



## WEEK THREE

**COLOSSIANS 3:13**

Forgive One Another

**SAY  
THIS**

**Friends forgive one another.**

**DO  
THIS**



## DRIVE TIME

While in the car ask your child to think of a friend they are having a hard time getting along with right now. Talk about ways you can show them love and encourage them to do it this week! Be sure to follow up so they can share how it went.

## REMEMBER THIS

"A friend loves at all times. They are there to help when trouble comes."  
Proverbs 17:17, NIV

**LIFE  
APP**

**FRIENDSHIP** – Using your words and actions to show others you care

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## ARE YOU FOCUSING ON THE RIGHT THING?

by Carey Nieuwhof

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Although I wish it wasn't true, I can often focus on the negative at the expense of the positive.

As a parent, I tend to focus on:

- The "+" that was missing behind the "A" on the report card, rather than the A.
- The things that are going wrong, not the things that are going right (so we can fix them, of course).
- The problems I see, not the opportunities.
- The cracks in my kids' character, not the good traits.

About a decade ago, a colleague said something to me that I will never forget. She simply said:

***"What you focus on expands."***

Those five words have changed so much for me in the last decade. I think this maxim is true, whether you want it to be or not:

If you focus on the negative, guess what you end up seeing? More negative. If you focus on the faults in people, guess what you see? Their faults. Focus on someone's strengths and guess what you see? Their strengths.

I have to remind myself to choose my focus as a parent. Because if I'm not

careful, I'll focus on the weaknesses I see around me, not the incredible strengths of the people I love most. I'm not saying you shouldn't work on weaknesses or pay attention to character cracks. But if that's all you focus on, it expands.

If you feel like you're losing the battle in a relationship, adjust your focus:

- Encourage more than you criticize.
- Tell them what they did right, rather than everything they did wrong.
- Trust, rather than suspect.
- Believe, rather than, doubt.
- Hope, rather than, despair.

As a parent, you have the incredible power to bring out the best or call out the worst in your family (not to mention in yourself). And so much of what you call out is determined by what you focus on.

So . . . what are you focusing on as a parent? Because what you focus on expands.

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