



LET'S GET PHYSICAL

1 Kings 19:1-8

FOOD FOR THOUGHT

Do you see yourself as a nurturing parent? Why or why not?

Think of a time or season where you chronically felt tired, hungry, ill, or in pain. How did that affect your emotions?

When you were growing up, did your parents routinely help you understand the sensations in your body and notice your physiological needs? How did this build structure into your life?

How much consideration have you given to the brain chemistry and physical needs of your child in terms of understanding his/her behavioral issues and what may be contributing to them?