

Takeaways from the Timeout

Be Intentional

In 1914, the sitting President of the U.S., Woodrow Wilson signed a proclamation declaring the second Sunday of May to be set aside to recognize and honor the mother's of our nation.

In its 107 year history, this is likely the most unusual mother's day that Americans has ever celebrated. Social distancing prevents many of you from spending time with your mom today. Due to the age of many mothers, they may be sheltering in place, or in a nursing home where you can't get in to see them. (You'll have to be intentional).

For younger mothers, the recent lock-down orders issued by the State has made your life a pressure-cooker where the lid is likely ready to blow. Potentially, it has exposed cracks and fault-lines in marriage relationships.

It may be that too much togetherness has you longing for a day to yourself, where you can enjoy a moment of quiet. A "Timeout" from the recent "Timeout"!

Consider this! A few weeks ago, many of you were wishing that life would slow down! Well, here we are! And now that we are coming to an end of the tight restrictions that were imposed on us, what's the big "Take Away" from the recent timeout?

Something I have noticed is that the recent shut down has revealed to parents just how busy they had become with activities like sports, gymnastics, dance lessons and other pastimes. Some parents have discovered that the digital devices in their children's hands are extremely addictive, and taking away their screen time causes painful withdrawal symptoms for everyone. (You have to be intentional.)

I can't help but wonder, that somewhere in the fast-paced busyness of life if perhaps we have missed the purpose of parenting. Have we reduced the responsibilities of parenting to being taxi-cab drivers, hauling our high-spirited children to the next big event. Or, have we simply become their biggest fans cheering them on while failing to channel them toward the really important matters of life, like God, and family. In many ways, the recent time-out has been good for us.

“Timeouts” can be a valuable tool if we use them properly. Businesses use them to give their employees time to refresh. We call them, vacations. Some of you are wishing for one of those right now! Unfortunately, there is no where to go to get away. Everything is closed!

Coaches use timeouts to talk to players to reinforce the game plan, and get the team moving toward the same goal! Disciplinarians use timeouts for reflection to reinforce better behavior.

God even uses timeouts in our lives for his purposes! So what have we learned from the recent timeout? What is the takeaway.

I hope that from the recent timeout, you have taken time to evaluate what’s really important.

Things like your relationship with God. And, your family. In God’s order - Those are the two highest priorities of life for all people. Get in a right relationship with God, and work to improve your relationship with your family.

Over the course of the next few weeks, I’m going to be sharing a series of messages with you that I’m calling

Takeaways from the Timeout.

This being mother's day, I want to help you mom's and dad's by sharing with you a takeaway from timeout that you can use to strengthen your relationship with God, and build a better family. The takeaway from the timeout is

“Be Intentional” (Next Be Invested)

Proverbs 24:3-4

3By wisdom a house is built,
and through understanding it is established;
4through knowledge its rooms are filled
with rare and beautiful treasures.

Solomon reminds us of the necessary components for building a house. Not just bricks and sticks. But wisdom. Building a house doesn't happen by accident. Neither does building a strong family to live in it. That demands intentionality.

- I. To build character. Solomon says, By wisdom...
 - Wisdom doesn't just fall out of the sky.
 - You have to seek it intentionally and as you do, you develop character.
 - A. Character development is an original plan.

1. God created a man. A son. A child. (Adam)
2. He provided a place for Adam.
3. He also talked with Adam every day.

B. Character building happens through interaction and instruction. Specifically with God and His Word. 2 Tim 3:16 All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness, 17 so that the man of God may be complete, fully equipped for every good work.

...

1. Statistics reveal that average parents spend 37 minutes a day with their children.
2. Compared to three hours a day on social media. You can see where we are missing the mark.
3. As a nation, we need to put down our electronics and spend more time interacting.
4. We have to be intentional.

C. God gave humankind the family as a school of character development.

1. It's not just the children that learn.
2. Sometimes children become the teacher, sharing valuable lessons about responsibility.

3. I'm reminded of how a four year old unknowingly corrected her dad for letting his wife carry too much of the family load.
 - a. Guys, sometimes that happens in marriage.
 - b. We go to work and come home and we think we have done our part.
 - c. But we fail if we think our duties stop at the front door.
4. This dad was trying to explain the concept of marriage to his 4-year-old daughter. He got out their wedding album, thinking visual images would help, and explained the entire wedding service to her. When he was finished, he asked if she had any questions. She pointed to a picture of the wedding party and asked, "Daddy, is that when mommy came to work for us?"
5. Your wife is not an employee.

1 Peter 3:7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

- D. We build character when we challenge ourselves to do the right thing, not the easy thing.
1. Character is doing what is right on a consistent basis.
 - a. Cleaning up after yourself.
 - b. Helping do a chore, when you would rather do anything else.
 2. Let me share with you five ways to build your character:
 - a. Be Humble.
 - b. Live out your principles and values.
 - c. Be intentional in what you do.

Integrity does not happen by accident. We are all products of our thoughts and habits. Be intentional about filling your mind with good thoughts.
 - d. Practice self discipline.
 - e. Be accountable.
- E. Surround yourself with people who have high expectations.
1. Be responsible for yourself first.
 2. Lose the pride. Open yourself up to accountability. Let others push you to high character.

3. By God's design, the Family is the place to begin these practices!

II. Be Intentional - To Provide Stability

I recognized as a young husband and father, I could not provide everything. But I could do my best to provide stability.

- A. We are living in unstable times.
 1. But that doesn't mean our families should have to fight instability in the home.
 2. Your home should be a safe haven, a sanctuary from the troubles of the world.
 3. It should be a place where your spouse and children feel safe and secure.
 4. The first priority for helping your children feel secure is for you to love each other.
 5. Choose not to fight with each other or lie to each other. Be Intentional in building a strong marriage and provide stability.
- B. God has called husbands to love their wives and wives to submit to their husband.
 1. The biggest need for women is security.
 2. The biggest need for men is respect.

- a. Men - work to provide a secure place for your wife and children. Make them the priority.
 - b. Wives, respect your husbands. See to it that your children do too!
3. These two simple actions will go a long way to providing stability in the home.
4. (1) Dr Gail Gross stated in an April 17 article in Huffington Post, that Neuroscience tells us, when a child is stressed from consistent poverty, abuse, divorce, or insecurity, he overproduces the stress hormone cortisol. Then, cortisol baths his brain, changing both brain architecture and impulse control. Such stressors, in a child's life, can lead to unintended consequences, including behavior problems, academic problems, social problems, problems with substance abuse and impulse control. Often a child, experiencing undue stress, will present regressive behavior and changes in eating, sleeping, school performance, relationships, and motivation.

- C. Give your family a stable place to experience love and the goodness of God!
 - 1. Put routines to work in your life.
 - 2. A regular time to go to bed.
 - 3. A regular time to get up.
 - 4. A regimen of chores, and a curfew.
 - 5. A regular practice of prayer, church attendance, and devotion to God.
- D. Boundaries in life teach us stability and responsibility.

III. Be Intentional - To Shape Identity.

- A. Identity is a core and unavoidable part of all our lives.
 - 1. The Barna research Group states that Identity is molded first and foremost by
 - a. Our family,
 - b. Our nationality.
 - c. Our religious beliefs.
 - d. Other factors include age, gender, race, and relationships.
 - 2. You may try to convince yourself that your age, gender, or race is irrelevant, but they affect how others perceive you.

- B. God gave parents as the first factor in shaping identity.
1. In the Bible we see Mary and Joseph dedicating Jesus in the Temple.
 2. We see them making an annual pilgrimage to the Temple for Passover when Jesus was just a boy.
 3. As an adult we see Jesus in the synagogue as was his custom.
 4. Proverbs says, Train up a child in the way...
 5. Paul speaks about the legacy of faith in 2 Timothy 1:5 GM Lois and M Eunice
 6. You have 18 short years in our culture to shape the identity of your children.
 7. Aristotle claimed he only needed the first 7
“Give me a child until he is 7 and I will show you the man!

IV. Be Intentional to Provide Mutual Care (Solomon says, By knowledge the rooms with all precious and pleasant riches.

- A. Some of you are ambitious about a Word from the Lord this morning. What does God have to

say to us about what's going on in the world today. Matthew 22:36-40 (Ephesians 5:33 - 6:4)

1. Love the Lord your God with all your heart
2. each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Children, obey your parents in the Lord, for this is right. 2“Honor your father and mother” —which is the first commandment with a promise— 3“so that it may go well with you and that you may enjoy long life on the earth.”

4Fathers, b do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

- B. Simply put, when family members intentionally care for each other, it builds strong families.
 1. This begins with Listening. -
 2. Smile when your children come into the room. Act like you are glad to see them.
 3. Praise them when they do right.
 4. Correct them when they are wrong.

V. Be Intentional to Create good memories.

By knowledge the house is built - You have to get to know your children

- A. Memories are Protective.
 - 1. Research proves it.
 - 2. People who have a store of positive memories from childhood are generally happier and healthier, have better cognitive skills and are more tolerant of others.
- B. Give the gift of time.
 - 1. Have a family game night.
 - 2. Schedule one on one time with your children.
 - 3. Take time every night to express gratitude.
- C. Plan significant family vacations.
- D. Highlight good behavior by rewarding it.

VI. Prepare your family for eternity.

- A. A most important part of our job description as parents is to prepare our children for eternity.
 - 1. Dt. 11:19 You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise.
 - 2. This is an oft repeated command.

- B. Help your children know God.
 - 1. Taking them to church isn't sufficient.
 - 2. Lead them in prayer, in devotion, and teach them how to trust God.
- C. This world, as wonderful and dreadful as it can be, is not our permanent home.
 - 1. 2 Cor 5:1 refers to our earthly house as a tent.
 - 2. The permanent building is in heaven.
 - 3. There is only one way to obtain it.
 - 4. Jesus said, I am the way, the truth, and the life. No one comes to the Father but by me.
 - 5. John 14.

Nobody really enjoys a timeout. But, timeouts can be beneficial if we use them wisely. Takeaway from the timeout a fresh look at intentionality.

Be intentional at
Building Character
Providing Stability
Shaping Identity
Providing Mutual Care
Creating Good Memories

Preparing Your Children for Eternity

1 Gross, Gail. "A Stable Home Equals A Successful Child." HuffPost, HuffPost, 15 Apr. 2017, www.huffpost.com/entry/a-stable-home-equals-a-successful-child_b_9688750.