

## SECTION 3

### Choosing Our Focus by Building Private Disciplines

#### Private Disciplines

Let us run with confidence the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners so that you will not grow weary and lose heart.

Hebrews 12: 1-3

You may have felt like your faith was shaken to its very foundation when the child, whom you love more than anything else, shared that they were struggling with sexual orientation.

You might still be struggling to understand the complexity of your current circumstances and finding it difficult to run this race set out for you confidently.

We are often tempted to draw conclusions about God based on our circumstances—or, more accurately, our inability to understand them.

During times like this, as encouraged by the author of Hebrews, we should focus on Jesus, who is not only the perfecter but the foundation of our faith.

As Jesus himself declared: If you want to understand God, I am the place to start. What Jesus said about God can be trusted, and he assures us that no one can provide a clearer picture of God than him.

God sent Jesus to help us understand that we can have fellowship with Him and that He loves us unconditionally... all of us! (John 3:16)

There are times in our lives when it's important to focus on the fact that God will always be there to comfort us if we choose to let Him.

In explaining what he learned about God from Jesus, John writes: "God is love. Whoever lives in love lives in God, and God in them." (1 John 4:16)

Yes, you may have felt shaken, confused, and unsure of what the next step should be. But be encouraged and remember who is on the throne.

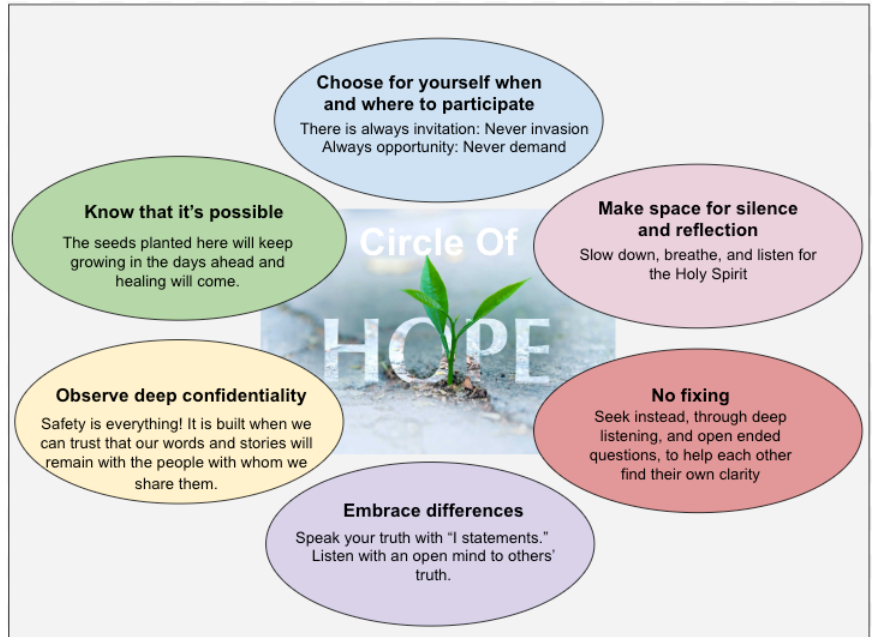
Focus on not losing heart or growing weary. Build personal discipline by choosing to fix your focus on Jesus and run with confidence in this race marked out for you and your child.

## Reinforcing the Boundaries and Guiding Principles

Before we begin our Circles of Hope discussion, it's important for everyone to review the following guiding principles and boundaries. These are essential for creating a safe and restorative space for those dealing with spiritual trauma.

# GUIDING PRINCIPLES

- Play the “long game” and trust God with the outcome.
- Use love to build bridges to Jesus; don't lose the relationship.
- You can love well without losing your convictions of faith.



## CIRCLE OF HOPE TOPIC

As you ponder the future of your relationship with your child during tough times, what makes you feel discouraged and worn out?