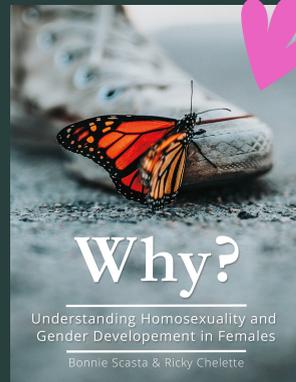


A LITTLE ABOUT US...

We provide a safe place for individuals seeking restoration and healing through weekly support group meetings, moderated online support forums, in-depth discipleship programs, and active partnerships with churches around the world.

We believe the Scriptures are clear about God's design for sexuality, and that ultimate joy is found through surrender to Christ. The Gospel of Jesus has the power to transform hearts, and a vibrant relationship with Him changes every aspect of our lives. By providing an environment where men and women are given the freedom to grow in the truth of God's Word, we see restoration and wholeness emerge from confusion and chaos as we journey with those seeking congruence with their faith, their feelings, and God's truth revealed in His Word.



Living Hope Ministries also offers weekly support groups for men, women, friends and family of those who struggle, and wives of men who struggle both in-person in Arlington and Denton, TX, and worldwide through zoom. All support groups are confidential and free of charge.

HOPE CAST

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LIVING HOPE
MINISTRIES

THE THREE A'S



HOW TO GIVE YOUR CHILD **AFFIRMATION**

YOU HAVE WHAT IT TAKES!

God makes every person in His image and equips them with good gifts. Help your child realize her unique gifts and talents and bless and encourage them.

YOU ARE STRONG ENOUGH!

Personal character is more important than physical strength. Those who belong to Jesus can rest in His power. Help your child know God's power is upon him and God's presence is with him.

I LOVE YOU!

Love is a powerful force. Children who know they are loved have a deep sense of security and safety. Help your child know she is loved for being your child, not just for what she does.

I AM PROUD OF YOU!

Every child yearns to make their parents proud. Praise your child for who he is and not just what he does. He belongs to you, and you are pleased to be his mom/dad. Help your child know that, like God, you are crazy about him.

I AM WITH YOU ON THIS JOURNEY

Knowing someone has your back brings confidence and courage. Help your child know she is not alone. Invest in her and the things she loves. Demonstrate your commitment by your presence with her and being attentive to her. Remember, excellent character is caught, not taught.

HOW TO GIVE YOUR CHILD **ATTENTION**

POSTURE

We communicate as much with our bodies as we do with our words. Touching your child, holding his hand, and placing your arm around him are all ways to communicate your attention. Look at him in the eyes when he is talking. Keep arms and body open to him.



PLACE

Spending one-on-one time with your child is essential. Physical places often serve as markers for life events. Dinner, a trip, or even a regular ritual in a particular spot can help your child know you see her and understand her.

PONDER

You must listen carefully to what your child is saying and notice what they aren't saying. Ask open-ended questions: What was your best/worst moment this week? When did you feel happy/sad? Why? Give your child the opportunity to share freely. Consider their answers and postures carefully.



PRaise & PRay

Praise your child as a created being, how he cares for others, and how he expresses his unique self. Pray with and for your child. Hearing a parent pray teaches the child our dependence on God and lets him know you have listened to his heart's cry. God created people to praise and pray!

HOW TO GIVE YOUR CHILD **AFFECTION**

If you don't give good touch to your child, someone else will touch them, and it won't be good.

START EARLY

Your child is never too young or old to receive good touch from her parent. From the time she is born, she should be kissed, hugged, cuddled, and embraced. Bad touch will be repulsive when good touch is the norm.

BE INTENTIONAL

Touch should be a natural part of everyday expression. Holding hands, cuddling, hands on shoulders, head, back, etc., should be a safe and natural way to express your love.

ESTABLISH BOUNDARIES

Because touch is so powerful and potentially dangerous, be sure to talk with your child about what to do if someone's touch makes her feel uncomfortable. The swimsuit or underwear rules is good for showing where we should not allow others to touch us.

TALK ABOUT TOUCH OFTEN

Let your child know it's okay to talk about a good or bad touch. Believe him when he shares. Be sure to use appropriate names for body parts. The more you talk, the less awkward conversations become. Talking about touch and sex should be a natural and normal part of conversation.

