

## Parenting Trends 2020, Part 2

### I. “Family Activism”

- This idea of family activism can sound a lot like parents teaching their children the Scriptures and then working with them to spread the good news of the Gospel. I can see families serving in soup kitchens, volunteering in Vacation Bible Schools, offering love and support outside of abortion clinics, and hosting their unbelieving neighbors. That would be a fantastic way to teach your family to take a stand regarding your beliefs and values.
- However, the dangerous side comes with a double front:
  - One one side you have a phenomenon that has occurred all too frequently through history — that is — mentally indoctrinated children who do not truly *believe* what their parents believe being required to promote the concepts they themselves do not fully accept.
  - The other obvious problem with family activism comes when the family is promoting the wrong things. This goes without saying.
- Your family *needs* to be activated about all the *right* things . . . starting first and foremost with our great God. Standing together as a family that lovingly proclaims the Truth in this dark world is extremely important and — may I add — absolutely vital if you and your family members call yourselves children of God. (Matthew 5:14-16)
- You and you kids can also advocate for other things about which you’re passionate. Just make sure your kids are really on-board before you conscript them to persuade others. And — of course — make sure you keep the main thing the main thing. It would be depressingly awful if we became more passionate about our cause than we were our Creator and inadvertently taught our kids to worship the creation over the Creator.

### II. “Mental Health Transparency”

- If 2020 is truly going to usher in growing mental health transparency in our parenting, then we need to make sure we’re being honest with the subject matter.
- It’s interesting that Miss Hayles focus in her discussion on postpartum depression looks mostly on how we view ourselves and how others view us. She speaks of us having to come to terms with physicality and feelings changing. She discusses how society, our jobs, and our spouses view us. She mentions that it can arise from trying to figure out our identity.
- There is no illness to speak of. She’s describing the struggles of a person who’s experienced a significant life change trying to grapple with it all. Her body changes, her relationships change, her sleep changes, her responsibilities change, he identify changes. These are all big ideas.
- And yes, if you have no solid philosophical mooring, no spiritual grounding, you are going to feel completely upended. You’re going to experience pressure and stress that you won’t know what to do with.
- But God’s Word has the answer. We can be open and honest about mental and spiritual health. It starts with the knowledge and understanding and belief of God’s revealed Word. From there we can talk about the possible physical illnesses or presenting problems. But without the Scripture, every man’s way is going to seem right in his own eyes.

**LifeWork:** Listen to the Truth in Love podcast episode called “[Understanding Psychotropic Medication Biblically.](#)”