



FAMILY RESOURCE GUIDE



ABOUT EMPOWERED HOMES

WHO WE ARE:

The primary purpose of Empowered Homes is to connect church and home by equipping families, leaders and ministries to grow in the areas of marriage, parenting, personal growth, discipleship strategy, family ministry, and leadership development. We value the family as the first institution designed by God for spiritual formation, relationships, and reflecting His image. We seek to ensure that every element of church life supports and equips that essential role.

WHAT WE DO:

Empowered Homes Ministry provides practical, gospel-based resources to connect church and home. The majority of our resources are offered online through our website empoweredhomes.org. We also partner with churches and ministries to provide conferences and training.

WHY WE DO IT:

At the very foundations of the Church, the followers of Jesus were called to fellowship. Their fellowship included gathering together, breaking bread and sharing materials. Therefore, our desire is to be open-handed with our resources because we believe that God wants to empower every home, everywhere. We invite everyone to use, reproduce and share any of our online resources for FREE. May God and His Kingdom be given all the glory!

*Resources are not meant to be sold or used for profit making purposes



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RESOURCE CATEGORIES



Marriage Resources

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Parenting Resources

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Personal Growth

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RESOURCE TYPES



Videos



Articles



Downloads



Links



Podcast



POWERparenting

connecting church and home...

— one home at a time —

WHAT IS POWER PARENTING?

Power Parenting Videos are short, 5-10 minute, equipping resources that aim to challenge parents to grow in leading and loving their kids through discipleship and discipline. Scan the code to see the whole collection at empoweredhomes/org.



The Ten-Second Principle

In the following Power Parenting video, Joe Landi and Bobby Cooley explain how to implement the ten-second principle to build ...

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Benefits of Family Rhythms - Power Parenting

In this power parenting video, Bobby Cooley and Meghan Landi share the importance of leveraging rhythms for families. More Videos ...

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Confession Over Concealment-Power Parenting

In this Power Parenting video, Chris Kincaid and Bobby Cooley discuss the three keys to foster confession over concealment in ...

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The Blessing for Your Kids-Power Parenting

The gift of unconditional love and acceptance is the greatest blessing. In this power parenting video, Laura Hearn and Bobby ...

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Connection vs. Correction-Power Parenting

In this Power Parenting video, Brad Flurry and Meghan Landi discuss discipline, specifically connection before correction. More Videos from the ...

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Phases of Parenting-Power Parenting

In this Power Parenting video, Lyndsey Dottavio and Brad Flurry define the 4 Phases of Parenting. More Videos from the ...

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Asking Questions and Listening - Power Parenting

In this power parenting video, Joe and Meghan Landi talk about asking questions and listening in order to improve communication ...

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The Importance of Being Present - Power Parenting

In this power parenting video, Bobby Cooley and Meghan Landi chat about the importance of being present with your family. ...

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7 WAYS TO NAVIGATE TRAGEDY WITH CHILDREN



Global events in the Middle East and around the world break our hearts. And the scary thing is, our children are watching too. Some of these tragedies invade the lives of young children – little ones that looked a lot like our little ones. And because there were children involved, our kids are asking a lot of questions. It can be challenging to navigate tragedy with children.

As parents, one of our primary roles is to be constantly teaching. When it comes to “Life 101,” class is always in session. This doesn’t change in the midst of tragedy, as awkward as the role may be. Most kids are asking the same innocent question that we all ask – “Why?” – and our ability to respond correctly can help turn a terrible situation into an opportunity to talk about some tough-but-necessary topics.

As a father of three and a pastor and author who has dedicated much of the past two decades to helping moms, dads, grandparents, and mentors, I am still left wanting for the right words to say in such an awful situation. Still, I’ve learned a few things along the way, and hopefully these ideas will help you navigate this difficult road with your children:

1. Remind children that they can trust God – even in tough times.

Consider saying, “Sometimes things happen that we can’t completely understand. We know that bad things happen in this world because there are bad people. But it doesn’t mean God doesn’t care about those little children. In fact, that’s why Jesus came – so He could rescue us from evil and be with Him some day in a perfect place!”

2. Don’t act like you have all the answers.

Kids won’t believe you anyway if you start making stuff up. It’s okay to say, “You know what? That’s a good question, but a hard one. I’ve wondered that too.” But follow it up by sharing something that you DO know. You don’t have to pretend to be certain about everything if you can demonstrate that they can be certain about many things: your love for them, God’s love for them, the fact that you will do everything you can to protect them, that their schools are safe – and will be even safer – after this, etc.

3. Listen and don’t ignore questions or inquiries.

Pay attention to even the most passing comments. If your child knows anything about what happened, you can count on the fact that he’s thinking about it, and you want to be ready to talk when he is.

4. Keep life normal and routine.

Young children always fare better when life is as stable as possible.

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10 HEALTHY WAYS TO HARNESS TECHNOLOGY FOR YOUR FAMILY

1

ESTABLISH CLEAR GUIDELINES

Set clear and age-appropriate guidelines for technology usage within your home. Establish boundaries for screen time, online content, and social media interactions. Encourage open discussions with your children about why these guidelines are important and how they align with your faith.

2

MODEL HEALTHY BEHAVIOR

Children learn by example, and your behavior with technology will greatly influence theirs. Demonstrate responsible and balanced tech usage by being present during family moments, engaging in offline activities, and showing restraint in the use of devices.



3

PRIORITIZE QUALITY CONTENT

Guide your children to engage with technology that enriches their spiritual, intellectual, and emotional well-being. Encourage the use of educational apps, faith-based content, and creative platforms that align with Christian values.

4

FOSTER DIGITAL DISCERNMENT

Teach your children critical thinking skills when it comes to online content. Help them distinguish between reliable sources of information and potentially harmful or misleading content. Instill the importance of discernment in a digital world filled with information overload.

5

EMBRACE TECHNOLOGICAL LEARNING

Technology offers incredible opportunities for learning and exploration. Introduce your children to online resources that can enhance their understanding of the Bible, theology, and Christian history. Explore podcasts, online courses, and interactive platforms that facilitate spiritual growth.

6

ENCOURAGE VIRTUAL COMMUNITY

While in-person fellowship is invaluable, technology can also connect your family to a wider Christian community. Utilize video calls and social media to stay connected with friends, missionaries, and other believers around the world, fostering a global perspective of faith.

7

USE TECHNOLOGY FOR FAMILY DEVOTIONS

Incorporate technology into your family devotional time. Research Bible apps, online devotionals, and multimedia resources to engage your children in discussions about Scripture, faith, and life lessons.

8

PRACTICE DIGITAL ETIQUETTE AND SAFETY

Teach your children about online safety, the importance of protecting personal information, and how to interact respectfully in digital spaces. Equip them to navigate potential risks and challenges that arise on the internet.

9

BALANCE SCREEN TIME WITH PHYSICAL ACTIVITY

Encourage a balanced lifestyle by promoting physical activity and outdoor play. Set time limits on screen time and incentivize engaging in sports, hobbies, and outdoor adventures.

10

CULTIVATE GRATITUDE AND CONTENTMENT

In a world of constant connectivity, help your children cultivate gratitude and contentment. Teach them to appreciate the blessings around them, both online and offline, and to avoid the trap of comparison fueled by social media.



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DO YOU NEED A TECHNOLOGY DETOX?

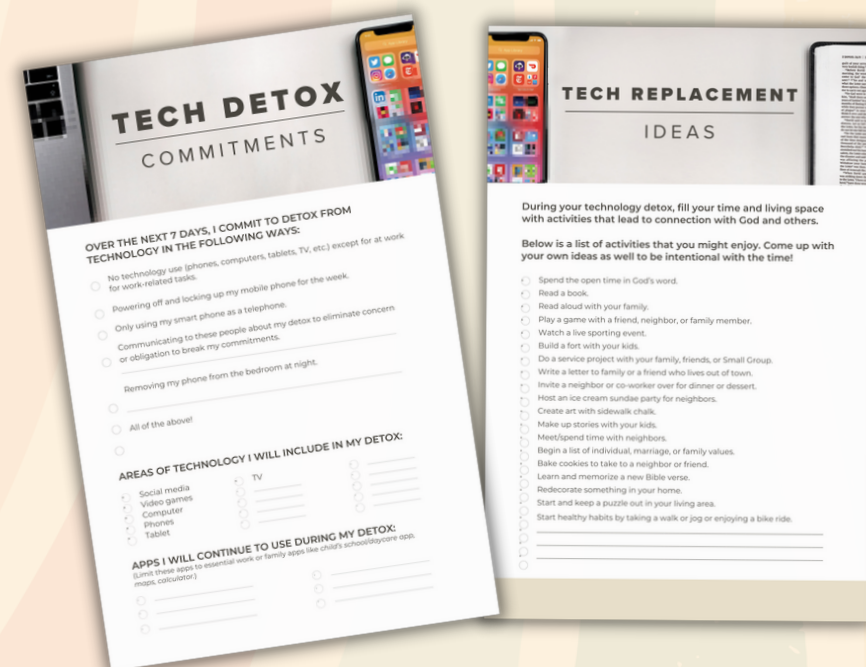


In today's rapidly evolving digital landscape, technology has become an integral part of our daily lives, impacting everything from communication and education to entertainment and work. Therefore, as Christian, navigating the intricacies of technology within the home can be both exciting and challenging. This resource aims to provide practical insights and principles for leveraging technology in a way that aligns with Christian values and fosters a healthy, balanced environment for your family.

Taking an honest evaluation of the place technology and devices have in your life and the life of your family can be difficult. Learning to create healthy boundaries and rhythms with devices and technology can help your family find greater freedom mentally, physically, emotionally and spiritually. Make the Technology Detox Commitment to get started.

OVER THE NEXT 7 DAYS, I COMMIT TO DETOX FROM TECHNOLOGY IN THE FOLLOWING WAYS:

- No technology use (phones, computers, tablets, TV, etc.) except for at work for work-related tasks.
- Powering off and locking up my mobile phone for the week. Only using my smart phone as a telephone.
- Communicating to these people about my detox to eliminate concern or obligation to break my commitments.
- Removing my phone from the bedroom at night.
- All of the above!



download
DETOX CARD HERE



WHEN LIFE DOESN'T GO AS PLANNED



Unmet Promises

Do you like being promised something, only to have it taken away or left unfulfilled? Of course not. But unfortunately, this is something we can all relate to at some degree. It's harsh, unfair, disrespectful, and leaves us feeling empty.

Moses is someone who I always pictured as possibly feeling this way. He spent the second half of his life doing his best to live in obedience to the Lord. Stepping into uncomfortable situations with all of his inadequacies, but in return getting to see first-hand the power of God at work in miraculous ways over and over. God placed Moses in a leadership position over a bunch of chronic "grumblers" and in his old age, his temper got the best of him – costing him entry to the Promised Land. I have not been in a position like Moses, but when it comes to leading my mini-human grumblers (aka my kids) at home, I've definitely "struck a few rocks" as I completely lost my cool. God's discipline for Moses never sat right with me. I've struggled with understanding how a loving Father could send such a harsh punishment for something that seems so small in comparison to all of the huge acts of faith, dedication, and surrender from Moses up to this point?

Have you ever questioned God's ways? Like really asked Him, "What are you doing this for?!" You know, the questions we wrestle with again and again, like "God, how can you let this happen?" or "I thought this is what you wanted for my life. Why are you taking it away from me?" Those really tough questions that we cannot even come close to understanding. I wonder if Moses felt this way.

God's Best

We've all been there and it's perfectly acceptable for us to bring those uncertainties and struggles to Him. It's part of "pouring our hearts out" before the Lord and it's not always pretty. The good news is that God often has an answer ready for us in the midst of these tough questions and I saw it right here, at the very end of Moses' life.

In the final chapter of the Torah, Deuteronomy 34:4-7 says this:

The Lord then said to him, "This is the land I promised Abraham, Isaac, and Jacob, 'I will give it to your descendants.' I have let you see it with your own eyes, but you will not cross into it."

So Moses the servant of the Lord died there in the land of Moab, according to the Lord's word. He buried him in the valley in the land of Moab facing Beth-peor, and no one to this day knows where his grave is. Moses was one hundred twenty years old when he died; his eyes were not weak, and his vitality had not left him.

"Okay God, why does it feel like you were rubbing it in Moses' face a little when you showed him the Promised Land but didn't let him enter it? And then he dies??!! Help me understand!"

God's simple response (which also happens to perfectly align with His character) is this: Because I have something even better for you!

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How is seeing the Promised Land God's best?



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Questions to Pursue Your Spouse



HAVE SOME FUN:

- WHAT'S YOUR DREAM DATE NIGHT OR WEEKEND WITH ME?
- IF YOU HAD THREE WISHES TO WISH FOR OUR FUTURE, WHAT WOULD THEY BE?
- WHAT ARE THREE PLACES WITHIN 200 MILES THAT YOU WOULD LIKE TO SPEND A FEW DAYS? WHAT'S YOUR TOP THREE FAVORITE LOVE SONGS AND WHY?
- WHAT WERE SOME THINGS WE USED TO DO BEFORE WE WERE MARRIED THAT YOU MISS NOW? WHAT ARE TWO THINGS WE FORGOT TO CELEBRATE THIS YEAR?
- WHAT ARE YOU MOST EXCITED ABOUT IN OUR RELATIONSHIP DURING THIS SEASON?
- WHAT HAVE YOU LEARNED TO APPRECIATE ABOUT ME THAT YOU DID NOT KNOW WHEN WE WERE FIRST MARRIED?
- WHAT IS THE MOST ENJOYABLE OR FULFILLING ASPECT OF OUR MARRIAGE? WHY?

GO DEEPER:

- DO YOU FEEL MORE EMOTIONALLY CONNECTED THAN WE DID EARLY IN OUR RELATIONSHIP? WHAT ARE A FEW WAYS I NEED TO BE MORE UNDERSTANDING?
- AS A HUSBAND/WIFE, HOW CAN I SHOW MORE LOVE/SENSITIVITY TO YOU?
- IF YOU COULD SEE TWO THINGS CHANGE ABOUT ME WHAT WOULD THEY BE?
- WHAT WAYS CAN I HONOR YOU MORE?
- WHAT ARE YOUR BIGGEST FEARS ABOUT OUR RELATIONSHIP?
- ARE YOU DEALING WITH ANYTHING THAT I CAN HELP YOU WITH CURRENTLY?
- WHAT STRENGTHS DO I BRING TO OUR RELATIONSHIP?
- ARE YOU SATISFIED WITH THE AMOUNT OF TIME WE SPEND TOGETHER?
- DO I TELL YOU I LOVE YOU ENOUGH?
- WHAT IS THE BIGGEST THREAT TO OUR MARRIAGE RIGHT NOW? PLEASE EXPLAIN.
- HOW DO I SPIRITUALLY INVEST IN OR SUPPORT YOU? PLEASE ELABORATE.
- WHAT DO YOU FEEL LIKE YOU NEED MOST FROM ME RIGHT NOW?

Empowered Homes PODCAST



PODCAST HIGHLIGHTS

Lauren Chandler - Praise Him

Rania Mankarious - Navigating the Online World

Jason VanRuler - Getting Past Your Past

Mason King - Spiritual Disciplines

Eric Swithin - The Fatherless Epidemic

Tech Talks Series

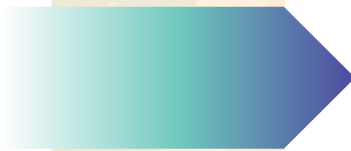
Pursuing Your Spouse Series

Sexuality, Gender, Identity & the Gospel

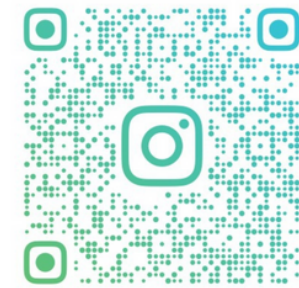
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