



**By Lt. Willow Houseton**

Parenting is hard enough without a quarantine, the COVID-19 pandemic and uncertainty of the future! (Side note: It is perfectly fine to acknowledge that parenting is difficult.

## **1. Cry Out to God**

It's okay to have doubts, questions and uncertainties; they come with this life of faith. What's not okay is to keep these doubts, questions and uncertainties hidden, failing to bring them to the Lord. Do not allow the uncertainty of these circumstances weaken your faithfulness to God. Maybe you need to yell out to God, "Help me overcome my unbelief!" Go for it! Your prayers never fall on deaf ears no matter what they are. One of God's promises is that He hears the prayers of His people (1 John 5:14-15). Pray, cry out to Lord; give Him your anxieties (because 1 Peter 5:7 tells us to cast all our anxiety on Him because He cares for us). He can handle each and every cry, worry and tear. He wants them because He cares for you. Let Him have your uncertainties in exchange for His unwavering love.

## **2. Give Yourself Grace**

When we look throughout the Scriptures, we see that God pursues us in spite of how much we do or how perfect we do things. In fact, what we find is that God pursues us because of who we are to Him. Our worth is not measured by who we are, what we do or how much we do. Our worth is measured by Who's we are. That's it! Don't

believe me? Consider reading: Genesis 1:27 and Ephesians 1:5. Titus 3:4-5 (NIV) says, "But when the kindness and love of God our Savior appeared, He saved us, not because of righteous things we had done, but because of His mercy..." Does this reminder mean we should binge watch Netflix and let our children run wild? No, of course not. What this does mean is that even if our never-ending "To-Do" list never fully gets checked off, we are still worthy because of Him.

### 3. Choose Joy

I know these circumstances are not ideal and there seems to be no end in sight. So when you have the opportunity, choose JOY! Choosing joy may look different for you and your family. Do what you need to provide stability in your home. If that means using YouTube to find a children's exercise class so you can cook dinner, DO IT! Reach out to friends of different cultures for easy recipes so you can educate your children about other cultures. Teach your children new things that you enjoy and are interested in (sorry, math!). DO IT! Don't forget to make time to read the Word, pray and check in with God. This is your foundation and lifeline. DO IT. Your joy is infectious to those around you. Your peace is an example to your children who see a scared world. Your soul is valuable. Taking care of yourself is not something to be ashamed of. Do what you have to do to make the best of this time. It may not look like the parent next door, and that's okay!

With the grace and power of God at work in you, you can make it happen.

From, a fellow parent, Lt. Willow Houseton

Read Lt. Willow's full article at [peermag.org/articles](https://www.peermag.org/articles), where you can stay connected to read more articles in this series.



Peer Magazine • 615 Slaters Lane • Alexandria, VA 22314

WWW.PEERMAG.ORG

peer