



Restore

PETE THOMPSON CHRISTIAN COUNSELING

Summer 2018

10 Family Fun Summer Activities

HOPE for the Separated

Grandparents Needed
The important role they play in
your family's life

Angry Children

How to help your child
process anger

When a Pet Dies
How to help your child grieve



New Beginnings

The Bible is literally filled with many people who left the comfort of home and went elsewhere: Adam and Eve left Eden, Abram left Haran, his homeland, Noah had to leave home and climb aboard a boat, and the Hebrews (although not comfortable, but still familiar) left Egypt.

Regardless of the "where" changing addresses and circumstances is the same for everyone, it is moving from the familiar to "The Unknown." As a native Californian who just left everything and moved to Texas, I now realize how often I read those passages in scripture and bypassed the obvious. I didn't breathe in the gravity of the discomfort, and at times the fear, of embracing someplace new.

Gone are my routines, my "go to's," my usual. Most of the time I'm lost on the road. I don't know what doctor to go to, or even where to get my haircut. But like the patriarchs before me, I don't travel alone.

The kindness of God followed Adam and Eve when Yahweh himself provided clothing and shelter in a now, cruel world. Abram didn't look back, but followed God's direction to something bigger, better, and miraculous. Noah ignored the opinions of the multitude and listened to God's voice, adhering to every tiny detail.

The Hebrews took a risk for sure, and at times wondered if the decision to leave was the right one, but with God's leading by day and by night they ventured forth.

You see our Lord is in the habit of moving his people. Where they currently are isn't where they must remain. Sometimes it's due to circumstances, other times opportunities are waiting, or it's an escape from danger.

Whatever the reason I am sure of one thing, "He Goes With." Because he is a loving God, a Savior, and a Comforter, he has promised never to leave us or forsake us. It's a promise I cling to as I venture into my new life. Change will come to all someday, what a joy to know we never travel alone.



Restore Magazine

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Features

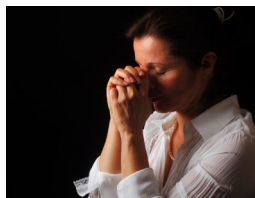
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Try these family fun activities that will squelch those "boredom" blues



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Grandparents bring much to maintain family health



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There is still hope for the struggling marriage with these 8 growth assignments.

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Eight great anger busters to help your child manage his temper.

Page 9 A Soccer Mom's perspective on how to help your child process a pet's death.



HAVE I NOT
COMMANDED
YOU? ^{BE}
AND ^{STRONG}
COURAGEOUS.
DO NOT ^{BE TERRIFIED};
DO NOT ^{be discouraged},
FOR ^{the LORD} YOUR
GOD ^{will BE WITH YOU}
WHEREVER
YOU ^{may go.} Joshua 1:9

10

Fun Activities to Enjoy with the "Fam" this Summer

Summertime means sipping on lemonade in the backyard, running through the sprinklers and catching butterflies, but it also means the "I'm bored" rants are about to begin. Lazy daze can be a challenge for kids who are used to a busy jam-packed schedule, but that doesn't mean summer has to be a bust. Check out these ideas that include the entire family for a day of play.



#1 It's an old standby but when the house feels confining pack up lunch and head to the park. You'd be surprised how much a change of scenery helps with sour attitudes.

#2 Cooking 101

This is a great chance to explore all those smoothie sensations, and cookie recipes.





#3 It's all about the water! Have a water day by breaking out the plastic slide, water balloons, squirt guns and hose.

#4 This is the time to start on those projects like photo albums, stamp & coin collections, or pulling out that zillion piece puzzle.

#5 Try a day at the Museum. There are museums in every town and some offer free family days during the summer.



#6 Take a hike! Drive to a nearby trail and start walking. Live in the city? You'd be surprised how much you see on foot that you miss in the car. Be sure and stop for ice cream.

#7 Set up the television for an all-day oldies movie marathon. Visit the best family films of the 80's or rent some classic comedies.

#8 Camp out at home. Set up the tent in the backyard and fire up the grill for hot dogs and s'mores. Pile into the tent for the night with the added luxury of nearby indoor plumbing.

#9 Celebrate Christmas in July. Make a yummy holiday dinner with all the fixins. Decorate, and have the kids wrap up items from home. Then pull out the videos from Christmases past and giggle away.

#10 Want to get to know the neighbors? Put together a "Glad you're my neighbor" bag filled with homemade cookies and cards painted by your children. It's sure to put a smile on everyone's face.



Hope

for the Separated

MARTIN* WAS FAR FROM HOME, WHEN HE WALKED INTO THE lobby at Calvary Baptist Church one Sunday morning. He was told by a friend he could get a book called Hope for the Separated (Moody), by Dr. Gary Chapman. Martin and his wife Leah* had been separated for six months, and Martin was desperate for help. That same Sunday, 3000 miles away, Leah went to a church in California, where a pastor handed her that same book. Imagine their surprise when they spoke a week later; only to discover they had been reading the same book. "We both recognized that had to be the hand of God. I went back home and we got counseling. Today we are back together," says Martin.

In an age where over 1 million marriages fail each year, the term 'separation' often becomes the equivalent to divorce. Yet, through God's power, Christians are called to change the equation.

"I don't think separation equals divorce," says Dr. Chapman. "Separation can lead to an absolutely wonderful marriage, if we are willing to deal with the problems that led to the separation."

Dr. Chapman suggests treating the trauma of separation with a 911 approach, "If it were a physical problem, we would put you in intensive care and look after you day and night until you either died or got better. Separation says this marriage is in serious trouble; it needs intensive care."

True Love Waits

Couples looking for a quick fix for their marital woes often become frustrated, abandoning the marriage too early, thereby missing the benefits of God's timing. "I think the most common problem is couples try to get on with their life too quickly," explains Dr. Chapman. "They go six months and the spouse shows no response, so they start dating and become involved with someone else. A year later the spouse comes back and says 'I realize I made a terrible mistake,' and they want to reconcile, but now the other partner's already



involved with someone else. I like to encourage couples to give some time. I use two years as a guideline. For people who are separated it seems like a terribly long time, but in all of life, it's a short time."

Homework

The world says 'time waits for no one', but Christians are called to 'wait on the Lord.' Dr. Chapman encourages individuals to redeem the time separation presents. "You aren't sitting in limbo during this time, you are growing as a person, making the most of time in terms of personal and spiritual growth. Prepare yourself, so if your spouse doesn't reconcile, and if in fact you do remarry, you will be a different person, not making the same mistakes." Dr. Chapman encourages individuals to practice growth activities (see sidebar) during the separation period, helping him or her to reflect on life and deal with personal failures.

Just the Three of Us

When the time comes for 'couple' restoration, Dr. Chapman encourages seeking godly counsel. "If you had a physical disease you'd go to a medical doctor. If you have a relational problem, and it's serious enough to separate, you're very likely going to need a counselor, someone who's trained in that area and can give you practical help." →



Hope Continued

Still, Dr. Chapman warns against going back together too soon. "If you're separated there needs to be a time of personal growth, and communication with each other, and a counselor. When the two of you, and the counselor, feel you've dealt with and resolved the issues, and have a pattern for growth, that's the time to go back together. You should still get counseling after you get back together, because now you're going to test out the things you've been talking about in counseling."

Peace

So what if you fail the test and the marriage dies? Dr. Chapman concurs there is hope for the separated and divorced. "There are many fine people who never wanted a divorce, who sought every opportunity to reconcile, and their spouse would not. They can confess their failures to God, who accepts them as they are, he will lead them on in life. Divorce certainly does not mean life is over. The Christian must commit his life to God, and move on, using his talents and abilities. God uses even our failures for good. The Bible is filled with stories that substantiate that."

Inoculate

Meanwhile, the law of entropy is alive and well even in 'healthy marriages.' Dr. Chapman prescribes that couples 'inoculate' their marriages against marital decay. "Marriages are either growing or regressing everyday. We are either getting better or worse. We are building an intimate relationship, or we are letting things come in between us."

So, when can our marriages expect a clean bill of health? Not in this lifetime says Chapman. "I don't know what a perfect marriage is. You don't work toward a perfect marriage, you work toward a growing marriage. I encourage couples to go to a marriage seminar, class, or conference once a year. Expose yourselves to ideas about what makes a marriage work. If we do that, we will keep our marriages growing."

*Denotes Pseudonym

Growth Assignments

by Dr. Gary Chapman

Invest your time wisely. Move toward reconciliation, by practicing these personal growth activities.

- ◆ Ask God to help you make a list of the specific ways which you have failed your spouse.
- ◆ In an attitude of prayer, think and then prepare a list of specific ways you could express God's love to your spouse.
- ◆ Express your anger in writing. Ask God to guide you as you try to express your feelings.
- ◆ Pray that God will enable you to cease all destructive words and actions toward your spouse.
- ◆ If your spouse is not willing to go for counseling, secure your own counselor.
- ◆ If you have never invited Christ into your life, as you confess your sin, why not invite Him to come into your life and give you power to deal with your present problems?
- ◆ Ask God to fill you with His love (Romans 5:5) and to let you be His agent for loving your spouse.
- ◆ Commit yourself to walk with God regardless of what your spouse does.

Excerpts from [Hope for the Separated](#) (Moody),

by Dr. Gary Chapman

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Grandparents Needed!!

The important job they play in the success of your family

Grandparents were once described by a primary school student as, “a man and a lady who have no little children of their own. They like other peoples.” But contrary to popular opinion, grandparents serve a greater purpose than a last minute babysitting drop; they are in fact part of the glue that holds a family together.

“Family is much more than Mom, Dad, and the kids,” says Cavin Harper, Executive Director of Christian Grandparenting Network, a Christian organization devoted to challenging those in mid-life and beyond to finish the race well by living for future generations.

“While there are those who seem to suggest that the nuclear family is sufficient for the healthy development of families, I think most people would agree this is not a healthy attitude or perspective,” says Harper.

In fact grandparents bring much more to the table than most would imagine. Here are **3** distinct areas Harper describes where grandparents shine.

Grandparents are the storytellers of the family

They know the stories of the family that reveal that families history and identity. They possess knowledge that no other family members can know or experience. This knowledge is critical to understanding the goodness of God, the work of God, and how He is unpacking His purposes in this family. They also provide a backdrop for understanding why our family is the like it is and why I am the way I am. Grandparents alone know these stories and can tell them to the next generations.

Grandparents have a unique connection with their grandchildren

This connection is quite different than the relationship they have with their parents. Sometime this puts grandparents in the position of being able to impact a child in a way parents cannot. There have been those who even suggest that grandparents and grandkids get along so well because they share a common enemy. While I believe grandparents are to be allies, not adversaries to their adult children, there is some truth in that anecdote.

The important point is that grandparents share a very special relationship with their grandchildren that allow them to not only compliment but also multiply the parental aspects of raising and instructing children. Intentional grandparents embrace this unique opportunity to build character and virtue in their grandchildren’s lives, and to help their adult children be the best, most successful parents possible. Everyone benefits when that happens.

Grandparents help build spiritual principals into their grandchildren

The scriptures are clear about passing our faith onto future generations. In Deuteronomy 4:9 we read, “Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart →





Grandparents Continued

as long as you live. Teach them to your children and to their children after them.” In Psalm 145:4 we read, “One generation commends your works to another; they tell of your mighty acts.

Grandparents are a conduit of blessing. They implement a tradition of spoken blessing in the lives of their children and grandchildren that speaks of God’s high value, special future and continual presence for them. And equally important they are modeling a legacy of faith to both their children and grandchildren that is so authentic it will outlive them for generations to come.

The relationship between grandparent and grandchild is God’s great design for passing his blessings from generation to generation. Harper believes it’s the same message for the church, “Just as the body of Christ is not limited to one generation or life stage, neither is the family. Each are composed of many parts, old, young and in-between. Each brings unique gifts and experiences for the common good of the whole.”

—For more information read, *Not On Our Watch: Courageous Grandparenting in a Turbulent World* by Cavin Harper, www.gocgn.com/bookstore.



Kids Fiction Corner

EXCERPT FROM WAG THE MOUTH CHAPTER ONE

THE MOST VOTES FOR AN ELECTED STUDENT BODY PRESIDENT IN THE HISTORY OF WARREN HIGH SCHOOL --at least that’s what Mr. Summers, our principal, said. Many are attributing it to my act of genius. After all, geeks like, Tori Sanchez, don’t usually make the stage, but are destined to remain an unidentified pin size photo in the back pages of the yearbook. I guess you’re wondering how someone like me got nominated in the first place. Well it wasn’t easy...but a lot can happen in one month.

First, I’ll need to bring you up to speed on the hierarchy of Geekdom. I know what you’re thinking, aren’t all of us alike? The answer is no, no and no. Although most people believe we are just one big socially dysfunctional group, lacking any coolness, the truth of the matter is that within geek culture there

is a caste system that few people recognize. Let’s start with the largest group at the bottom of the food chain--the Groadie Geeks. Bad hygiene and social mistakes mark this bunch as total dweebs. No one will ever forget the day that Anthony showed up wearing his mother’s sweater, or the time Beatrice decided to wear her pimple nose strip during P.E., swearing all along that it was an athletic breathing device. Even so, level three geeks are usually the kindest and the most devoted friends anyone could ask for.

In the middle are Lifer Geeks. These people can’t help being nerdy; it’s in their genes. Their parents are geeks and their parents were geeks. The whole family tree is literally devoid of any coolness. If it weren’t for this group, chess clubs would cease to exist and medical research would come to a screeching halt.

At the top of the pyramid are your run of the mill Homegrown Geeks. This group consists of people like my closest friends, Brian Jeeters and Dot Anderson. Brian acquired three strikes against him as perpetual bed-head and Xbox

Dragon nerd. Some weekends he’s been known to spend 24 hours straight battling apocalyptic wars and exercising his warrior skills. Needless to say he drags himself to school on Mondays looking and smelling a bit like road kill. To make matters worse, he’s been known to fall asleep in class and when called upon responds with, “Take that you rogue.”

Dot, whose real name is Dorothy (never call her that) fell into the geek category purely by default. She is almost invisible. She hates attention, struggles to make eye contact and actually believes that all people are good regardless of their crime. I’m sure she thinks that, had Darth Vader been exposed to a more nurturing environment, he never would have succumbed to the Dark Side.

Then there’s me. I’m in a category all by myself.

To read more visit the Kindle Bookstore, *Wag the Mouth* by Lynne Thompson

Anger Busters for Kids

Here are some ideas to calm your child

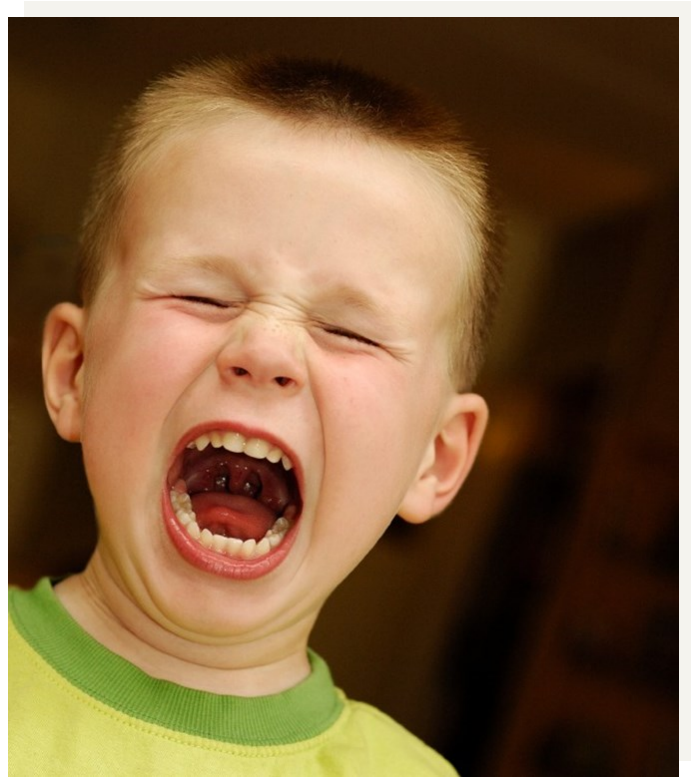
YOUR CHILD IS YELLING, slamming doors and having an all-out tantrum ... but can he trust you with his anger? Punishing the behaviors associated with anger might be a quick fix, but without instruction your child will lose out. National anger management trainer Bob Bowen warns that children who never learn proper ways to express their frustration will eventually find their own, often inappropriate, methods.

"At 7 years old she may be yelling or pulling someone's hair, but by age 16 she will have developed 15 other incorrect ways to say 'I'm frustrated.' She has to find her own path because, as parents, we haven't given her the correct one."

The road to teaching proper "anger behavior" can be extremely bumpy when parents are sucked into the heat of the moment. Parents need first to handle their own emotions.

"When a child sees a parent managing his own frustration and anger, he will learn by example," Bowen says. "How a parent responds to his child's anger is how the parent teaches."

Teaching discipline instead of punishing the



child equips him with anger management tools that can be used the rest of his life. Here are eight things you can do to help your child learn how to express his anger positively.

Eight Great Anger Busters

1. Model anger management. "Mommy is feeling very angry right now, so I'm going to take time to be alone and get some self-control.
2. Show respect. Don't participate by calling names or getting physical.
3. Give them words to express their anger. "I know you are disappointed, or sad or frustrated."
4. Identify with their pain. "I remember when I didn't get to go to a party..."
5. Set positive limits. Instead of saying, "Don't you throw that doll," say, "After you put the doll on the table, we can go have snack."
6. Redirect energy bursts that often come with anger. Encourage positive outlets like running, jumping, blowing into a horn or painting.
7. Avoid power struggles with your child. They're always lose-lose situations. If your goal is to control, you will teach him to control others.
8. Provide a cooling-off period by reading a book together or going on a walk. Then calmly discuss what happened and make a plan for next time.

The Grave

There is a tiny grave in my backyard that pays homage to a dead bird that was brutally attacked last spring. Its mound is covered with flower petals and a five-inch wooden headstone painted by my daughter. I hope to someday receive such an attractive burial. The event that caused the bird's demise, however, was anything but pretty.

My neighbor had come over to share a cup of tea as our children played outside. In a matter of minutes, the laughter turned to shrieks and my kitchen was soon teeming with sobbing children. Apparently a baby bird had fallen from its nest into our backyard, whereupon our dog, Molly, attacked the feathery intruder and killed it instantly. I tried to calm my six-year-old son, who was struggling with the reality of death.

"How could God allow this terrible thing to happen? Doesn't He care?"

I knew how he felt. There are times in my life when I wonder if Anybody Up There notices *my* suffering, especially on days when I struggle with loneliness, or when the washing machine breaks down. But then I remember that God visited this less-than-perfect planet and offered Himself as the solution to our sin problem. He's walked in my shoes and shared in my human experience.

"Yes," I told my son, "God cares about the baby bird and about the death of everyone. But instead of walking away and leaving us alone, He came to visit us Himself. He lifts us up and places us back into *His* nest, so that we can be kept safe under the wings of God."

Helping Your Child Process the Death of a Pet

- Allow your child time for asking questions and reminiscing about the pet.
- Provide a makeshift gravestone and burial site that your child can visit.
- If your child has a desire to express his or her grief, make art supplies available such as clay, dough or paints.
- Create a scrapbook page highlighting the pet.
- Permit your child to keep an item that belonged to the pet, such as a pet tag, feeding bowl or doghouse.

Freedom from the Past

Joy for Today

Hope for Tomorrow



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209-535-3022

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private consultation



The little stream meandered through the meadow
As though it had a special place to go—
A mission that it needed to accomplish
The pace it chose deliberate and slow.

Around the rocks and through the shallow places
Its gentle song was hardly heard at all
Above the whisper of the lofty tree tops—
Above the distant trill of the robin's call.

So gently flows the stream of life within us
In quiet times and quiet places still
The times when we sit silent in His Presence
The times when we surrender to His will

The words of praise, just like the bubbling freshet
Spring up within our hearts in glad surprise
And like the little stream we see our mission
To lift sad hearts and help them to arise