



**WEEK THREE**

**JOSHUA 2:1-22; 6:1-25**

God is with Rahab.

**SAY  
THIS**

**WHO IS ALWAYS WITH YOU?  
GOD IS ALWAYS WITH ME.**

**DO  
THIS**



**CUDDLE TIME**

Cuddle up with your child this month and pray, "Dear God, thank You for giving [child's name] to me. I love him/her so much. It's amazing to think that You love him/her even more! We know You are always with us—at school, here at home, when we drive in the car! Help us to remember that so we can be brave and do what You want us to do. We love You, God. In Jesus' name, amen."

**REMEMBER THIS**

"Be strong and courageous. Do not be afraid...for the Lord your God goes with you."  
Deuteronomy 31:6, NIV

**BASIC  
TRUTH**

**GOD LOVES ME**

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## ARE YOU FOCUSING ON THE RIGHT THING

by Carey Nieuwhof

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 that gets 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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