

NVS

Soul

CARE

CHRISTMAS PARENT GUIDE

Series Overview

This series will focus on soul care using the story of the birth of Jesus. We will be breaking down the verse Romans 15:13 to better understand why it is important to take care

of our soul. Soul care is knowing your soul should be a reflection of the image of God, as He has thoughts, emotions, and a will. Your soul can also relate, interact, and connect with other souls. Thus, you are to take care of what God has given you. Without a healthy soul, you cannot function well. Soul care actually prepares us for encountering the Lord. Caring for our soul is the gateway for us

to receive, grasp, and understand God's ways in our life. If we care for our soul according to God's ways and methods instead of the worlds, the result is sanctification—or holiness. For this series we will be going through the topics of seeing emotions as a gift and knowing how to process them, dealing with anxiety, and seeing the need for hope in Jesus birth in what feels like a hopeless world.



Week 1

Emotions are a gift from God. They are our heart trying to tell us something. And what it says is unique to each of us. But what does it look like for us to find the joy of the Lord to be our strength no matter the circumstances? How do we name our emotions and surrender them before the Lord?

Scripture: Romans 15:13, Nehemiah 8:10, Luke 1:26-38, Luke 1:46-47, 2 Corinthians 7:4

THP (Take Home Point): The Joy of the Lord is our strength.

Week 2

What does it mean to be “filled with all peace” when anxiety is constantly surrounding us from all sides? Through the lens of the Christmas story, we are going to look at how God has given us the weapon of peace.

Scripture: Romans 15:13, Luke 1:26-33, Matthew 1:19
Luke 2:6-7, Matthew 2:13-15, Philippians 4:4-7

THP (Take Home Point): The Peace of God
Transcends All Understanding



Week 3

The world that we live in today feels pretty hopeless. It feels like we are always searching for hope in things of this world. So, what it is like to live in a fallen world but remembering the real reason to celebrate Christmas? Because hope came in the flesh and His name is Jesus and he is the only true hope we should trust in.

Scripture: Romans 15:13, Luke 2:4-20, John 3:17, John 14:6, Mark 16:15-16

THP (Take Home Point): Jesus is our living hope.

Conversation Guide

1. GET PREPARED

- Read the overview for the week to get a basic grasp on what is being taught.
- Have the THP (Take Home Point) memorized so that you can bring it up with your student.
- For bonus points, read some/all of the Scriptures listed and do some research on what's being communicated!

2. GET CURIOUS

- Start slow and light. Maybe ask an icebreaker question such as: “Did you meet anyone new tonight?” “What was the highlight of the night?” “Was there any good food?”
- Ask a specific question regarding the THP (Take Home Point). “Hey, I know the THP for tonight was _____. What did you take away from that?”
- Pay attention to their answer! Use their answer to draw out follow-up questions. “You mentioned it challenged you in the area of devotion. Where do you feel like you could be more devoted this week?”
- Ask them how the message can apply to their every day life THIS week: “In light of feeling challenged to be more devoted, what if you devoted yourself to homework before video games this week? Or your Bible before your phone?”
- Partner with them: “In light of being challenged to be devoted, what if we—together—devoted ourselves to eating dinner at the dinner table 3 times this week?”

3. GET BENEATH THE SURFACE

- This step—admittedly—will take time and will depend on the type of relationship you have with your student. However, consistency is key. The more you practice, the better you'll get!
- Notice their body language, tone of voice, and other non-verbal cues. What are they projecting? Stress? Anxiety? Anger? Sadness? Joy? Ask a specific question to draw that out: “How are you feeling after tonight?”
- Are they closed off to conversation or open to it? If closed off, ask them if there's anything they'd like to discuss. If they still don't budge, use your judgment on whether to press again or let the conversation be.
- Reaffirm your availability. “If there's anything more you'd like to talk about, I just want you to know that I'm here for you.”

Conversation Guide

4. GET VULNERABLE

- As you wade into deeper conversation, offer an appropriate amount of vulnerability.
- Begin to share your own experiences regarding the subject being discussed (i.e. “when I was in High School, I had a really difficult time not giving into peer pressure. Here’s how I got help to make better decisions.” Or, “here’s what I wish I would have done to avoid the consequences that naturally came as a result of my poor choices.”)
- Allow your student to see your humanity. Invite them in to a story of relationship that you can write together, in real time.

5. GET PRACTICAL

- At Northview, we always talk about moving people to their “NEXT.” So, for your student (and you!), what is going to be their NEXT after having this conversation?
- Do they need to apologize to someone? Do they need to confess something? Do they need to express gratitude for something? Help them determine what their NEXT is going to be.
- Finally, hold them accountable. Follow up! Make sure that they come through on what it is that they said they’d do.

Conversation Tips

If/When They Disagree

What do we do when there is pushback and rebuttals? How can we avoid letting this conversation become a wedge in the relationship?

Be respectful, not dismissive

We cannot act quickly to dismiss our students as ignorant or be too harsh when responding to their rebuttals. If we do, it will close them off and truth cannot walk through a closed door.

Keep your emotions in check (Don't freak out)

Refuse to get defensive. Don't allow your student to feel as if you're against them. Calmly, politely, wade through the conversation even if you feel them getting hyperemotional.

Find and mention common ground

In her TED Talk on debate, Julia Dhar says, "...the way to reach people is by finding common ground." We have to intentionally find places to use the phrase "I agree that _____" or "I can see how _____ can make sense." Where is it that you and your student can find common ground? Finding common ground can look like: "I can see how you would see it that way." "I can tell you've thought about this." or "I can tell that you have been thinking about this."

Probe a disagreement with questions

Questions are usually a better use of rebuttal than spitting out our thoughts. Ask them, "Where did you learn that?"

"How do you see it differently?"

"What brought you to this conclusion?"

Resources

- **Celebration of Discipline** by **Richard Foster**
- **Renovation of the Heart** by **Dallas Willard**
- **Sacred Rhythms** by **Ruth Haley Barton**

Congratulations on engaging in an intentional conversation with your student! Whether you made it through step 1 or all 5 steps, give yourself a pat on the back. Every conversation must start somewhere. Your relationship will be better for it in the long run! You're doing the hard work!

**When Families win,
We Win!**

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