



# Parents PODCAST



## MAIN IDEAS

- There are always at least two perspectives to think of and consider when it comes to blended families—your family and the other parent’s family.
- The story can become distorted because there are many people with many perspectives involved. That’s why our internal dialogue matters so much. There is a narrative that we can rely on—and it’s not ours. It’s God’s.
- You are not on an island. Talk to other parents and share the challenges you are facing.
- Aim for connection over correction in moments of confusion or frustration. Give your kids time to adjust to new environments and dynamics.



## THREE TIPS

- 1. Take a “story” inventory**  
Every family has the loving arms of the Father available to them. That is our foundation and assurance—even when it’s really hard. Examine the stories you are telling yourself and learn to align them with His truth.
- 2. Share your struggle**  
There are tons of perspectives out there, but are they realistic and life-giving? The truth is that there are some really rough and emotional moments we experience as parents. We need someone to vent to and people around us to help point us back to Jesus.
- 3. Stay rooted**  
We have power over our focus—a choice in what we believe to be true, where we spend our energy, and what we worry about. When we come back to our Source, Jesus, He helps us learn to influence the things we can, and release the things we can’t.



## DISCUSSION QUESTIONS

- How easy or difficult is it for you to rely on God’s narrative and His love as your foundation? Share an example of a time when you found assurance in Him.
- What are some of the challenges you are facing in your family right now? What about in your own mentality? Invite your LifeGroup into your processing.
- What are you rooted in? Emotions? Drama? Or more nourishing things—truth, grace, and love? How have you learned to stay rooted in Jesus?



## ACTION STEPS & RESOURCES

- 1. Don’t do this alone.** Whether you have a blended family or not, engage in biblical community by starting or joining a LifeGroup and working through your questions and challenges together. You can find a group near you at [go2.ic/lifegroups](http://go2.ic/lifegroups).
- 2. Remember your Source** by staying rooted in the right things. Start the Bible Plan, *Blend: Strengthen Your Family*, on YouVersion today!
- 3. If you are part of a blended family**, check out the other Blend resources at [life.church/media/lifegroups/blend/](http://life.church/media/lifegroups/blend/)