

BEING VIGILANT OVER OUR KIDS!

Self-harm and Suicide is on the rise in the U.S.!

The TURBULENT TEENS (AND TWEENS!) Seems that a storm is always on the horizon when you have young people around! So how do you tell if it's a passing gale or a **Tsunami** that will bring lasting devastation? Keeping watch over our kid's emotions can be exhausting because kids are just plain moody! As Christians, we are warned to "be sober and vigilant" (or watchful)—because our adversary the devil prowls around like a roaring lion seeking whom he may devour" (I Peter 5:8). Today, the enemy is bringing much to bear upon our young people with thoughts of self-harm or self-mutilation. The Hospital Episode Statis-

tics report a 285% rise in inpatient cutting among girls from 2005-2015. The Natl. Self-Harm Registry reports a 44% increase among boys aged 10-14 yrs. —in 2014 alone. There are tell-tale signs that we can watch for—signs of depression that can lead up to bigger problems.

- *Irritability or anger
- *Continuous feelings of sadness / hopelessness
- *Increased sensitivity to rejection
- *Changes in appetite
- *Changes in sleep
- *Vocal outbursts or crying
- *Difficulty concentrating
- *Fatigue or low energy
- *Reduced ability to func-

tion at events / home/school, hobbies, etc.

- *Feelings of worthlessness or guilt
- *Thoughts of death or suicide

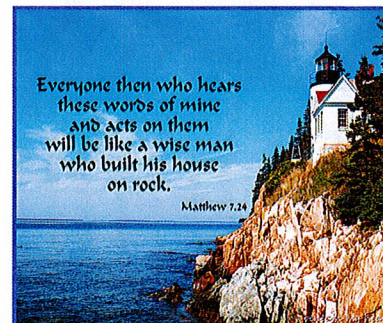
The good news is that there is help for our young people in the Christian experience and studies have found that regular church attendance can be extremely beneficial to the emotional well-being of youth—lowering suicide rates, lowering risk taking tendencies and improving moral reasoning skills. (U.S. National Study on Youth and Religion, 2005)

So, being a parent who takes your child to church has proven to be of great benefit in the lives of children and youth. Church



Kid's Ministry:
PacWest IPHC

love, give them a foundational moral compass, help with character building and give them a sense of acceptance, worth and purpose. Remember the song in reference to Matthew 7:24-27? The wise man built his house upon the rock. The rain came down, the streams rose, the winds blew and beat against that house; yet, it did not fall because it had its foundation on the rock! The rock of Christ Jesus! Let us, as parents be wise and vigilant builders!



beneathmyheart.net

Dad: A son's first hero, A daughter's first love

A Father's Love

A father is respected because he gives his children **leadership**...

Appreciated because he gives his children **care**...

Valued because he gives his children **time**...

Loved because he give his children the one thing they treasure most—**himself**.
Unknown Author

"A good father is one of the most **un-sung, un-praised, un-noticed** and yet one of the

most

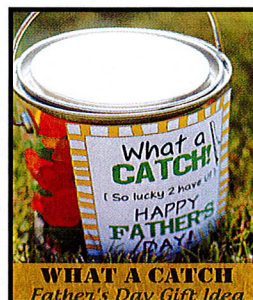
valuable assets

in our society."

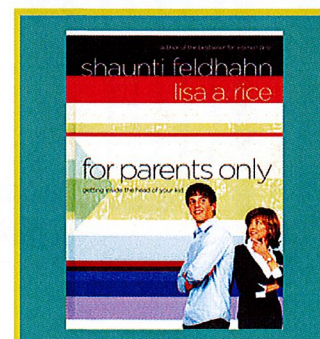
Billy Graham

"The righteous man walks in his integrity; his children are blessed after him." Prov. 20:7

Make this **Father's Day**
gift ! Check it out
on ...lil'luna.com



This Month's Book
"For Parents Only"
CBD Books: \$8.99



The House on the Rock

Everyone who listens
to these words of mine
and acts on them will
be like a wise man
who built his house
on rock.

Matthew 7:24

