacqie@jacqiedbach.com) and send me an email for a FREE **Relax and Reset** download of helpful relaxation techniques today, and use them whenever you feel that tension coming on.

**#1 form of relaxing self-care is time alone with God.**

## POWERFUL KEY #2

### E-IS FOR ENJOY

# Doing What You Love

What do you want to be when you grow up? I'm sure you were asked this question at least once when you were a youngster. When asked the question, did you have an answer ready, or did you need a few minutes to think about it? We all had dreams of becoming something great, like a fireman, a teacher, or a rock star, just to name a few.

Well, how did you do? Maybe you never achieved what you set out to be or said that you would become. But then again, things change. The older we get, our tastes change, our view of the world changes, even our goals change.

One of the most important lessons I've learned during my career path is to do something you love to do. Why is this important? I feel that if you enjoy what you make a living at, you end up being happy in more ways than one. Your attitude in general is better. Remember that you are modeling for your children a pattern of success to follow. While no job or business is perfect, the important thing is to enjoy it, even learn from it. God created in each of us gifts that we were designed to enjoy. Your children will see that joy in your life and want to have it. They will be encouraged to look for gifts in their own lives to shape and grow into career choices that they will enjoy.

Psalm 90:17 NIV May the favor of the Lord our God rest upon us; establish the work of our hands, yes, establish the work of our hands.

Do what you love, and love what you do, whatever that may be. You'll be happier for it. Life itself becomes much more interesting and fun. That being said, let me ask you, do you actually enjoy your life? Do you stay so busy planning and going from one task to another that you are missing out on being in the moment. Life passes us by very quickly and it is very important to enjoy each season of it.

Ecclesiastes 3:1 ASV For everything there is a season, and a time for every purpose under heaven..

Life is busy, but we were made to enjoy it, not endure it or just go through it aimlessly from task to task or assignment to assignment. Don't just have a life-experience, but learn to experience life.



## POWERFUL KEY #2

### E-IS FOR ENJOY

We can learn to enjoy even the most mundane tasks by being proactive about it. For instance; emptying the dishwasher can be an opportunity to experience gratitude. Try the following exercise alone or with your kids.

Each time you put a dish or pan in its proper place, name one thing that you are grateful for. Continue to do this taking turns until all the dishes are put away. This exercise causes you to be intentional or proactive about gratitude. Gratitude turns to praise and praise to worship. God, our Creator wants us to find joy in all things including our work. When we enjoy our life, it becomes a form of worship. We are not to worship the job or the task, but the Creator who gave us the ability to not only perform the task, but to enjoy it.

Try to find new things to make ordinary chores not so ordinary. Ask your kids for their ideas. This proactive stance will help you and your children learn to enjoy a wholeness that comes only from a relationship with God. We so often seek the experience and magical moments that we seldom learn to enjoy the fullness of actually living life. There is a fullness that comes from living a whole, fruitful life with God.

I personally use what I call my Fudgesicle Philosophy. Does this sound silly? It is, but it works for me. Let me explain. There will be times in life for all of us that just don't go how we planned. There are other times when we may just be worn out either physically, spiritually or emotionally. At the first sign of being stressed one of my main go to tricks is to grab a Fudgesicle. I always say, "Everything is better after a Fudgesicle." It may be the chocolate producing endorphins, or the cooling sensation, but what I know for sure is that I feel better afterward. Sometimes I even giggle while I am eating it.

Proverbs 17:12 says, "A joyful and cheerful heart brings healing to both body and soul." TPT.

Laugh and then laugh some more. It is food for the soul! **NOURISH TO FLOURISH!**

Just like a Fudgesicle makes everything better, a little talk with Jesus makes it better as well. Sometimes you may need a good cry.

Ecclesiastes 7:3 tells us, "Crying is better than laughing. It blotches the face, but it scours the heart." MSG

What happens when you stand around on a hot day holding your Fudgesicle? (I never have mine long enough to find out.) I have found from observing others that it melts, makes a mess and is of no value to the recipient. There is no benefit. It is kinda like having good intentions. You or your child probably had good intentions of enjoying the Fudgesicle. You may have believed that it was going to be so good, but nothing happens without action. Faith takes action.

# FUDGESICLE PHILOSOPHY



EVERYTHING IS  
BETTER AFTER A  
FUDGESICLE

## POWERFUL KEY #2

### E-IS FOR ENJOY!

There is no benefit until the Fudgesicle goes in your mouth.

The same is true if you download a Bible App or have a written copy of the Bible. Both options are potentially good, but you have to open them, take a lick or a bite to gain the benefits. **NOURISH TO FLOURISH!**

Has one of your kids ever laid their Fudgesicle down on the coffee table and walked away? Did you find it later in a sticky puddle?

Where is your Bible? Did you lay it down and it was a couple days or weeks before you picked it back up? **NOURISH TO FLOURISH!**

There are so many promises in God's Word, but if we don't enjoy it, we will never know or experience the benefits.

It is hard to enjoy life when we focus on all the challenges around us. Sometimes our children's behavior can be very challenging. Flip your focus by talking to God and listening to Him. Listen to your child with the intention of hearing to understand and not hearing to respond.

Try thanking God for the challenges. God can turn those roadblocks into building blocks. Talk to your child about your relationship with God and invite them into your conversation with Him. Google scriptures together with them about specific concerns they may be having and pray with them using those scriptures.

Thank God for the answer right away by faith. Watch how God will flip your child's focus and help you both enjoy each other. **NOURISH TO FLOURISH!**

Relax and enjoy your Savior. He wants to take care of you. When we allow our minds to shift into gratitude, we can see the building blocks and take advantage of all God has provided for us. Kick back and enjoy your Fudgesicle.

### **Develop a Gratitude Attitude**

There is so much to enjoy about life. God is so good to us. He has already done so many wonderful things to appreciate before our feet hit the floor each morning. Actually, your feet hitting the floor is one of those good things. It may take you a minute to flip the hard wired switch in your mind to see a gratitude perspective. It does take some practice. If it was automatic I don't think Paul would have taken the time to remind us in Colossians 3:2 NIV, to set our mind on things above and not on earthly things.

## POWERFUL KEY #2

### E-IS FOR ENJOY!

Romans 12:2 NIV Do not conform anymore to the pattern of this world, but be transformed by the renewing of your mind.

2 Corinthians 10:5 TPT We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.

Gratitude takes practice. We need to develop our gratitude muscles.

**COPY this link:** [jacqie@jacquiedbach.com](mailto:jacqie@jacquiedbach.com) and email me for a FREE download of **Gratitude Muscle Builders**. Use the tips in your free download to get you started.

**#1 way to enjoy your life is to smile.**

## POWERFUL KEY #3

### S-IS FOR SATURATE

# Simple Ways to Soak it Up

I don't know about you, but sometimes I feel less than great. Low, grouchy, fed-up, and bored are all words you could use to describe what I'm like on those days and I'm probably not the best company. I feel like a dried up sponge.

The thing is, days like those are part of the deal with being human – it's not an elective. There will always be off days, and that's okay.

But what happens when you get a whole string of those off-days, maybe lasting weeks, months or even years? Too many of us say that we're in a rut, feel stuck, fed-up, or bored and admit that we don't want things to be that way, but we don't know what to do to change.

Parenting is no different. There are many challenges on a normal day, but even more so when we fall into a "rut". The problem is, when you're in a rut, you don't have the energy or motivation to change things for the better, and it's tough to find the insight or resources you need to make that jump.

God's Word is a great refreshment for the soul. **NOURISH TO FLOURISH!**

Sometimes we need extra help to begin to soak up some nourishment. As I mentioned in the first section, I have found that placing devotional books in my bathrooms for a quick drink can be a real lifesaver during these blah seasons of life. One word from God can change your life.

Mark 4:26-28 TPT Jesus tells a parable. "God's Kingdom is like someone spreading seed on the ground. He goes to bed and gets up, day after day, and the seed sprouts and grows tall, though he does not know how. And all by itself it sprouts, and the soil produces a crop; first the green stem, then the stalk, and then the fully developed grain in the head.

Our job is sowing-God provides the seed of His Word and we sow it into our lives and our families lives. We do not need to know how it works. Faith is like the seed. Once it is buried in the ground, we can't see it, but we trust that it will grow up. We can't see our children growing, but the evidence is clear when their little tummies begin to stick out of their shirt or their long pants turn into capris or just plain highwaters.

Have no fear if you feel dried up like a sponge that hasn't seen water in a while. Shriveled up and dried out. All we need to do is ask God for help and He has promised to help us.

## POWERFUL KEY #3

### S-IS FOR SATURATE

Isaiah 41:10 KJV Fear not, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Think of a sponge....saturated and dripping. How did the sponge get wet? Most likely, someone put it in water. If you quickly dunk the sponge into a bucket of water and remove it just as quickly, the sponge will not get very wet. However, if you immerse the sponge slowly into the water and leave it there a minute or two the result is a saturated sponge. The saturated sponge can be squeezed out and still have enough wetness to last a while before drying out again.

It is the same with our spiritual lives. What kind of seeds are we planting into ourselves and our families? Where are we drinking from? What are we soaking up? Binge watching Netflix, social media, news, video games, YouTube, etc.? **NOURISH TO FLOURISH!**

Where is your saturation level right now?

Here is a fun and easy way you can use right now to climb, or better yet, leap out of the rut and soak up something better for yourself and your family.



#### **Do Something Differently.**

Life tends to run smoothly when we establish systems and routines for things. The problem comes when things run too smoothly and we become blinded to any ideas or choices that sit outside of our routine. All the stuff we do every day becomes the norm, running on auto-pilot, and it becomes our whole world.

## POWERFUL KEY #3

### S-IS FOR SATURATE

Do not change the kids' routine at first. Try the following things on yourself first and talk about how they have helped you to your family.

Ask your kids if they would like to try something new and offer a few choices. Don't worry if they are opposed to change. The key is for this to be fun and at the very least help you out of a rut.

Start with making one or two simple changes to your personal day -

**Eat something completely different for breakfast.**

**Change your radio station to praise music or a favorite podcast sermon.**

**Switch up your workout routine or start one.**

**Take a different route to work.**

**If possible, go to lunch at a different time or eat something new, etc.**

Don't worry about what the changes are or whether they're right or wrong, just make a couple of simple choices that will serve you well.

Doing something differently or changing parts of your routine, instantly takes you out of the norm and allows you to shake off the things that make you feel confined. These simple changes allow you to **reset**.

Step out of your routine and you'll be in a position where you're able to make different choices, see things differently and get a different result.

Now that you have shaken things up a bit and had a little fun, I want to take you back to the idea of the sponge. A sponge is meant to be saturated. We are like sponges. Our minds soak up all kinds of things all day long. Our children are also soaking up all kinds of things throughout the day.

I have found from experience that a sponge that is completely saturated is not able to absorb much because it is already full. The more saturated you become with Jesus, the less other things will be absorbed.

The same saturation is true for your kid's. If they are saturated with Jesus and His love for them, they will be less likely to absorb the shiny, bedazzling things waiting for them out in the world.

Let me ask you again, where is your saturation level right now?

We can choose to be proactive by staying fully saturated with Jesus. Then when life squeezes

## POWERFUL KEY #3

### S-IS FOR SATURATE

us with challenges only Jesus comes out instead of anger, stress or a negative reaction.

Jesus talks about a well springing up inside us. **NOURISH TO FLOURISH!**

John 4:14 WEB “...but whoever drinks of the water that I give him will never thirst: but the water that I shall give him shall become in him a well springing up to eternal life.”

The well springing up inside us will start to bubble over, up and out of us into others. When we become saturated with Jesus we will be like a river flowing for ourselves, for our family and for those all around us. The concerns of life will seem less of a challenge because we are already saturated with the presence of God.

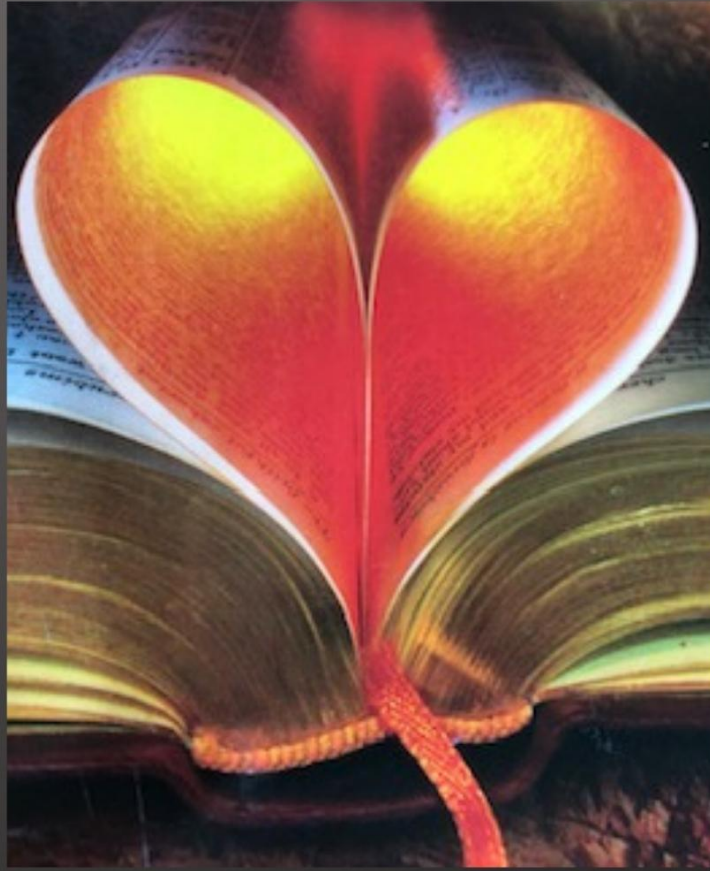
It is God's job to do the growing. Just like a child grows when they are sleeping. We can not see them growing, but we soon see the evidence. God is working in our lives all the time. As long as we stay planted we can **RELAX** and receive the gentle rain, **ENJOY** the sunshine and become **SATURATED** with the Word of God, then our roots will grow down deep where the freshwater is.

A great way to keep your toes wet is to journal. My simple method of journaling is unlike what you have most likely heard before.

**COPY this link:** [jacqie@jacqiedbach.com](mailto:jacqie@jacqiedbach.com) and send me an email to receive your FREE download of **Jacqie's Journaling 101** Use the tips in your free download to get you started.

**#1 way to stay saturated is to pray everyday.**





NOURISH TO FLOURISH

## POWERFUL KEY #4

### T- IS FOR TRUST

# Feeling Overwhelmed with Parenting, Work And Life

I was talking with a group of parents this morning. The hot subject up for discussion was how overwhelmed, beat, tired, and burned-out many of the people were feeling due to the “too much to do / can’t stop now” syndrome.

Are you one of those people who can’t seem to stop “doing?”

I have yet to meet anyone who hasn’t felt overwhelmed from time to time. Since it tends to feel uncomfortable, if not downright unpleasant, we tend to view it as negative and as a weakness. We don’t dare to admit we are overwhelmed or dare to talk about it, which can leave us feeling isolated and alone, further exacerbating the feeling. We often deny we are overwhelmed because we do not know how to stop the frenetic behavior that leads to this feeling. So we do nothing. Our children, employers, colleagues or friends often do not help support us to stop overworking.

Why do we do this to ourselves? Primarily, this syndrome occurs in our work life but it can carry over to our personal and family life, and it frequently does. Focusing on projects often begins with good intentions but we can quickly and easily be overwhelmed if we do not have a plan to minimize and balance our work. Getting the kids to their practices, games, recitals, doctor appointments, counseling sessions, as well as your responsibilities at work like that project finalized for your team, and the bake sale coming up at church and the community garage sale all are extremely important – but having a balanced, healthy life is equally important.

This stressful pattern is telling you to change your life! Once you get this message, it is easier to identify the steps you need to take to shift out of the behavior quickly.

**Copy this link:** [jacqie@jacquiedbach.com](mailto:jacqie@jacquiedbach.com) and send me an email for the FREE download of **Flip your Focus “6” Reset Strategies** gleaned from my personal experience and from my work with coaching clients who are burned out, growing cranky, frustrated and depressed. These strategies will help you balance parenting/work/life decisions.

## POWERFUL KEY #4

### T- IS FOR TRUST

A busy life can certainly be overwhelming. Parenting in and of itself can be busy and overwhelming. These feelings can produce a false sense of needing to control everything and when we fall short of that impossible task, we feel defeated, frustrated and overwhelmed even more. Is there a way to exit the hamster wheel? The answer is thankfully yes.

When you apply the strategies we have talked about throughout this book and begin to **Relax** in Him, **Enjoy** Him, and **Saturate** yourself in Him, it becomes easy to **Trust** Him. Well, maybe not easy, but could you agree to easier?

1 Peter 5:7 TPT Pour out all your worries and stress upon Him and leave them there, for he always tenderly cares for you.

Psalms 55:22 TPT ...Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you.

If you are like me, you are thinking, "How? Exactly how do I do that?" I have some good news. As I was praying one day, I asked the Lord just that. The good news is that He answered and I am going to share with you what He told me. He explained the process with a "laundry-metaphor."

Toss it in,  
Let go, close the lid.  
Leave it.

You may be thinking, "That sounds a little simplistic, doesn't it?" Let me explain.

What happens when you open the lid of the washing machine mid-cycle? It stops. The agitator stops working, doesn't it? Will the clothing ever get clean if you keep opening up the lid?

It is the same way with our prayers. Just like the agitator stops when the lid opens, God stops when we take the care, He lets us handle it.

Do you trust God? I mean really trust Him to take care of you? Do you believe that He loves you?

**Toss it in,  
Let go, close the lid.  
Leave it.**



## POWERFUL KEY #4

### T- IS FOR TRUST

Allow me a few minutes to do an exercise with you.

1. Set a timer for 5 minutes.
2. Close your eyes.
3. Imagine looking up in the face of God.
4. When the timer dings, ask yourself the following questions and journal your answers.

What do you see?

What is the mood of His face?

Was He smiling, somber, angry?

What did His eyes speak to you?

Were they inviting, distant, open or closed?

What was the tone of His voice? Did He yell, whisper, or talk at all?

Did He sound friendly, or mad?

5. Ask yourself why you think that is? Journal your answer.

The way we understand a person, who they are, has a great deal to do with whether or not we trust them.

#### Who is God?

God is love. 1 John 4:7-21 TPT , 1 Corinthians 13:4-8 TPT

#### What does He think of me?

He loves you so much He gave His only Son to die for you. John 3:16 TPT, Ephesians 2:10 TPT

#### Do I trust Him?

Trust in the Lord with all your heart and do not rely on your own understanding....

Proverbs 3:5-7 TPT

Every belief we have comes from somewhere. The truth is that God loves us and wants us to be successful.

God is trustworthy. Why then, do we have such a hard time trusting Him? I can only give insight from my own journey. My history has taught me that, left to my own devices,

## POWERFUL KEY #4

### T- IS FOR TRUST

I don't make the best choices. I don't trust myself to discern between my voice, the devil and God's voice.

We have all made mistakes and because of that fact, I think we have a hard time believing that God would trust us.

Why should God trust us? Most of us have messed up a time or two. Why then, does it seem easier to try and work it out on our own and control or manipulate outcomes, than to give it over to God?

For a moment, think about how your child looks at you. They are depending on you to care for them. As little ones, they don't question if we are going to feed them or cloth them. They sure let us know when they are ready to receive, but they expect that we will provide.

As we grow in our understanding of God as our provider, we must be aware that we are modeling that for our children. They sense our confidence or lack of it. It is important to look beneath the surface of our hearts to identify false beliefs, so that we model a pure childlike trust in God before them.

Would it surprise you to know that God is depending on you? He is depending on you to depend on Him. You see, trust is not earned. It is given. Distrust has to be earned.

What is so cool about God is that, even though we have all earned distrust, He still gives us trust. He trusts us so much that He sent His only Son to die a horrible death so that we could have a chance to be reunited with Him and spend eternity with Him. God is trusting us to accept His gift.

God has never earned distrust. He is always faithful.

1 Corinthians 1:9 NKJV God is faithful, who has called you into fellowship with His Son Jesus Christ our Lord.

God's faithfulness calls us into a family where we can experience love and growth together.

What is the biggest challenge for you in reference to the laundry-metaphor ?

## POWERFUL KEY #4

### T- IS FOR TRUST

“Tossing it in”, praying and telling God about it doesn’t seem to be a problem. Most of us have been able to let go long enough to close the lid. It seems the real challenge is in leaving it closed. How do we leave it?

1 Thessalonians 5:16-18 ESV Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

These verses are not suggesting that we say the same thing over and over again. God hears our request the first time we pray. The way to be continually in prayer is with thanksgiving, which is worship.

What does that look like?

Once you close the lid, you immediately start thanking God for your answer. “I thank you, God that.....” and add praise for the desired outcome. After all, you believed when you prayed, right? Then the next step is praise and thanksgiving.

When my friend offered to take me out to dinner next week, I immediately thanked her. I didn’t wait until next week after dinner to thank her. I believed her when she told me.

It is the same with our requests to God. Do you believe He is faithful to deliver? Thank Him and get excited about the results.

Every time I saw my friend, I didn’t ask her if she really was going to take me out. I told her I was looking forward to our time together. I already knew she would follow through. That is how God expects us to behave. Keep the lid closed, but talk to Him about how thankful you are that the clothes are clean, so to speak.

What about the dryer? Since we are using a laundry metaphor, I thought I would talk about this machine as well.

Have you ever found money in your dryer? If you have teenagers, you most likely have. I had a coffee fund going from my son’s forgotten treasures he had left in his pockets. I also tucked money away quickly in my pocket only to forget about it until I opened the dryer. Sometimes my wadded up money would survive the dryer and I would find a nice surprise the next time I put on those pants.

## POWERFUL KEY #4

### T- IS FOR TRUST

Think of your prayer request like stuffing money in your pocket and forgetting about it. When you least expect it, there it is and usually right when you need it.

I let go by stuffing the money in my pocket. I thought it was safe, so much so that I forgot about it and left it behind. The money surfaced later, when I least expected it.

Our prayers are so important to God. If we can trust in our pocket or in the dryer then how much more can we trust God to take care of our concerns?

If you are still having trouble understanding how to trust completely and let go, I understand. There may be something in your way. You may be suffering from a condition I like to call Weeble Wobble Faith.

Do you remember a toy from the 70's? The Weeble Wobble? They looked like eggs and were weighted at the bottom. The catch phrase was, "Weebles wobble, but they don't fall down."

Let's talk about unbelief. Weeble Wobble faith is the condition of the heart where one minute you have mountain moving faith and then all of a sudden you find yourself listening to doubt and being tossed about by every wind of change and circumstance.

You may feel wobbly right now. Did you know that there are only two kinds of unbelief and they are both curable?

1. Lack of knowledge
2. Unpersuaded to act

Guess where the cure is?

You have heard me mention this phrase a few times. **NOURISH TO FLOURISH.** The best way to cure unbelief is with the Word of God. In fact, it is the only way.

Romans 10:17 NKJV So then faith comes by **hearing and hearing** by the Word of God.

Are you still weebly, wobbly? It's okay. Just keep nourishing on God's Word and take action steps to use your faith. What does that look like?



## POWERFUL KEY #4

### T- IS FOR TRUST

For starters, everytime you begin to think about your circumstance, (maybe it is your child's behavior, your finances, your health, your marriage...) begin to thank God for giving you wisdom in the area of your child's behavior or your finances, etc.

Another step would be to do a google search for scriptures about the topic you are believing about.

Look them up and pick a few that speak to you.

Write them on index cards and keep them where you can see them.

When you feel worry creeping in, say your verse out loud and thank God for His faithfulness to His Word.

Give yourself some grace. You may be wobbly, but you are taking action by reading this right now. Take a minute and clap for yourself. I mean it. It is important to celebrate the little things.

The opposite of faith is fear. Usually when we are having trouble trusting there is an underlying fear of a dreaded outcome. Sometimes fear can manifest in different ways like anxiety, restlessness and of course worry. I have put together some scriptures and practical methods to help.

**Copy this link:** [jacqie@jacqiedbach.com](mailto:jacqie@jacqiedbach.com) and send me an email for the FREE download of **Waging War on Fear**

**#1 way to trust God is to know Him.**

## POWERFUL KEY #5

### REST

# Connecting With the Most High

Mark 2:27 [paraphrase] Jesus said that The Sabbath was made for man.

We are designed to work 6 days and rest the seventh. Many of us now work seven days a week. Maybe you are at the office for only 5 or 6 days, but when you are at home, are you resting? Do you shut your mind off from the concerns of work, finances, or your busy to do list?

Resolve right now to release every thought from yesterday and be only mindful of the now.... this thought only...this breath...this moment. Take in three very deep breaths and slowly release each one.

At the same time feel each and every concern, each and every problem, each and every unresolved moment begin to dissolve. Invite God in and release each concern to Him. Let go of it. For now, you are only to be in this very moment.

**RELAX** in His presence and breathe in His love for you.

**ENJOY** each breath moment by moment.

**SATURATE** yourself with a favorite scripture. Any one that comes to mind.(ex.God is love.)

**TRUST** God to handle every situation.

Breathe in deep and exhale all your worries one breath at a time. Take time to breathe properly! Take deep belly breaths to send pure oxygen to all of your body. Laugh and then laugh some more. It is food for the soul!

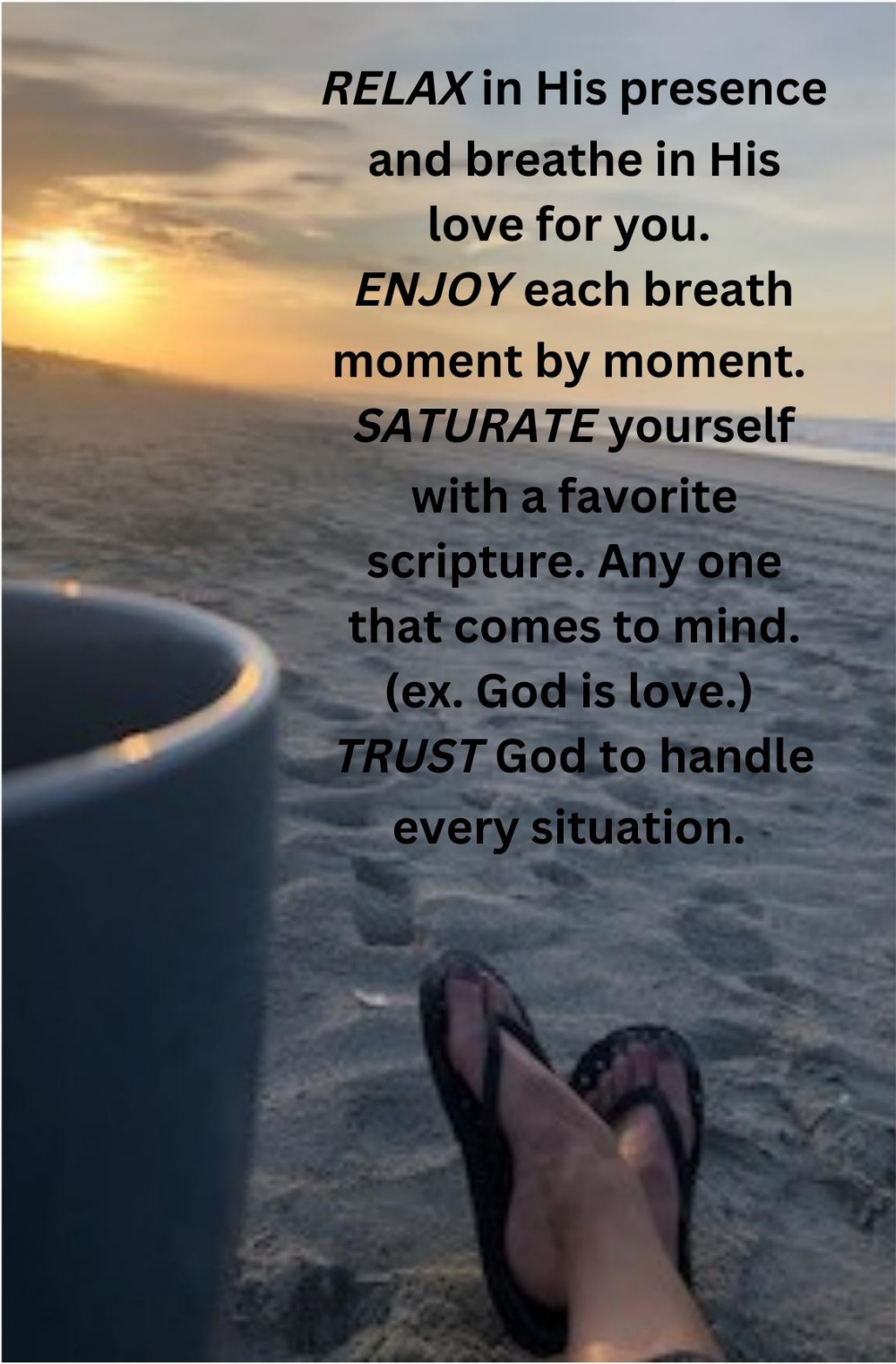
The very best thing that you can do for yourself is to eat, drink and rest – to your health!

**NOURISH TO FLOURISH!**

The same is true for our spiritual selves.

Stress is easily brought on by not eating and drinking properly. When you don't get the number of hours of sleep that you need each night, you are only setting yourself up for additional stress. When we are disconnected from our Father, it is like being malnourished.

**R.E.S.T.** is the best thing you can do for yourself and your family. **NOURISH TO FLOURISH!**

A photograph of a sunset over the ocean. The sun is low on the horizon, casting a warm glow over the water and sky. In the foreground, a person's feet wearing black flip-flops are visible, resting on a sandy beach. A dark, curved object, possibly a chair or part of a boat, is visible on the left side of the frame.

***RELAX*** in His presence  
and breathe in His  
love for you.

***ENJOY*** each breath  
moment by moment.

***SATURATE*** yourself  
with a favorite  
scripture. Any one  
that comes to mind.

(ex. God is love.)

***TRUST*** God to handle  
every situation.

## POWERFUL KEY #5

### REST

When we are content and living a balanced life everyday stresses seem to pale in comparison. Contentedness produces real joy, "The joy of the Lord", and that joy gives us strength.

Strength from God is received through R.E.S.T.. This leaves us better equipped to deal with the unexpected.

Nehemiah 8:10 KJV "The joy of the Lord is my strength"

Have you ever noticed that your child is especially grouchy and emotional when they wake up early from a nap or are awakened suddenly in the morning. We all know they are cranky because they didn't get the proper amount of sleep.

We are designed to work 6 days and rest 1 day. That 1 day is meant to allow us the space to connect with the Most High. Our Heavenly Father. Our Savior. Our Provider.

When you want to listen to a particular radio station, you tune your radio to that station, tuning in to a particular frequency. The same is true when you want to watch a particular show on TV. It is the frequency you tune into that determines what you hear and what you see.

Allowing ourselves to take that 1 day off from the busy cares of this life gives us the space to tune in to the frequency of heaven.

Have you ever been tuned in to 2 different channels at the same time? Did you hear a lot of static interference? It is impossible to focus with all the interference in the background. I usually turn it off.

When I was growing up my brothers received a set of walkie talkie 2 way radios. We used to play with them all of the time. One thing that I remember quite well was that if you needed to transmit or talk, there was a button on the side that you had to hold in. As long as you held the button in, you were transmitting. When you let up on the button, you could receive a message from the other person.

It is impossible to transmit and receive at the same time. Have you ever thought about that in terms of our prayer life? I am usually doing all the talking. What about you?

As busy as life can be, it is important to take time to rest and hear from God. It is not hard to connect with Him. He is always ready and willing to listen. We need to be still and tune in. Once we are tuned in, it is our choice whether we want to transmit or to receive. I have been working on the listening side lately.

## POWERFUL KEY #5

### REST

In order to have a great connection, there needs to be both talking and listening. It is called a conversation and our wonderful, good, good Father is waiting.

Children learn by watching. Adults do as well. It doesn't matter what age you are, images still play an important role in the way our brains work. When we hear only, we remember just 10% of it 3 days later. Add a picture, however, and we remember a whopping 65%.

Our children watch us. We are the picture show. How we **R.E.S.T** will determine how they do as well.

**The CDC reports that in the US alone 7.4% of children ages 3-7 have a diagnosed behavior problem; 7.1% have diagnosed anxiety; and 3.2% have diagnosed depression.**

Our world is moving at a fast pace. The pace continues to increase. We need to learn to **R.E.S.T** if we want to raise well-adjusted, loving children. Not perfection, but if you're willing to examine your relationship with God and let Him teach you to **R.E.S.T**, you will find joy in parenting, and every other part of your life.

Matthew 11:29-30 MEV Take My yoke upon you, and learn of Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

John 16:33 TPT "...And everything I've taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!"

Have you found **R.E.S.T**?

# Hi, I'm Coach Jacqie



I am here to help overwhelmed parents find inner healing, reclaim time and energy, increase confidence and be all they can be so that they can enjoy their family now. I am like your personal flight attendant guiding you through the turbulence. I help you put your oxygen mask on for yourself first.

I am Ohio, born and raised and I enjoy life here with my husband and family.

Jacqie D'Bach-Woogerd, with God's help:

- Raised 2 children who learn and think differently.
- 23 yrs. Extensive Research on Neurodivergent Children
- 37 yrs. Behind the Chair Coach (Hair Stylist)
- 10 yrs. Educator John Paul Mitchell Systems
- 3 Time Best Selling Author, Children's Books.
- Bible Study Author and Leader

Contact me here: [jacqie@jacquiedbach.com](mailto:jacqie@jacquiedbach.com) to book a FREE 1 on 1

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