



# THE PARENT INSIDER

Fall 2018

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## Who's Running Things Around Here?

The undeniable fact is that God expects parents to lead the family.

By Chris and Michelle Groff

Aaron and Jennie wanted the best for their daughter Claire. They knew a good high school resume was important to get into a prestigious college. They also knew this didn't just happen; it required years of preparatory work.

Over the years, they pushed Claire to excel in school and extracurricular activities—the ones she would need in order to be a “success.” Aaron and Jennie sacrificed a lot of time and energy to help Claire lay the groundwork for her future.

Early in her life, Claire sensed how important her achievements were to her parents. She wanted to make them proud of her. Whether it was her grades, sports, cheerleading, or clubs, she did it all and excelled at most. But sometimes she neglected more mundane responsibilities because she knew she could count on her parents to bend over backward to make sure she overachieved on the “important stuff.”

Article continued on Pg 4.-5

### Teen Fast Stats

Only 3% of U.S. Adults say that high school graduates are “very prepared” to be successful in college.  
(Gallup)

The number of 25- to 34-year-olds who died annually from alcohol related liver disease nearly tripled between 1999 and 2016.  
(BMJ & the CDC)

### In the News: ENTITLEMENT AND WORK

One of the most alarming trends in today's youth culture is a growing sense of entitlement. It's especially prevalent among those children and teens living on the receiving end of a silver spoon. On the other end are parents who feed their kids an endless parade of opportunities, activities, and things - all without ever having to work for any of it. These kids wind up believing that they will never have to work for anything, because, after all, they deserve it. A Harris Interactive Poll found that 90 percent of parents do think that it's important for their children to work to pay for the things they want. But the reality is that few kids have jobs. There is a disconnect between the desired end result and what the kids are actually doing. The words of theologian John Wesley are worth teaching to our children: “Work as hard as you can, to make all the money you can, to save as much as you can in order to give away all that you can.”

## Latest Research: Sleep and Drowsy Drivers

Several times in the past you've heard me talk about the fact that our teenagers need nine hours and fifteen minutes of uninterrupted sleep for healthy growth and development. One reason for adolescent sleep interruptions is that many kids are sleeping with their phones. This is feeding the epidemic of teen anxiety and depression. Sleep researchers tell us that teenagers are among the highest risk groups in the U.S. for being sleep-deprived. Only about ten percent are getting the sleep they require. We also know that about one in ten car crashes are due to drowsy drivers, with young people ages sixteen to twenty-four accounting for more than fifty percent of these drowsy driving crashes. Parents, the burden for this falls on you. When your children are young, establish sleep habits that will serve them well for the rest of their lives. Teach them to steward their bodies to God's glory and to see getting enough sleep as an act of worship. Monitor your kids and their sleep.



## Sexting

A recent study from the Journal of the American Medical Association confirms what we've believed to be the case now for some time. The practice of sexting – or sharing sexually explicit photos, videos, or messages – is increasingly common among today's teens. About 27% of teens say they've received a sext. Almost 15% admit to having sent a sext. And 12% said they had forwarded a sexually explicit photo, video, or message without permission. While teens do use computers to sext, the practice is now happening most frequently on smartphones. Of course, our preventive efforts should include warnings about both the legal and long term fallout that can occur with sexting. But even more than that, we must help our kids understand God's grand and glorious design for the gift of our sexuality. Sexting undermines God's plan for our flourishing. Sex is to be experienced and enjoyed within the context of heterosexual marriage.



Source: CPYU

## Trending: Overscheduling

Overscheduling is a huge issue in the world of families and parenting these days. Many well-intentioned parents want to keep their kids busy and out of trouble. Others want them to get a jump on the path to what they believe is a successful college and career experience. Some don't want their kids left out or left behind. Still others want their kids to take as many opportunities for fun and growth while they are still young. But is all the scheduled extra-curricular activity a good thing for our kids? A new study suggests that parents should be

mindful of how much time their children are spending in things like sports, clubs, and music lessons. Researchers are saying that a busy organized activity schedule can put excessive strain on family relationships and the family budget. In addition, the well-being and healthy development of kids can be compromised. Parents, are you building in times of rest, relaxation, and unorganized self-play in the lives of your kids?

## Gabapentin Abuse

Gabapentin is one of the most prescribed drugs in the United States. Now, this generic pill that's long been seen and used as a low-risk way to treat seizures and nerve pain is finding itself in the news as a new drug being abused. No, it's not a part of the opioid family. Because of new regulations surrounding the distribution and availability of opioids, Gabapentin is being used to get a cheap high that users say is almost always available. It's reported that the drug is being mixed with opioids, marijuana, and cocaine to enhance the high, with effects ranging from increased energy to a mellow numbness. Experts are estimating that between 15-25% of opioid abusers also use Gabapentin. With the CDC reporting a rise in abuse and overdoses related to Gabapentin, we need to once again warn the kids we know and love about the dangers associated with abusing all sorts of drugs. Teach them to deal with their anxiety in ways that bring hope and healing.



# Featured Films: Coming this Fall

Opens October 5, 2018



**Cast:** Tom Hardy, Michelle Williams, Riz Ahmed, Scott Haze, Reid Scott, Woody Harrelson, Jenny Slate

**NR** – They are still trying to decide if it will be PG-13 or R

## Plot Summary

When Eddie Brock acquires the powers of a symbiote, he will have to release his alter-ego "Venom" to save his life.

Opens December 19, 2018



**Cast:** Emily Blunt, Meryl Streep, Colin Firth, Angela Lansbury, Ben Whishaw, Emily Mortimer, Julie Walters

**PG** – some mild thematic elements and brief action

## Plot Summary

The mysterious Mary Poppins returns to Depression-era London to visit Jane and her brother Michael, now a father of three, and helps them rediscover the joy they knew as children.

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for more  
information  
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Other  
Movies  
coming  
to  
Theaters  
This  
Fall

Title	Rating	Red Flags	Genre	Starring
<b>The Predator</b> Opens Sept. 14	NR	Strong bloody violence, language throughout, and crude sexual references	Horror/ Sci-Fi	Boyd Holbrook, Trevante Rhodes, Jacob Tremblay, Keegan Michael-Key
<b>The House with a Clock in its Walls</b> Opens Sept. 21	PG	Thematic elements including sorcery, some action, scary images, rude humor and language	Drama	Cate Blanchett, Kyle MacLachlan, Jack Black, Colleen Camp
<b>A Star is Born</b> Opens Oct. 5	R	Language throughout, some sexuality/nudity and substance abuse	Drama	Lady Gaga, Bradley Cooper, Sam Elliott, Dave Chappelle, Andrew Dice Clay
<b>Goosebumps 2</b> Opens Oct. 12	NR	N/A	Family	Madison Iseman, Ken Jeong, Chris Parnell, Wendi McLendon-Covey
<b>The Grinch</b> Opens Nov. 9	PG	Brief rude humor	Family	Benedict Cumberbatch
<b>Mortal Engines</b> Opens Dec. 14	NR	N/A	Action/ Fantasy	Hugo Weaving, Hera, Hilmar, Robert Sheehan

For example, when Claire rushed off to school and left her room in a mess, her mother would clean it up because she knew Claire would be exhausted when she came home. Claire's back-to-back activities were often on different sides of town, so her parents took turns leaving work early to drive her from one to the other. When Claire remembered before a club meeting that she'd signed up to bring brownies, her mother would drop everything, go to the store, and make the brownies so Claire could work on her homework instead.

So who really was running Aaron and Jenny's household? It was Claire.

Her needs came first, and her parents formed their schedule around hers. Her parents' desire for success led them to sacrifice their time, money, and energy for the goals they had for Claire.

That may sound noble at first, but a closer look at the role of the central authority will show you how turning the hierarchy in the home upside down actually results in less growth and maturity, less preparedness for the world, and the possibility of a serious case of entitlement on the part of the children.

So what is a proper biblical authority structure for parents and children?

### A hierarchy for healthy families

The undeniable fact is that God expects parents to lead the family. In fact, He spelled out a hierarchy designed for healthy family functioning: The husband is to be the loving, self-sacrificing head of the wife and kids. With this authority comes the most challenging task of all: to love his wife the way Christ loves the church (Ephesians 5:23). Talk about a high calling!

Next, the wife is to be intimately involved in and consulted on family decisions. (See Ephesians 5:21 and 1 Peter 3:7.) Just because she is subject to the husband's headship doesn't mean she has no authority. In reality, lots of child-raising responsibilities are delegated to Mom, and Dad must support her in those tasks.

Finally, children are to obey their parents and learn from the loving, empathetic relationship that develops with them. (See Ephesians 6:1-4.) God designed the family in such a way that parents are to function as a team of true, loving, central authorities. This lays the

foundation for everyone to fulfill his or her responsibilities to the family with love rather than selfishness or pride. (See Ephesians 5:21-6:4.)

Parents must learn the dynamics of exercising authority together. Intuitively, kids will learn to master the divide-and-conquer approach to dealing with authority. They will quickly recognize the weaknesses in the parental team and learn how to pit Mom against Dad when it works to their advantage.

For example, if Mom has a particular way of dealing with problems and Dad has another, the children will learn to choose which one is better for them as each individual situation crops up. They can run to the rescuer to avoid consequences and to the dictator when they need a problem solved.

Kids are much more likely to learn how to solve problems and face consequences when their parents are united in their approach and fully supportive of each other. These parents are able to provide clearer boundaries and a greater sense of security to their kids.

This may require parents to have team meetings from time to time in order to work together. Ideally, you'll discuss these difficult parenting issues in private so you can agree on boundaries and deliver effective consequences as a unit. Even if you don't have time to consult one another before each issue, you've got to be supportive of the other parent and keep your disagreements private and behind closed doors.

### Fear of discipline

An even more subtle way children indirectly acquire the role of central authority is when parenting decisions are shaped by a fear of discipline or causing pain. When parents fail to exercise their authority because they can't stand to see their kids suffer consequences or because they are afraid their kids will be mad at them, the kids have become the authorities in the home. These fearful parents resort to pleading, bargaining, or whining to get their kids to do what they want, but these approaches undermine their authority and rarely get the responses they are seeking.

Some parents are so afraid of being disliked by their kids that they fail to establish reasonable boundaries for the kids' behavior. These parents

rationalize with comments like "Well, they were going to do it anyway, so I thought they might as well do it where I can keep an eye on them." What's sad is that the effort to convince their children to like them usually results in disrespect and entitlement instead.

Still other parents are afraid to exercise their authority because they think that enforcing boundaries with consequences will damage their child's self-esteem. They believe every experience must be a positive one or their child will become discouraged and lose heart. But one of the reasons God gives people trials is to build perseverance, maturity, and confidence. Parents who believe in their children and support them in their struggles without rescuing will find that godly self-esteem is a natural by-product of the process of struggling through discipline. (See James 1:2-4 and Romans 5:3-5.)

In contrast to the parents who are afraid to exercise authority, other parents exercise it too harshly. These parents run the family like a drill sergeant, barking out orders and expecting everyone to jump at their commands. They often insist on "first-time obedience," expecting their kids to obey every command without challenge, excuse, or delay.

While we all want our kids to obey the first time we ask, the dictatorial approach sends a message that we aren't willing to listen to our kids. It emphasizes our power and authority over the value of having an authentic relationship with our kids. This makes obedience difficult for rebellious kids and mechanical for compliant kids. In neither case is the child learning from his or her experiences because the parents are forcing their will on the child rather than walking beside them and using the experiences to shape their character.

Far from having the positive influence they desire, an overbearing parenting style can cause kids to become preoccupied with the power disparity. As a result, many kids can't wait to get out from underneath this power structure as soon as possible. In the meantime, they will look for passive/aggressive ways to exert their own power.

As parents, it is time to reevaluate what it truly means to exercise godly authority. This is not being permissive or domineering but rather being balanced as God is balanced. He will help us learn to exercise our authority well and how to maintain a careful balance between truth and love. God expects and equips us to exercise our power empathetically and judiciously, with

the overarching goal of encouraging each member of the family to grow into the person He designed them to be. Pray for the wisdom to be that kind of parent.

### Bringing it home

God created families with a particular hierarchy in mind, and parents are at the top of that hierarchy. For dictators, this is a comfortable position. For rescuers afraid of disciplining their kids, it can be more difficult. But a balance of bonding and boundaries is essential to being a godly authority that earns respect by treating his or her kids with respect. A balanced parent sets boundaries, gives age-appropriate choices within those boundaries, and delivers consequences when kids stray.

Kids will sometimes assume the position of authority in a family when the parents cede power to them, either by making the children's activities the most important events of each day or by failing to deliver consequences when they are deserved. Take some time to reflect and pray about your responsibilities and priorities for your family. Is family time sacred, or does it get sacrificed in order to get to the next practice, game, meeting, or event? Do you eat dinner together often, or is life too hectic for that?

Do you lovingly discipline your children when they make poor choices, or are you afraid of their reaction? What about the reaction of other parents? Do you worry that you might be seen as a bad parent if your kids are not doing all the things the other kids are doing? Or do you insist on first-time obedience and fail to consider that it's important for your kids to know the reasons for asking them to do something? Is your attitude "my way or the highway" where your kids' thoughts, opinions, or reactions are ignored just to get things done?

Take heart! God knows your struggles and your tendencies. Ask for help, and wait to hear. Spend some time with your Bible and look for God's wisdom. He will speak through the words on those pages. Be empathetic and earn the respect of your kids through clear boundaries, consistent consequences, and a willingness to walk with them through the struggles of life.

Article found at [www.familylife.com](http://www.familylife.com)

# FlipSide Events this Fall

## September

**8th- Game Night-** Who doesn't love a game night! We will be having one at 6 pm at the Taylor's house. Bring your favorite game and some friends. Sign up in the youth room! Pizza and snacks will be provided.

**26th- See You at the Pole-** We will be encouraging student's to go to their schools flagpole 45 mins before school to spend time with others praying for our community, schools, students and teachers. This is a great opportunity for students to step out and express their faith to those around them.

## October

**7th- Fall Bonfire Extravaganza-** Join us on the 7th for a great time of a fall games, snacks and more! Meet at FFC at 5 pm!

**19th- 21st- Fall Retreat-** It's that time for Fall Retreat. We will be heading back to Lakeview Lodge in Seymour, IN. Cost is \$60. Our theme this year is "Outcast- finding our place in God's Kingdom. It's going to be a great weekend of bible study, friends, food, games and more! Pick up a registration packet Sept. 9.

**21st- No FlipSide**

## November

**18th- BLOC Thanksgiving -** We will be taking 8 youth (only amount allowed) down to BLOC to help with serving their Thanksgiving meal. Meeting at 5:45. First 8 to sign up goes. All other youth will still attend FlipSide that night! Sign up sheet will be posted in the youth room starting Nov. 4.

**25th- No FlipSide**

## December

**14th- Christmas Party-** We will be having our Christmas Party starting at 6 pm. Our white elephant gift exchange will be back plus much more! Pizza will be provided.

\*Pick up a full Fall schedule in the youth room.

### NEWS FLASH!

Starting this fall, we will be doing outreach activities, every time a 5th Sunday comes around. This means we will leave FFC and go do some type of service. What we will be doing will be announced the week prior.

### Coming in 2019

Lock-In- January 20  
Disciple Now- March 1-3

### What are we learning at FlipSide?

**Sept. 9-** Love Does- I'm with You

**Sept. 16-** Love Does- Free to Fail

**Sept. 23-** Love Does- Audacious Love

**Sept. 30-** Outreach Night

**Oct. 7-** Love Does- Be Not Afraid

**Oct. 14-** Love Does- Follow Me

**Oct. 21-** No FlipSide- Retreat Weekend

**Oct. 28-** Book of 1 John- 1:1-2:6

**Nov. 4-** Book of 1 John- 2:7-29

**Nov. 11-** Book of 1 John- 3:1-10

**Nov. 18-** Book of 1 John- 3:11-24

**Nov. 25-** No FlipSide

**Dec. 2-** Book of 1 John- 4:1-21

**Dec. 9-** Book of 1 John- 5:1-21

**Dec. 16-** Christmas Lesson

# S E P T E M B E R   2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
						<b>1</b>
<b>2</b> SS @ 9:30 am FlipSide @ 6 pm	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Game Night at 6pm
<b>9</b> SS @ 9:30 am FlipSide @ 6 pm	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> SS @ 9:30 am FlipSide @ 6 pm	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> FlipSide @ 6 pm  <b>30</b> FlipSide @ 6 pm	<b>24</b>	<b>25</b>	<b>26</b> See You at the Pole	<b>27</b>	<b>28</b>	<b>29</b>

# O C T O B E R   2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> SS @ 9:30 am FlipSide Bon- fire @ 5 pm	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> SS @ 9:30 am FlipSide @ 6 pm	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Fall Retreat	<b>20</b> Fall Retreat
<b>21</b> SS @ 9:30 am No FlipSide	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> SS @ 9:30 am FlipSide @ 6 pm	<b>29</b>	<b>30</b>	<b>31</b>			

# N O V E M B E R   2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
				1	2	3
4 SS @ 9:30 am FlipSide @ 6	5	6	7	8	9	10
11 SS @ 9:30 am FlipSide @ 6	12	13	14	15	16	17
18 SS @ 9:30 am FlipSide @ 6	19	20	21	22 Thanksgiving Day	23	24
25 SS @ 9:30 am No FlipSide	26	27	28	29	30	

# D E C E M B E R   2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
						1
2 SS @ 9:30 am FlipSide @ 6 pm	3	4	5	6	7	8
9 SS @ 9:30 am FlipSide @ 6 pm	10	11	13	13	14 FlipSide Christmas Party at 6 pm	15
16 SS @ 9:30 am FlipSide @ 6 pm	17	18	19	20	21	22
23 SS @ 9:30 am No FlipSide	24	25 Christmas	26	27	28	29
30 SS @ 9:30 am FlipSide @ 6 pm	31					