

## Scott's Thoughts by Scott Deneen, Pastor to Youth and Families

Supper was on the table and a young boy was asked to take his seat. Wanting to watch TV just a little longer, he delayed. His father turned off the TV – much to the chagrin of the boy – and steered his young son to the kitchen. “Have a seat son,” the father said. “No,” came the reply, “I want to watch TV!” “Son, sit down. We’re ready to eat.” “I don’t want to sit down, I want to watch TV!!” the son said defiantly. Eventually the ‘board of education’ had to be applied to the ‘seat of learning’ and the boy sat down. However, looking at his parents, he said, “I may be sitting on the outside but I’m standing on the inside.”

There is a very great difference between mere outward behavior and inward motivation. We can make people behave but wouldn’t it be better if they wanted to behave?! Imagine your own child having a *desire* to do good. Wouldn’t that make life a whole lot simpler? (and more enjoyable!!)

Wouldn’t it be amazing if your child said “Yes ma’am” or “yes sir” from the heart rather than saying it in obvious duress or with head down and mumbling! God can work that attitude in your child’s heart so that it can find expression in their life.

Proverbs 6:45 says, “The good man brings good things out of the good stored in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart the mouth speaks.” Behavior is an overflow of the heart. A seminary professor used to say, “The heart of the problem is the problem of the heart.” We have a severe heart problem that only the Great Physician can fix. Psalm 51: 10 says, “Create in me a clean heart, O God.” The writer asks God to give him what he does not possess, and this is a prayer God is happy to answer. God gives new hearts to His people, hearts that delight to do good, because they are God’s creation... His handiwork.

As parents, we are to look beyond behavior to the heart that produces the behavior. We certainly do not overlook behavior, but we look to the cause rather than the symptom. We all love our kids, and they are gifts from God, but they are also sinners from birth and need new hearts in order to live properly. God is the Giver of new hearts.

### Parenting Tips:

- Pray for your child’s heart to be changed from serving self to serving God.
- Ask God for wisdom in how to lead them in godly ways.
- Encourage your child profusely when they do right.
- When they do wrong, ask them questions about *why* they did it.
- Forgive them when they repent (turn from sin).
- Allow your child to see your own need for Jesus – they are, after all, “a chip off the old block!”



### Upcoming Youth Events

- Every Wednesday — Youth Group meets in gym at 6:30 pm
- 3/31/06—4/2/06 High School Retreat to Doe River Gorge (ropes course, games, mountains)
- 4/7/06—4/9/06 Middle School Retreat to Doe River Gorge (ropes course, games, mountains)

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*The Lord bless each one of you,  
Pastor Scott*

## Center for Sports Parenting

### What is the most healthy thing to eat or drink before playing sports?

It's very important for your student athlete to eat well on a regular basis. Most of the energy needed for a sporting event is stored in your child's body from food eaten up to a week previously. However, 2-3 hours before the event is an optimal time to offer high-carbohydrate foods vs. high-protein and high-fat. Some examples would be foods such as breads, cereals and pasta. This category of foods are called complex carbohydrates are digested more quickly than protein and fat (less chance of indigestion or

nausea at the time of the event). Simple carbohydrates like sugar, candy or soda are digested TOO quickly and would not allow for a stable blood sugar during the activity.

Fluids are extremely important, before, during and after the activity. Depending on the age and size of your student athlete, will determine the minimum amount of fluid to stay hydrated without feeling too full. Staying hydrated makes for a better performance. For elementary and middle-school aged children, at least 8 ounces of water or sports drinks prior to the activity, another 8 ounces during the event and at least 8 ounces

[www.internationalsport.com](http://www.internationalsport.com)

following the exercise. Higher air temperatures will also increase the fluid needs. Proper hydration cannot be guided by thirst; by the time an adult or a child is thirsty, they are slightly dehydrated already. High school age student athletes may need twice as much fluid to be adequately hydrated depending on their muscle mass. Caffeinated and carbonated beverages are NOT recommended!

Some children prior to the activity may feel too nervous to eat; therefore, appropriate and adequate fluids should be available and offered instead. This would mean that the post-event meal would become very important.



**"Doing your best is more important than being the best."**

Shannon Miller

## Teen Tips on How to be a Great Parent\*

Teenagers sound off on what they think it takes to be a great Parent:

*"Always be available and let your children know that they are a top priority. Let your children see your love for God, and let them see you struggle with spiritual issues. Don't be afraid to say, 'I don't know the answer to that question—let's try to find one.'"*

*"A great parent is constant, open, not clingy, adventure-some, and friendly towards my friends."*



*"Demonstrate through words, quality and quantity of time, as well as touch (hugs, etc.) that teens are intrinsically special and loved no matter what they do—or don't do."*

*"If a parent can learn to critique in a healthy way, that's a great asset."*

*"Be understanding, bold, confident, and intentional. Be a good listener."*

**Whatever you do, work at it with all your heart, as working for the Lord, not men.**  
**Colossians 3:23**

## FPC Child Development Center

In September, our morning preschool program will grow to include 2, 3, and 4 year old children and a Mother's Morning Out for 1 year olds. Parents can choose how many mornings they want their children to attend. We are excited about this new ministry and we are grateful that God has opened this new area of community service.

For more information, contact the Child Development Center at 704.263.4274

**We're on the web!**  
[www.fpcstanley.org](http://www.fpcstanley.org)

Call us at 704.263.4275

### Acknowledgements

\* Generation to Generation, a publication of Focus on the Family, Jan 2006

**First Presbyterian Church**  
Stanley, North Carolina

Presenting Everyone Complete in Christ

### Morning Service

8:30 Worship Service

9:45 Sunday School

11:00 Worship Service

### Evening Service

6:30 Worship Service