



WEEK THREE

PROVERBS 14:29

A Patience Proverb

SAY THIS

**When you think you can't wait,
keep your cool.**

DO THIS



DRIVE TIME

Plan a fun night as a family for the end of the month. When you are in the car, talk through the details of what you want to do. Challenge them to only talk about it while in the car and if they can be patient and wait well, the more fun you will plan for them. Remind them that this is an example of something that is worth the wait!

REMEMBER THIS

**"Wait for the Lord. Be strong and
don't lose hope. Wait for the Lord!"**

Psalm 27:14, NIV

LIFE APP

PATIENCE – Waiting until later for what you want now

FAKE IT TILL YOU MAKE IT

by Melissa Thorson

I've heard before that when feeling insecure in a new job you just have to "fake it till you make it." But I seem to have mixed luck with my attempts—especially in my role as a parent. Mostly, I just end up exhausted when I allow insincerity to take over.

The faking that comes with this role of being a parent can be entirely exhausting. I faked that many middle-of-the-night feedings weren't spent crying through lullabies rather than delighting in baby bonding. I faked that I wasn't sometimes envious when I'd see friends enjoying our "old life"—going out to dinner SPONTANEOUSLY or eating at restaurants without a bib, high chair, and pureed prunes in tow.

When our immobile blob baby became a tiny toddler tyrant, I got good at faking that I knew how to discipline and that I had grace under pressure. Inside, I was embarrassed, exhausted, and desperate for someone to give me the elusive how-to parenting book that everyone else seemed to have access to.

Our toddler is now a preschooler, and we've added two more to the mix, and there's more faking. I'm faking that the entire t-ball game is fun to watch and that I care about Rescue Bots and Paw Patrol. (For the record, I legit enjoy Daniel Tiger . . . my only parenting wins are because of his songs.)

I have found that faking it can sometimes be a good thing, especially when it comes to our attitudes, because we can actually become more confident, generous, and loving by faking it first. But what I'm experiencing as the biggest relief from the exhaustion of faking it is when I am vulnerable with other parents.

When we open up to others about what is really happening . . .

We learn we are not alone—we are all fakers to some extent.

We find encouragement from an outsider's perspective.

We can learn ways to improve. Maybe they've found something that works better.

We can discover our own strengths and share what has worked for us.

Are you exhausted from faking it? Are you ready to be real? There is strength, encouragement, and growth awaiting us when we can be vulnerable with each other. We don't have to walk this journey alone pretending we know what we're doing, because we all know that no parent really does. And that's precisely why we need each other.

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