

Parents Arise 2026 “STAYING IN THE RACE” Helpful Resources

Disclaimer

The following resources are suggestions for you to consider. They are resources that have helped, in many levels, the people involved in the United Parents For Christ ministry. These resources are not an endorsement of any kind. The ministry of UPFC does not profit from any these suggested resources.



MISSION

To unite Parents and encourage parents to pray together for our children, as well as to share valuable resources that with the help of the Holy Spirit will equip and support us in the process of raising them for God's glory.



Parents Arise

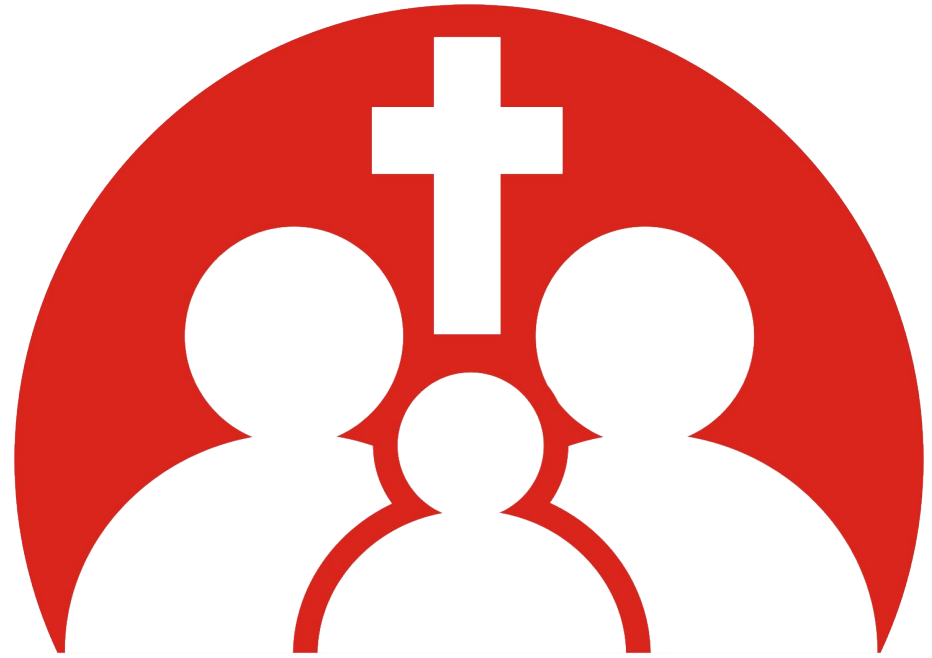
2026

“SIGUIENDO EN LA CARRERA”

Recursos Útiles

Descargo de responsabilidad

Los siguientes recursos son sugerencias que usted debe considerar. Son recursos que han ayudado, en muchos niveles, a las personas involucradas en el ministerio de Padres Unidos Por Cristo. Estos recursos no son un respaldo de ningún tipo. El ministerio de la UPFC no se beneficia de ninguno de estos recursos sugeridos.

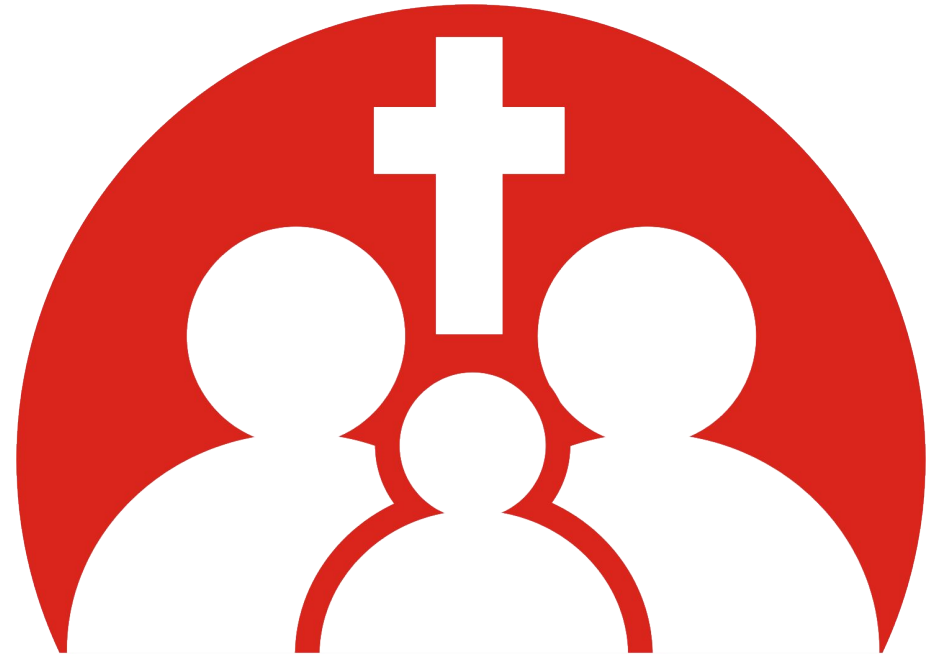


UPFC

UnitedParentsForChrist

MISSION

**Unir y animar a los padres
a orar juntos por nuestros
hijos, al igual que
compartir valiosos
recursos que con la ayuda
del Espíritu Santo, nos
equiparán y ayudarán en el
proceso de criarlos para la
gloria de Dios.**



UPFC

UnitedParentsForChrist

The following resources are suggestions for you to consider. They are resources that have helped, in many levels, the people involved in the United Parents For Christ ministry. These resources are not an endorsement of any kind. The ministry of UPFC does not profit from any these suggested resources

Recommended Websites and Information

Dark red links will take you to a specific slide with links and official site

Orange links with ** will take you to the link's site

AXIS - Connecting Parents, Teens, & Jesus in a Disconnected World

- [A Parent's Guide to TikTok \(2024 Update\)**](#)
- [A Parent's Guide to Instagram**](#)

Blue Mountain Christian Retreat and Conference Center

Christian Post - Christian News Site

- [Generation Indoctrination: Inside the Transgender Battle](#)

Covenant Eyes - Help with porn addiction

Focus on the Family - Global Christian ministry dedicated to helping families thrive

- [Site features](#)
- [Downloadable resources](#)
- [Online articles](#)

Enfoque en la familia - Focus on the Family Spanish language site

- [Cursos sobre el matrimonio, la crianza, la fe y para los jóvenes](#)
- [Artículo: ¿Cómo Ayudar a un Adolescente con Ansiedad?**](#)
- [Artículo: ¿Qué es la salud mental y por qué es importante para su familia?**](#)
- [Video: Proteja a sus Hijos de la Ideología de Género | Sixto Porras**](#)

Empowering Parents - Parenting help to manage the most difficult problems

- [Rules, Boundaries, and Older Children](#)

FamilyLife.org - Articles to nurture your marriage, family and faith

The Life of a Single Mom - Support groups and education for single mothers

Long Island Citizens for Community Values

- [Strategies for Screen Time Balance](#)

Plugged In - Features in depth reviews of movie, tv, books and other media

- [Conectados - "Plugged In" site in Spanish**](#)

The War on Children - Documentary video on the sexualization of children

Awareness articles from various sources sorted by subject

Recommended books and informational Youtube videos

Protecting Young Eyes



Awareness articles from various sources.
Each link will take you to the site where the article is posted.

Drugs/Addiction

- [Child Using? What to do](#) - Family Life
- [Drug Slang](#) - The Blackberry Center
 - [Drug Slang](#) - Freedom Center
 - [History of 4/20 Day](#) - PBS News
- [Parents Guide to Marijuana](#) - Focus on the Family
 - [Rainbow Fentanyl](#) - CNN Health
- [Vaping devices disguised as toys, school supplies](#) - WMTV News Madison, WI.
 - [Fentanyl Drug Fact Sheet](#) - (.pdf file)
- [Many Americans wrongly believe exposure to marijuana smoke is safer than tobacco, study finds](#) - CNN Health
 - [Teen Challenge01/](#)
- [The Complete Guide to setting up an iPhone or iPad for your child](#) Chris McKenna
- [Restored Hope Network: Serving those impacted by homosexuality.](#)

TV & Internet Culture

- [Peppa Pig: A video nightmare for Children](#) - The Guardian
- [Rise of Witchcraft in Pop Culture](#) - Focus on the Family
- [Unfiltered kids videos](#) - NY Times
- [Instilling a Biblical Worldview in Your Children](#) - Nicki Truesdell (blog)

Gun Violence

- [Facts About Gun Violence](#) - SandyHook.org
- [Mass Shooting Warning Signs](#) - SandyHook.org
- [Talking to Kids About School Shootings](#) - Focus on the Family
- [Talking to Your Kids About Mass Shootings](#) - Gospel Coalition
- [Gun violence prevention](#) - Northwell Health
- [Violence in the World of Children](#) - Dr. James Dobson

[Return to table of contents](#)



Recommended books and informational Youtube videos

Recommended Books

Click on the underlined link name to get a more information about the book

- [Being a Dad Who Leads](#) - By Maurice England
- [God's Design For Sex \(Series\)](#) - By Dr. Stan Jones
- [Parental Influence](#) Dra. Maggie Rodríguez
- [Peace on Purpose](#) - Jennifer Stengel-Mohr
- [Straight Talk In A Sex Saturated Culture](#) - By Lisa Cherry (.pdf file)
- [Ten Tips for Parenting the Smartphone Generation](#) - Dr. Gregory Jantz
- [When a Loved One is Addicted](#) - Dr. Gregory Jantz
- [Watching the Road: Praying your prodigal home](#) -Karen Wheaton
- [5 Habits of the Tech-Ready Family](#) [Chris Mckenna](#)
- [The Standard: God's Standard for The Family](#) [Aaron Maldonado](#)
- [The Smart Stepfamily](#) Ron L. Deal
- [The Addiction Connection](#) Mark E. Show

Recommended Videos

Click on the underlined link to get direct access to the videos

- [Moms for Liberty Leads Push to Ban Books**](#) - Moms For Liberty
- [Praying Scripture Over Your Child's Life \(Pt. 1\)**](#) - Focus on the Family
- [Praying Scripture Over Your Child's Life \(Part 2\)**](#) - Focus on the Family
- [Screen Time & Digital Safety**](#) - Long Island Citizens for Community Values
- [Why the New House "KIDS Act" Benefits Big Tech, NOT Children](#) [NCOSE](#)
- [Hable con Chat GPT Y Esto fue lo que dijo te familia Sixto Porras](#)
- [Hijo Vuelve a Casa!](#) [Garden of Grace](#)

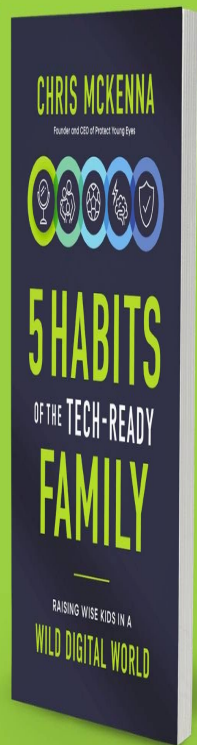
[Return to table of contents](#)



RAISE WISE KIDS IN A WILD DIGITAL WORLD



Order wherever you buy books!



5 Habits of the Tech- Ready family by Chris McKenna

From the publisher:

This book isn't going to teach you how to bubble wrap your kids from the digital world and live off the grid. Instead, I invite you to:

- Build a **five-habit framework** that will move you from scared and overwhelmed to prepared and confident.
- Understand the **key developmental stages** of your child's brain and how addictive technologies are designed to **exploit them**.
- Talk to your kids about difficult topics like pornography, sextortion, and AI companions in an **age-appropriate way** with practical, step-by-step guidance.
- Implement a **layered approach to harm prevention**, and create a safer digital environment in your home.

Let's raise *wise* kids in a *wild* digital world. Together!

[Return to table of contents](#)

CHRISTIAN COUNSELORS REFERRAL LIST

1. Dr. Maggie Rodriguez
Call 281-704-8243 to schedule Virtual Appointments
2. Gabrielle James LCSW, Counseling Services
Gabrielle.James.LCSW@gmail.com
3. Tanya Cardoza Ruiz 347-938-6546 tcardozaruiz1116@gmail.com
<https://sr.church/counseling/>
4. Alicia Cherian - acherianlmft@gmail.com (516) 817-6539
Website: <http://www.toloveandbeloved.org>
5. Tyler Rice - tyler@tylerricelmhc.com (347) 508-1774
Website: <http://www.tylerricelmhc.com>
6. Jasmin Torres - Jasmin@theoasismhcs.com (347) 746- 0792
Website: <https://www.theoasismhcs.com> [Return to table of contents](#)



The addiction Connection

Mark E. Shaw

From the publisher:

No one can predict if a child will grow up to be an "addict of some kind. No one has discovered an "addiction gene," and there is no compelling evidence linking addiction to a brain disease or disorder. A child becomes addicted by personal choice and is 100% responsible for the first choice to abuse an addictive substance. However, parenting skills (or lack thereof) have a direct impact upon your children. A child's thinking and interpretations of life's events impact the decisions they make as adults.

Dr. Mark Shaw is the Founder and President of Truth in Love Ministries (www.histruthinlove.org). He holds a Doctor of Ministry in Biblical Counseling and a Master of Arts in Biblical Studies from Birmingham Theological Seminary. He has held biblical counseling certification with the National Association of Nouthetic Counselors (NANC) since 2002, and has been a certified Master's Level Addiction Professional (MLAP) with the Alabama Association of Drug and Alcohol Addiction since 1999.

[Return to table of contents](#)



Parenting Help for Everyone
Effective • Affordable • Convenient

[EmpoweringParents.com](https://www.empoweringparents.com) offer tools to manage the most difficult problems: disrespect, defiance, backtalk, lying, laziness, motivation, and much more. Straight talk and real results since 2004.

- [Online Learning Programs](#) - Self-guided online learning programs where our experts teach you how to regain control of your child, your family, and your life through effective and proven parenting techniques.
- [Online Parent Coaching](#) - Parent coaches who work with you directly. Exchange unlimited messages and schedule phone calls with your personal parenting coach.
- [Hundreds of Free Articles](#) - Hundreds of articles by our experts addressing all of your parenting questions. (And yes, our experts are parents too.)

[Return to table of contents](#)

Suggested Article

Rules, Boundaries, and Older Children
By James Lehman, MSW

Once kids are adolescents and adults, their behavior patterns are very set. As a result, you need to know that adult children living at home won't learn new behavior patterns unless they're forced to. If you or someone you know is struggling with an older child living at home, this 3-part series by James Lehman is a must-read.

[Part 1: How to Cope with an Adult Child Living at Home](#)

[Part 2: Parents' Top 25 Concerns Addressed](#)

[Part 3: Is It Ever Too Late to Set up a Living Agreement?](#)

Straight Talk In A Sex Saturated Culture: A Quiz for Teens, Tweens, and Parents

By Lisa Cherry

Excerpt from the introduction

“Today our children are being raised in a culture reeling out of control. The media sex and perversion overload is so deep there is no way of escape. A simple trip down the Walmart checkout line will produce an education we don’t want our children to have.

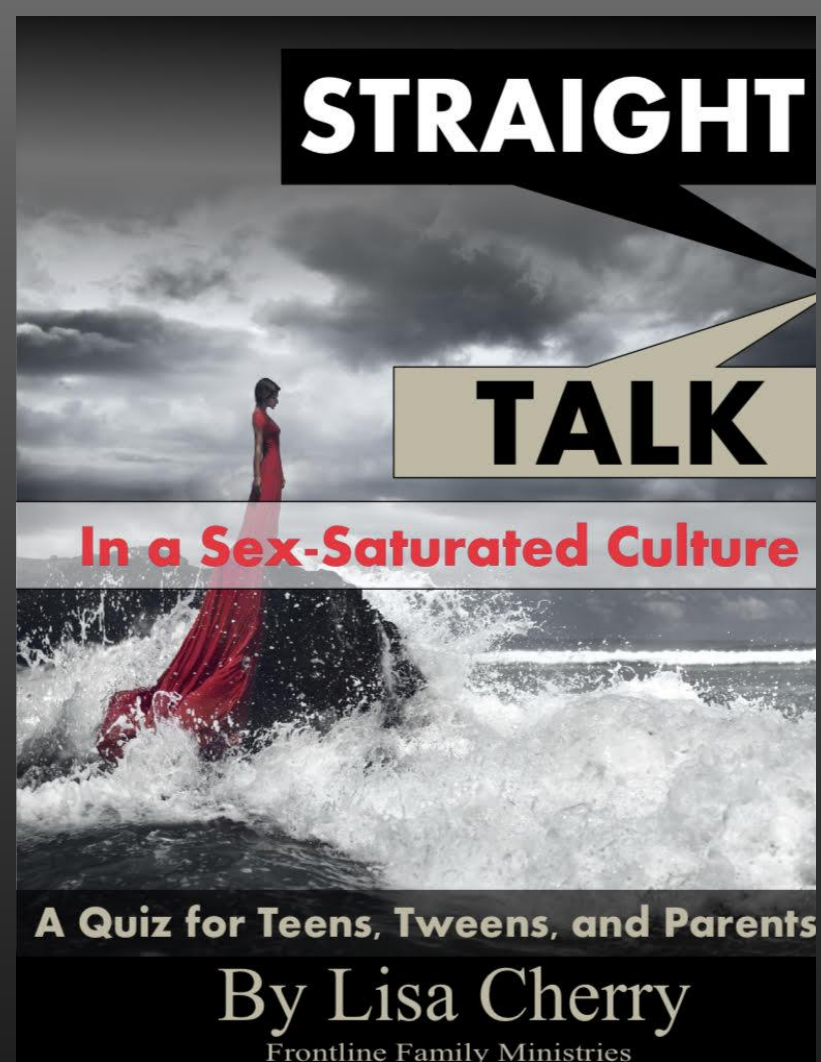
I wish I could prove to you that our kids are automatically safe from this flood of dissipation. I wish I could show you a special bubble that will keep them insulated from the confusing messages. But alas, this is wishful thinking!

Our kids are more like the girl on our book cover, striving for beauty, but poised on a dangerous rocky crag overlooking a tempest of confusion. What is a parent to do? Should we enlist our youth pastors and churches to fix our problem? How about our schools? While we may be able to find others to help us, this battle is ours! We will be the ones to most greatly influence our children!

We are living in a day and age when we as parents must do what Noah did. We must build an ark.”

[Click here to download the free book \(.pdf format\)](#)

[Return to table of contents](#)





FOCUS[®]

ON THE FAMILY

Click on any of the free suggested downloadable resources.

Is Abortion a Constitutional Right?

How is it possible that the Constitution seems to grant rights to both life and abortion? The short answer: it doesn't.

[Online Article](#)

When It's Not Too Late: Can The Abortion Pill Be Reversed?

Even if you've already taken the abortion pill, it might not be too late to reverse the effects of a chemical abortion.

[Online Article](#)

How To Deal With Dementia In A Parent

My beautiful mom was diagnosed with dementia in 2019, but my Pop and I recognized symptoms at least a year before then. As with many early signs of dementia, my mom repeatedly asked the same questions.

She had difficulty remembering how to get to local destinations and was easily confused and overwhelmed. Rhythms and routines were disrupted by anxiety. Mom stopped driving, cooking, and leaving the house alone.

[Online Article](#)

Managing Marriage And Children With Special Needs

During this difficult time, we discovered some essential marriage principles that deepened our love for each other and strengthened our marriage. Our relationship became more resilient as we cared for our child with special needs.

[Online Article](#)

[Return to table of contents](#)



FOCUS[®]

ON THE FAMILY

Click on any of the free suggested downloadable resources.

Blended Families

Today over 40% of marriages include a spouse previously married. As these blended families consider creating or updating wills and estate plans, they often find a new level of complexity in decision making.

Important issues like, properly providing for the new spouse without accidentally disinheriting biological children and making appropriate custody plans for minor children, are often top of mind.

[eBook download](#)

15 Questions to Ask if You Have a Child with Special Needs

One of the most loving things you can do for your child is ensure he or she will be cared for in the best possible way if/when you are no longer able to be the primary caregiver.

If you have a child with special needs, this booklet will help answer important questions.

[eBook download](#)

Focusing on Your Family's Mental Health

With so many confusing and negative things happening in our culture and lives, you may not be as healthy as you think you are. Counselor Debra Fileta answers some general questions on mental and emotional health, covering topics like "toxic" people, codependency, anxiety, depression, and getting professional help. It's an insightful conversation that will give you guidance and encouragement as you assess your own health and relationships.

[Digital Audio Download](#)

Our Family's Unexpected Journey

National speaking team Joe and Cindi Ferrini share their story of parenting a son with special needs and how the challenges they faced strengthened their marriage, family, and faith in God.

[Digital Audio Download](#)

[Return to table of contents](#)



FOCUS[®] ON THE FAMILY

[Focus on the Family](#) is a global Christian ministry dedicated to helping families thrive. They provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles. Focus on the Family offers a vast amount of content for practically every member of the family, family situation, parenting, level of faith and ministry. Below are just some of the suggested resource available through Focus on the Family.

- **[Adventures in Odyssey](#)** - An award-winning ½ hour audio drama series created for ages 8-12 and enjoyed by the whole family. It's about Mr. Whittaker, who runs an ice cream shop called Whit's End. Each episode brings biblical principles to life, through fun, faith and imagination.
- **[Boundless](#)** - A Focus on the Family community for Christian young adults who want to pursue faith, relationships and adulthood with confidence and joy.
- **[Focus On The Family Broadcast](#)** - Audio files from their radio show on a vast variety of topics
- **[Hope Restored](#)** - A biblically based, Christian marriage counseling experience for couples facing a crisis, decay or disconnect in their marriage
- **[Alive to Thrive](#)** - Suicide awareness and prevention
- **[The Focused Pastor](#)** - content and services curated specifically to help you build strong families in the church, while at the same time building up your own family

[Return to table of contents](#)



Enfoque a la Familia

Cursos en línea para Padres, Matrimonios e Iglesias

Presione sobre el nombre de cada curso para obtener más información sobre lo que ofrece el curso.

ENFOQUE[®]
A LA FAMILIA

Cursos Sobre el Matrimonio

- [El Amor se Compromete](#)
- [Curso Pre-Matrimonial](#)
- [12 Secretos Para Tener un Matrimonio Para Toda la Vida](#)
- [Luchando por un Mejor Matrimonio](#)
- [Un Embarazo Inesperado](#)
- [La Decisión del Divorcio](#)
- [Una Familia Saludable](#)
- [El Amor Verdadero Busca a Dios](#)
- [Un Intruso en Casa](#)
- [De Regreso a Casa](#)
- [El Lenguaje del Perdón](#)
- [¿Cómo Superar las Crisis?](#)

Cursos Sobre la Crianza

- [La Poderosa Influencia de papa](#)
- [La Casa es de Todo](#)
- [Educación Sexual para Niños](#)
- [¿Cómo hablar de Sexualidad con mis Hijos?](#)
- [Padres y Tecnología](#)
- [Un Legado que deja Huella](#)

Cursos Sobre la Fe

- [¿Cómo leer la Biblia con mis Hijos?](#)
- [Proyecto Familia](#)
- [Agotamiento Emocional](#)

Cursos Para Jóvenes

- [El Llamado de Abraham](#)
- [Cree en Ti](#)
- [Libertad Financiera](#)
- [¿Cómo Amarse y Amar a los Demás?](#)
- [¿Cómo Elegir Pareja con Inteligencia?](#)
- [Vea la Vida: Tener conversaciones Pro-Vida](#)

[Vuelva a la tabla de contenidos](#)

THE CHRISTIAN POST

[ChristianPost.com](https://christianpost.com) is the nation's most comprehensive Christian news website with the vision of delivering up-to-date news, information, and commentaries relevant to Christians across denominational lines.

[Generation Indoctrination: Inside the Transgender Battle](#)

The transgender craze is growing and metastasizing in America and worldwide. Confusion is abounding. And while Western cultures celebrate and elevate gender chaos, the societal and cultural costs are quickly mounting.

Join enterprising journalist Brandon Showalter of The Christian Post for a no-holds-barred exploration of the topic in “Generation Indoctrination,” a documentary-style podcast series aimed at exploring the roots and impact of the transgender debate.

In this five-part investigative podcast series, Showalter masterfully takes listeners through heartbreaking stories, expert opinions, and bewildered academics' experiences as these individuals push back on the narratives being perpetuated and targeted at young hearts and minds.



Suggested Videos

- [How Trans Ideology Twists Language to Distort Reality](#)
- [How gender ideology twists language and distorts reality](#)

[Return to table of contents](#)



[AXIS.org: Connecting Parents, Teens, & Jesus in a Disconnected World](#)

It's not about having ***The Talk***. It's about having **one ongoing conversation** that lasts a lifetime. Axis provides resources to bring you closer to having sincere, open, and honest conversations with your kids. After all, the best way to understand each other and build your relationship is to keep the conversation going.

[Return to table of contents](#)

Features

[Culture Translator](#)

Current trend articles to help parents stay up to date on the music, movies, TV shows, and social media trends impacting your kid's world.

[A Parent's Guide To...](#)

Guides to educate and prepare parents/guardians to have confident conversations with your kid about big topics like mental health, technology use, bullying, and more.

[Conversation Kits](#)

Conversation Kits are topical video series designed for the family to watch and discuss together.

Axis YouTube Videos

[Talking to Your Teen About Sex - Part 1](#)

[Talking to Your Teen About Sex - Part 2](#)

[Talking to Your Teen About Sex - Part 3](#)

[Talking to Teens About Drug and Alcohol](#)

[How to Make Good Decisions About Drugs as a Teenager](#)



[Product](#) ▾ [Why Am I Here?](#) ▾ [About](#) ▾ [Resources](#) ▾ [Support](#) ▾

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[Get Started](#)



Struggling to quit watching porn?

YOU'RE NOT ALONE

Join over 1.5 million people who've used Covenant Eyes to
experience victory over porn.



[Get Started](#)

[Return to table of contents](#)

[Get Started](#)

[Covenant Eyes](#): Shame is the feeling that we are flawed and unworthy of love. Using porn creates shame, which isolates us, and we return to porn to cope. We call this the shame cycle.

The best way to break the cycle is to remove shame and isolation by opening up to a trusted friend and asking them to be an ally in your fight against porn. Covenant Eyes supports this relationship through the Covenant Eyes app and the Victory app.

Our powerful Covenant Eyes app monitors your devices and sends a feed of your activity to your ally through the Victory app. Knowing someone else is going to see your screen activity helps you have important conversations, overcome temptation, and find lasting freedom.

Covenant Eyes helps you find freedom through transparency. By sharing your struggle and connecting with a trusted friend/ally, you can break the cycle, step out of the darkness, and start living in the light.



Long Island Citizens for Community Values

Long Island Citizens for Community Values (LICCV) has been committed to protecting Long Island's Children and Families in the Digital Age for nearly 25 years, while empowering them with tools for a healthier media life.

LICCV offers help, advice and solutions on issues such as digital addiction and safety, cyber bullying, social media, screen time balance, video games and internet pronography.

Strategies for Screen Time Balance .pdf

Toddlers/Infants	Preschool	Elemen. /Middle School	High School	Adults/Visitors/Friends
The American Academy of Pediatrics recommends keeping all screens off around babies and toddlers younger than 18 months. They say a little screen time can be okay for older toddlers. Children 2 years or older should get no more than an hour of screen time per day.	Keep devices out of reach. Use a timer when a device is in use. Designate and limit certain times. Encourage self-play with creativity such as Legos, crafts, drawing, outside play, play-dough, etc.	Implement no phone zones and days, and earned time. Begin to designate times and days of use. Use screen time as an incentives for behaviors; homework, chores/responsibilities. Use screen time app. Do not allow them to be isolated with the device in their bedroom or take the device to bed.	Model good digital behavior, continue digital strategies and continue to be vigilant. No isolation behaviors in bedrooms, at dinner, or family time, and etc. Use screen time app. Return to table of contents	Communicate your digital device boundaries for your home and family when others are in your home for your visitors to follow.



Plugged In is a Focus on the Family site offering reviews of popular entertainment movies, television, video channels, books and games. The purpose is to give families the essential tools they need to understand, navigate, and impact the culture in which they live.

They post reviews, articles and discussions, with the hope to spark intellectual thought, spiritual growth and a desire to follow the command of Colossians 2:8: *“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.”*

The articles provide extensive details as to what is presented in popular entertainment and provide information so one can make informed decisions as to whether to watch a particular movie, television show, or video, or whether or not to read a particular book or play a particular video game.

Sample their reviews

Movie:

- [*Are You There God? It's Me, Margaret.*](#)
- [*The Super Mario Bros. Movie*](#)

TV Shows:

- [*The Mandalorian*](#)
- [*Bluey*](#)

Music:

- [*Flowers* by Miley Cyrus](#)
- [*Lift Me Up* by Rihanna](#)

Books:

- [*To Kill a Mockingbird* by Harper Lee](#)
- [*Captain Underpants* by Dav Pilkey](#)

YouTube Channels:

- [*How It Should Have Ended*](#)
- [*Mark Rober*](#)

[**Return to table of contents**](#)

THE *WAR* ON CHILDREN

WITH ROBBY & LANDON STARBUCK



The War on Children is a documentary by Robby Starbuck. It premiered on X (formerly Twitter) in February 2024.

The documentary contains interviews with Riley Gaines, Chaya Raichik of Libs of TikTok, and Senator Rand Paul, among others, and discusses the sexualization of children. It warns against what it calls "radical gender ideology".

"The War On Children" exposes the ongoing battle for control of the next generation and their minds. This film reveals the battle plan being used to control the future. To win this war you have to understand the tactics of your enemy.

Click [here](#) to watch the documentary on X (formerly Twitter)

[Return to table of contents](#)



A Cru Ministry

[FamilyLife.com](https://www.familylife.com) provides biblical, practical help for the relationships that matter most, fueling you to impact your corner of the world.

Their website offers many resources including:

- [Downloadable guides \(pdf files\) including a selection of free e-books, devotionals, and activities to help you nurture your marriage, family and faith.](#)
- [Online courses for individuals or couples to help you elevate your marriage, parenting, and faith.](#)
- [Podcasts offering advice on the relationships that matter most.](#)
- [Many online articles on many topics from marriage, family, faith and blended families.](#)

[Return to table of contents](#)



The [Life of a Single Mom](#) exists to improve the lives of single mothers by providing support groups and education in 3 core areas: Parenting, Finances, and Health & Wellness.



SINGLE MOMS
ACROSS AMERICA

Look for a single moms' support group in your area, where you can grow, find new friends, and build community. Get a step-by-step guide on how to start a single moms' support group in your area.

SINGLE MOM
UNIVERSITY

Single Mom University® offers online life skills courses in a variety of subjects including financial education, dating advice, abuse & trauma recovery, time management, and workforce development. The program is self-paced and classes can be accessed 24/7.

THE LIFE OF A SINGLE MOM
EVENTS
FOR SINGLE MOMS & MINISTRY LEADERS

They host a variety of local and national events throughout the year. Our mission is to bring women from across the nation together to fellowship and build each other up.

Click on any of the [The Life of a Single Mom Ministries](#) listed above for more information. You can also explore the various [articles](#), audio [podcasts](#) and [videos](#) from their site.

[Return to table of contents](#)



Blue Mountain Christian Retreat wishes to glorify God by providing an environment where individuals, families, organizations and churches may come to hear the Word of God proclaimed through the ministry of anointed speakers and teachers. A peaceful, picturesque environment located in northeastern Pennsylvania where you can come away from the busyness of life and spend time in the Presence of the Lord. Here on the Mountain, you are family!



[Return to table of contents](#)

[BMCR Doctrine](#)

[Events Calendar](#)

[Amenities](#)

[Campus Map](#)

GREGORY L. JANTZ
WITH ANN MCMURRAY

Ten Tips for Parenting *the* Smartphone Generation



From the publisher:

Ever feel like your kids are speaking a different language? Apps and tablets and new smart-this and smart-that every day! Dr. Gregory Jantz gives you practical tips on how to know when technology is helping or hurting your children. He takes you through the key questions you need to ask and how to discover the answers to keep your kids on the right track in their rapidly changing world.

In this easy-to-understand guide, you will gain the confidence to—

- Set a good example in regulating screen time, increasing quality family time
- Establish positive and educational uses of technology
- Set boundaries and parent controls to protect your children from bad habits, cyber-bullies, and online predators
- and more!

Children spend an average of 7 hours and 38 minutes a day on digital media, plugged in and glued to screens, according to recent studies. That's 5.5 hours over the recommended limit, often leading to poor school performance, behavioral problems, neck pain, and much more. With Dr. Gregory Jantz's *Ten Tips for Parenting The Smartphone Generation* learn to avoid the negative consequences and enjoy watching your child gain the most out of technology.

[Return to table of contents](#)

From the publisher:

Dr. Gregory Jantz helps define what an addiction is, contrasting it with other practices that don't interfere with daily living, and what drives people to addiction. He discusses various forms of common addictions, such as opioids, eating disorders, sexual or relationship addictions, and technology. He talks about some of the dynamics of addiction in the Christian community, such as shame, accountability and the importance of receiving God's love and forgiveness. He also tackles the tough questions about intervention for family members who refuse to seek help.

Discover ways to:

- Recognize the difference between compassion and codependency
- Identify signs and symptoms of addictions, as well as types of addictions
- Make your own health and wellbeing a priority
- Stop enabling your loved one's addiction
- Set boundaries and stick to them
- Hold a positive, productive intervention
- Find the right kind of treatment program
- Support your loved one in treatment and beyond

This book will help you gain the awareness you need to move forward in truth and grace, to succeed at what you can do: love the addict unconditionally and be a positive presence in their life, guided by healthy boundaries that protect everyone.

[Return to table of contents](#)

GREGORY L. JANTZ, PhD
WITH KEITH WALL

When a Loved One *is* Addicted

How to Offer Hope and Help





Stan Jones, Ph D, and Brenda Jones are the authors of God's Design for sex series. This four-book series is designed to help you answer difficult or embarrassing questions about sex comfortably and truthfully, in age appropriate terms, and encourage healthy communication between your child and you through the challenging years ahead. [Click here to learn more about the series](#)

Book 1: The Story of Me (ages 3–5) – Even from an early age, kids are curious about many things—including bodies and babies. Although it can be challenging to determine how much information to give them early on, young children can begin to develop a wonder and appreciation for God's creation.

Book 2: Before I was born (ages 5–8) – Emphasizes God's design for our bodies and lays a biblical foundation for understanding sexuality. Using age-appropriate language and illustrations, this book introduces children to: A tactful explanation of the basics of sex, changes boys' and girls' bodies go through as they grow, science behind conception and pregnancy, birth and how breastfeeding works.

Book 3: What's the Big Deal? (ages 8–11) – Provides kids with a safe space to ask hard questions that they might find embarrassing. This book explains: Why God made adults with a desire to have sex and how it's designed for marriage, Responding to sexual pressure from friends, TV shows, movies, and magazines, commitment to purity and chastity, puberty, pornography, same-sex relationships, and sexual abuse.

Book 4: Facing The Facts: The truth About Sex and You (11–14) – Puberty is an exciting but often stressful time of transition to adulthood. It marks the beginning of significant changes in a child's relationships with their parents and with the opposite sex. Facing the Facts will give your child clear and comprehensive information to help them understand what's happening to their body and why God designed it that way. Designed so they can read with you, your child will learn about: How their respective bodies change inside and out, pregnancy, romance, dating, worldview about sex, masturbation, sexual addiction, gender identity, and same-sex love.

[Return to table of contents](#)

Bestselling Author

John MacArthur

Read by Maurice England

Being a Dad Who Leads



From the publisher:

As a Christian father, you bear a tremendous responsibility--to raise your children through both biblical instruction and personal example. But how can you succeed in a society that attacks the role of fatherhood and godly family values? Are you sometimes tempted to give in or give up?

The rewards of being a dad who leads are well worth making the effort to stand firm. The Bible offers clear guidance for dads on how to parent effectively. Join pastor-teacher John MacArthur as he looks at...

- The keys to building healthy family unity
- Essential character qualities to teach every child
- How to lovingly discipline children and nurture obedience
- Traps to avoid in the course of parenting
- The power of a dad's example to influence future generations

Commit yourself to being a dad who leads, and God will enable you every step of the way. There's no surer path to experiencing a lifetime of family blessings!

[Return to table of contents](#)

Parental Influence

Parental Influence

Dr. Maggie Rodriguez

From the publisher:

No one has greater influence in the mind of a teenager than their parents. You may also feel that you are no longer relevant to your kids. That is the biggest lie Satan wants you to believe.

Our children are watching us and long to be seen and heard. Paul David Tripp calls the teenage years as the "Age of Opportunity" I too agree that if we are intentional, we can reach and connect with our teenagers hence rescuing their precious mind and rooting their identity in the character and existence of God.

Mom and Dad, you are still Relevant

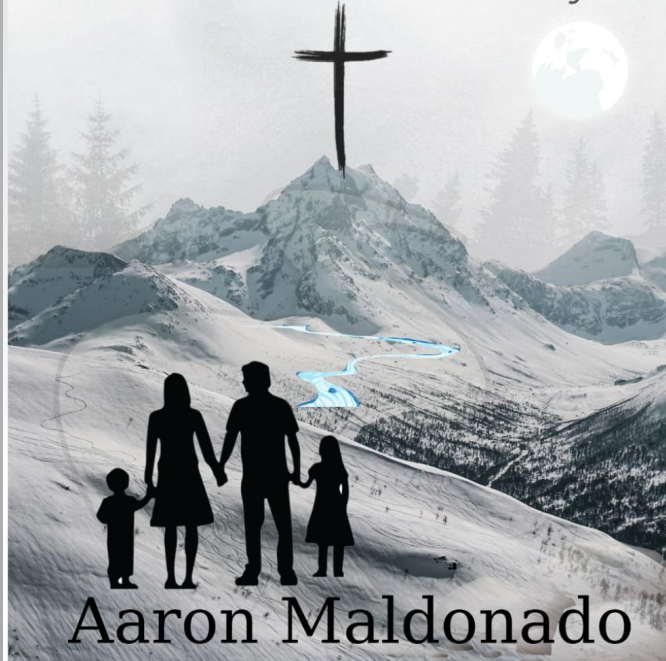
Dr. Rodriguez, Maggie

[Return to table of contents](#)

Foreword By Andy Maldonado

The Standard

God's Standard for the Family



The Standard: God's Standard for the Family

By: Aaron Maldonado Foreword by Andy Maldonado

From the publisher:

Aaron sounds the alarm of what God had intended when He thought of the family. He goes against the narrative of the culture of redefining dating, marriage and parenting. This book will draw families together to have hard discussions and evaluate where they stand.

For Booking: aaronmaldonado.com

[Return to table of contents](#)

WATCHING THE ROAD

*Praying
Your
Prodigal
Home*

KAREN WHEATON

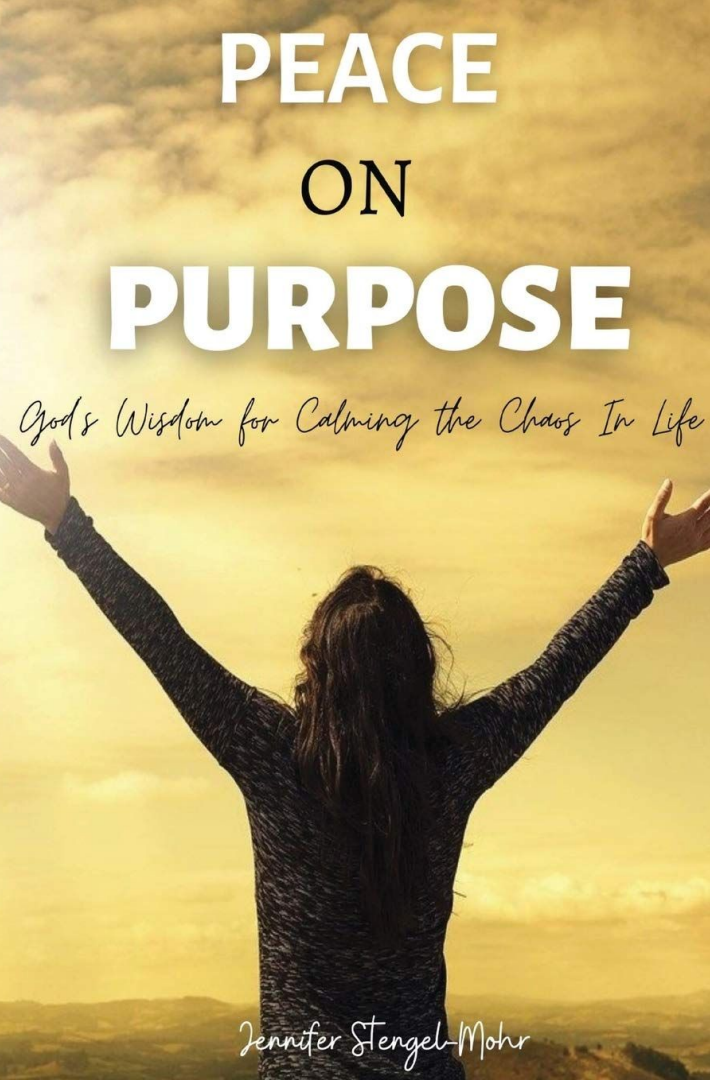
Watching the Road: Praying your prodigal home

By: Karen Wheaton

From the publisher:

Are you desperate for the return of your prodigal son or daughter? Have you lost hope that your prodigal husband or wife will ever return home? Don't give up! Things don't have to stay the way they are! Your prayers have the power to change things....Even the hardest of hearts! In *Watching the Road*, Karen unveils her extraordinary journey of trusting God for the return of her prodigal daughter, Lindsey. Watching from her porch with eyes of faith and a heart of hope, Karen cried out to God for Lindsey's return. In miraculous ways, God daily reaffirmed the promises He gave personally to Karen that Lindsey would be restored to her marriage and family. *Watching the Road* will stir your faith, strengthen your resolve, and provide strategic tactics for your journey. Experience the struggle and thrill of one woman's determination to not give up but tenaciously trust God to fulfill His promises. As you'll see, He kept every single one.

[Return to table of contents](#)



PEACE ON PURPOSE

God's Wisdom for Calming the Chaos In Life

Jennifer Stengel-Mohr

Peace on Purpose: God's wisdom for calming the chaos in life

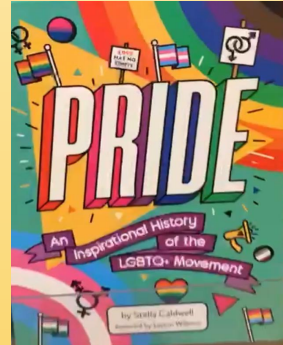
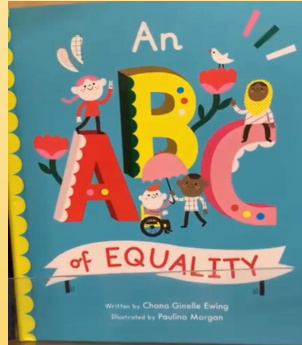
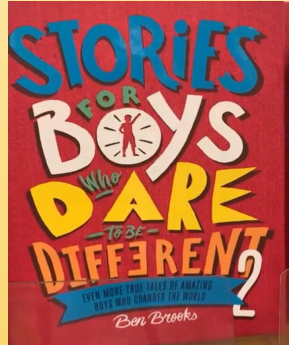
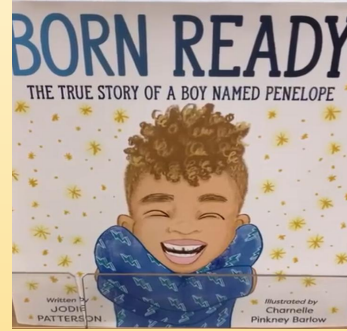
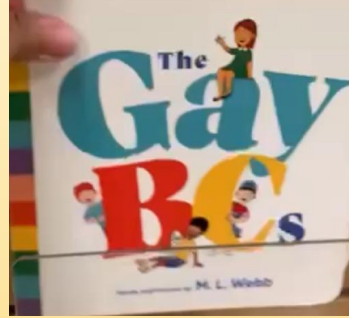
By: Jennifer Stengel-Mohr

From the publisher:

The world is crying out for the true peace that only God can give through His Holy Spirit. Peace on Purpose is a journey through 9 everyday life topics supported with key scriptures and practical insights to calm the chaos in life. The author shares testimonies that reveal God's purpose and peace in every situation. Each chapter contains practical insights to apply God's Word daily. The application of scripture and the practical strategies contained in this book will guide you on the road to peace.

[Return to table of contents](#)

Beware of These Books



[Return to table of contents](#)

"You will greatly benefit from this book!" –Dennis Rainey
Executive Director, FamilyLife

RON L. DEAL

The Smart Step- Family

Seven Steps to a
Healthy Family

The Smart Stepfamily

By Ron L. Deal

From the publisher:

A Biblically oriented guide presents achievable steps toward building a peaceful stepfamily, as well as a strong marriage in order to prevent further divorce.

[The Smart Stepfamily](#)

[Return to table of contents](#)