

*Raise them  
Well*

*Personal  
Maturity*



VOLUME 6, ISSUE 1

# Teaching the Way of Love

*because humanity passes by way of the family...*

SEPTEMBER, 2018

## Preparing Your Child for School

### PLEASE PRAY THAT

- Parents will live according to the Ten Commandments, especially within the home.
- Families will challenge themselves to value personal dignity over accomplishments.
- Parents will ask the Holy Spirit to help their family be honest in word and deed.
- Families will joyfully work to put God at the center of all they do.
- Families will cultivate a sense of awe and wonder for the truth of God.
- Parents will take the time to be with their children and enjoy family connections.
- No child (or parent) will ever find themselves beyond God's love and mercy.

Sending a child back to school a decade or two ago was much easier than it is today. Back then, parents worried about buying the right supplies and getting the kids into the right classroom. Today, parents' worries are more complex: Will there be bullies in school? Is the school safe? Do I agree with what is being taught? Will the teacher see my child's potential or let him fall through the cracks?

You are not the only one worrying about the coming school year. Your child is likely doing the same thing. His concerns may include your list plus others. Will I fit in? Will I make friends? What am I good at? Where might I fail?

You and I both know that it isn't good to start a year with anxiety. It's far better to begin with a sense security and comfort. Experts tell us focusing on a child's self-worth rather than self-esteem leads to the best outcomes. What's the difference? Self-esteem is what a person thinks and feels and believes about himself. Self-worth is recognizing "my value is greater than all of those things". Kids who are convinced that their parents love them no matter what and value them (especially when struggles and failure occur) will do their best.



Let's explore three ways to create the groundwork for self-worth as the academic year opens.

**Focus on the being before the doing.** Learn how to emphasize who your child is before what he does. Remember that he is a unique, unrepeatable person created by God. He is not a thing or a machine or a robot that spits out facts and accomplishments. His value is based on more than grades or sporting excellence or participation in lots of activities. Help him realize that he has deep-rooted value, deserves to be loved, and is needed in this world by treating him as a human being not a human doing. Cherish him more than **his** accomplishments.

***Because humanity passes by way of the family...***

**Identify both strengths *and* weaknesses.** Every child starts a school year with a set of natural talents (things she is good at) and limitations (things she will need help with). This means that she will both excel and fail. She will experience exhilaration and frustration. As the parent, expect the year to have both ups *and* downs and acknowledge that there is value to working through rough times. Teach your child to own her failures, ask for help and to trust the power of hard work. Let her know that you don't expect her to be the first at everything; but you do want her to be the last person still trying.

**Strengthen both body and soul.** We know each child is more than a just a body. We know they have an invisible soul that animates everything they do. (That is why they are persons and not things!) What we often forget is that parents have an obligation to take care of both their physical well-being as well as their spiritual well-being; that there is a daily need to strengthen both.

Chances are that you have a set routine for physical care; times set aside for eating, hygiene, exercise and rest. Now is the time to set up a routine for spiritual care. This will include family togetherness and prayer, individual prayer (both you and your child), diving into the Scriptures and weekly participation in the Sacraments. Spiritual care is just as important to your child's ability to succeed at school as is his physical care.

## Raise Them to be Personally Mature

This is a perfect time of year to review your family's routines and ask yourself, "Do we focus more on what our children do or on who they are?" As you reflect on this question, consider the following.

**Look at what you display in your home.** Take a look at your refrigerator. What do you see? If the first things you see are ribbons and stars and certificates, you might be valuing what your kids do more than who they are. If you see pictures of your children at play or rest; laughing or pensive, you are likely valuing who they are more.

**Think about *what* you ask in conversation.** Which question are you more likely to ask your kids each day: "what did you *do* today?" or "what is one thing you did today that was fun (or surprising or [fill in the blank])?" The first focuses on doing while the second focuses more on them as a person. Learn to ask questions that engage them.

**Survey your family's downtime.** Check your weekly calendar. Is there time set aside for your family to be together and just chill? Think about it. You schedule other important events. What is more important than spending time with those you love? Get intentional about protecting your family time.

**Assess your ability to pray as a family.** When does your family pray together at home? What prayers do you all know that you can recite together? Do your family members pray for each other? Where is your family's bible and when was the last time you read it together? While this may be the hardest step in your review, it is likely the one step that will bear the greatest fruit in helping your children mature personally over this school year.

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).

*Raise them  
Well*

*Social  
Maturity*



# Teaching the Way of Love

*because humanity passes by way of the family . . .*

VOLUME 6, ISSUE 2

OCTOBER, 2018

## PLEASE PRAY THAT

- Parents will honor the dignity of others, especially within the home.
- Moms and Dads will make time to just be with their children and enjoy them.
- Parents will ask the Holy Spirit to help their family be respectful in word and deed.
- Families will joyfully work to put God at the center of all they do.
- Families will cultivate deep friendships within their extended family.
- Parents will learn how to correct their children in charity rather than anger.
- No child (or parent) will ever find themselves beyond God's love and mercy.
- Family time will be cherished.

## Help Your Child See and Respect Dignity in All People

A mother of a 4-year-old is anxious that her child will take toys away from other kids at preschool. A father of an 8-year-old son learns that bullying is happening at school. A dad of a 16-year-old daughter rarely hears her talk about close friends.

What do all of these parents have in common? They are worried that their child may be socially immature for their age and won't get along with others.

The dictionary tells us that a person is socially mature when they have the ability to both be aware of the common good and to act in a way or ways that contribute to the common good. Our Catholic Faith clarifies this a bit more by teaching us that social maturity is the ability to both recognize the inherent dignity of the other and act in a way that wills the good of the other.

Parents who are concerned about social maturity should take comfort in knowing that social maturity unfolds over time. One reason for this is that, by God's design, the human brain changes dramatically from childhood through adulthood. Little children begin their social life by being 'me' centered. They lack the ability to see another's perspective or to read social skills. As each birthday passes, they gain the capacity to see beyond their own needs and to recognize the desires of those around them; if you will they become 'we' centered.

While parents can't rush or hurry the transition from the 'me' to the 'we' phase of social development, there are definite steps that can be taken to smooth the path from one to the other. The Book of Proverbs (22:6) explains to us that parents are to "train the young in the way they should go (so) they will not swerve from it. This small but powerful verse reminds us that parents need to guide children in a process of learning how to live in harmony with others.

Let's take a look at a progression of techniques that parents can use as they accompany their child on the path towards social maturity.



***Because humanity passes by way of the family...***

Little children learn by example and are quick to imitate their parents' behaviors. Thus, parents of toddlers and pre-schoolers who want their children to get along will **demonstrate respect, manners and civility in their daily action and speech**. The more consistently parents demonstrate social concern for the common good of others, the greater the transfer of socially acceptable behaviors to the child.

When parents observe their children gaining a greater perspective of other people, they need to instruct and **practice the basic social skill of self-assertion**. This is the ability to speak up when a boundary has been crossed. It is the middle ground that exists between avoiding a conflict and becoming aggressive.

As time advances and the teenage years approach, youth become even more aware that other people think and feel differently than they do and form impressions about them. This is both a blessing and a challenge for parents. The expanding awareness of the world should lead to selflessness and a desire to be interdependent. But, if it is not guided by parents, it often leads to the temptation to manipulate the bigger world for one's own selfishness. This is when parents need to **dialogue with their child and spend time in discussion and formation**. Dialogue is a two-way exchange in which both the youth and his parents are seeking to understand what is going on. Within the family, the youth should know that he is secure enough to ask any question or raise any concern and that his parents have the right and duty to charitably correct behaviors that go against the common good and God's plan for dignity.

## Raise Them to be Socially Mature

Did you notice the tag line on the flip side of this newsletter which says, "humanity passes by way of the family"? This quote was written by Saint Pope John Paul II who considered the family the obvious place for children to learn how to live in harmony with others. The family is the perfect place for social maturity to begin, develop and mature because it provides a daily opportunity for parents to model what God intends for social maturity. Let's take a closer look at how specific social skills you can develop during October.

- Intentionally look at the face and eyes of every person you talk with this month. No exceptions. Give them your full attention.
- Stop interrupting individuals who are talking with you.
- When a boundary has been crossed by someone in your family, calmly and directly explain how you feel and what you want to happen.
- Schedule a 'date' with every child that you have. During the date, ask questions that will get more than a 'yes' or 'no' answer. Enjoy their company as you seek to understand what they are thinking.
- Google 'Table Manners' to learn common dining practices. Implement these at home.
- Play board games that have a winner and a loser. Demonstrate how to be a gracious winner or loser.
- Challenge yourself to pray for a person whose rude or thoughtless behaviors negatively impacted you.

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



*Raise Them  
Well*

*Emotional  
Maturity*



VOLUME 6, ISSUE 3

# Teaching the Way of Love

*because humanity passes by way of the family...*

NOVEMBER, 2018

## PLEASE PRAY THAT

- Families will joyfully work to put God at the center of all they do.
- Parents will show their children the joy of self-control.
- Moms and Dads will make time to just be with their children and enjoy them.
- Parents will ask the Holy Spirit to help their family be respectful in word and deed.
- Families will cultivate deep friendships within their extended family.
- Parents will learn how to correct their children in charity rather than anger.
- No child (or parent) will ever find themselves beyond God's love and mercy.
- Family time will be cherished.

## Help Them Think *Before* Acting on their Emotions

Some memories are hard to forget. Like the time our 13-year-old son, a normally compliant and joyful child, walked into the living room and bellowed like a bull. When I asked him why he did that, he just looked at me and said, "I'm not sure why I did that." And the time when our 12-year-old daughter found a dead bunny in our yard and cried inconsolably until she went to bed. When I asked her why she was so sad, she couldn't explain her grief. And the day that our youngest and most playful son vehemently argued with me because I wouldn't let him join his friends who were going to vandalize a teacher's property to celebrate homecoming. His rationale, "We're not going to do anything wrong!"

These true stories point out the obvious: emotions are often magnified and reasoning seems to disappear as children pass through puberty. Young adults tend to become more impulsive and have less self-control during the teen years. Why? Because the brain undergoes its most dramatic growth spurts during puberty. Almost every connection that exists is first disabled, then



rewired and finally reactivated. In the end, they do have improved thinking skills and decision making abilities. But, until the project is completed, the brain fritzes and sputters resulting in intense emotional outbursts and a temporary loss of logic.

It can be tempting run away or throw your hands up when this erratic behavior begins. Parents who want the best for their kids will acknowledge the emotions as well as engage and lean into the situation. They will stand firm when the emotional life of the child becomes trying. (Let's face it, what was right before the outburst is still right during and after the outburst.) They know that rules should not change just because a child feels they should. Parents will also remain consistent in their

***Because humanity passes by way of the family...***

demonstration of respect by loving their son or daughter even during emotional highs and lows. Further, parents who truly care, confront the conflict or behavior in question, even if this means more emotional outbursts.

The Catechism of the Catholic Church teaches us that emotions are what incline us to act or not to act in regard to something perceived or imagined to be either good or evil. They are the connection between what we sense and how we reason. Emotions themselves are neither good nor bad, nor are they decisive and precise. In other words, emotions that feel good do not always lead to what is good and emotions that feel bad do not always lead to what is bad. Emotions are meant to get us to think before we act.

Following the lead of the Catechism, parents should teach and show their emerging adult how to stop, think and then act. When a person stops, the draw of the emotion also stops. Stopping can be accomplished through a number of ways; a time out in one's room without distraction, taking a deep breath, counting to 10, saying a quick prayer. When the emotions have subsided, clearer thinking can happen. The young adult is now ready to determine if the emotions are leading towards something that is good or something that is wrong. It may take some time and conversation with you to determine the right course of action. Eventually, the teen is equipped to act in a way that will lead to the goodness that God intends.

## Raise Them to be Emotionally Mature

What virtue helps a person stop, think and act? (Reminder—a virtue is a firm habit to do what is right and good.) The answer is temperance. Temperance is self-mastery or self-restraint. It helps us moderate our actions, thoughts, or feelings so that we are free to do what is best for us.

Here are a number of ways that parents can encourage emotional maturity through the virtue of self-control in their offspring.

1. **Give them something godly to imitate.** In a nutshell—show them how to live in moderation. At meals, take less than you normally do. When you shop, buy less. Cut your media exposure by a third. Show them what it looks like to have emotional self-control by denying excess and living more simply.
2. **Say “no” with good humor.** Each time you deny yourself something, maintain a cheerful heart. Forego the grumbling and mumbling and replace it with some lighthearted sentiment.
3. **Admit that self-restraint takes effort and time.** It isn't helpful to sugar coat the reality that it doesn't always feel good to say no to yourself—especially at first. Share the truth that it does get easier. AND, let them know that when temperance is practiced, we often find that we actually enjoy things more and not less. Temperance will lead us to a new gratitude and satisfaction that we could never find in excessive self-indulgence.
4. **Guide—and let them decide.** The best teacher is experience which means you have to let your children experience what happens when they don't exercise temperance. If they make a decision to be excessive, let the consequences play out.

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).

*Raise Them  
Well*

*Emotional  
Maturity*



# Teaching the Way of Love

*because humanity passes by way of the family . . .*

Please Pray That

- Families will joyfully live with God at the center of all that they do.
- Parents will show their children the joys of self-control.
- Moms and dads would take the time to just be with their children and enjoy them.
- Parents will learn to build an open, nurturing relationship with their children.
- Parents will ask the Holy Spirit to help their family be respectful in word and deed.
- Family time will be cherished.
- Families will regain the art of building households and communities of persons.
- Our culture will learn the true nature of emotions and value thoughtful response rather than rash reaction.

Volume 6, Issue 4

December, 2018

## Emotional Maturity - The Importance of Relationship

There's another hole in our house. We have a hole in a bedroom, a couple in the basement, and now there's a new one in the bathroom door. When I asked the kids why, my daughter said, "Oh, that. I got mad." It was time for another talk about the proper expression of emotions.

Part of being the adult God wants us to be is the proper control and expression of our emotions. Human beings are called to respond to their emotions thoughtfully, not to blindly react to them. Just in case you're wondering - kicking a hole in the bathroom door would **not** be a proper response to emotion. As parents, we want to help our children to attain emotional maturity - not just to save ourselves from property damage - but to help our children respond to their world in positive, productive and holy ways.



### What Are Emotions?

Considering how misunderstood emotions are in our culture, a great place for parents to start is to know how Catholic thought and teaching understands emotions. Emotions are part of the system that we share with animals called the sense appetite. I know that sounds complicated, but here's a simple run-down of how this system works.

Our brain uses our senses to detect things that it identifies as good (things to get) or evil (things to avoid). It then sends a signal to the rest of our body to move us either toward the good or away from the evil. We feel that signal as an emotion. Again, the purpose of the **emotion** is to **motivate** us to take action - either to get something we've identified as good or to avoid something we've identified as evil.

Because human beings are an integration of body and spirit, human emotions are more complex than the emotions of animals. But we always need to remember three things.

1. Emotions originate in the body, and are therefore primarily physical responses to physical stimuli.
2. Emotions are fallen like the rest of us. They are therefore not always accurate or appropriate.

3. Emotions are especially strong during puberty due to brain development and increased hormones.

## The Importance of Your Relationship With Your Children

In the last edition of the newsletter, we talked about skills and virtues that can help your children **stop, think,** and then **respond** to their emotions. Another important part of helping children achieve emotional maturity is to build a relationship with your children that is affirming, supportive and formative.

The relationship between parents and their children is important for emotional development throughout a child's life. In the young years, children need to feel their parents' love through physical contact. As children grow, that sense of love and support needs to increasingly come through verbal connection. They need to **hear** that they are loved, and just as importantly they need their statements of love to be accepted by their parents.

Children who are growing toward adulthood also need their parents to affirm their emotional experiences. Controlling our emotions and responding to them is not the same as denying emotions or repressing them. If your child is angry, affirm the anger and then encourage them to thoughtfully respond to that anger. Parents shouldn't tell their children that their emotions are ridiculous or that they have no right to feel what they are feeling. Affirm the emotion, then lead your children through the process to respond to them in a reasonable and holy way.

While teaching your children the skills involved in the virtues of emotional self-control, children also need to learn about their emotions through their relationship with you. Model emotional self-control and thoughtful response for your children as much as possible. This may require some virtue development on your part. I tend to have a hot temper. But some of the most fruitful instruction I have given my children has been after I lost my temper. My children heard me apologize. They heard me tell them how I should have responded to my anger. They heard me promise to do better, and to make a plan to respond more reasonably next time. In fact, I even invited them to be part of my solution. That way we could help each other grow in virtue.

Children also benefit by being guided through the thought process of responding to their emotions. When your children express strong emotions, first encourage them to stop and think. This doesn't come naturally to them. They need to be reminded and supported. Next, ask them questions to help them decide if their emotions are accurate and in proportion to the truth of the situation. If your daughter is angry at her brother, ask her if she is sure that her brother did the offense, and how she knows. Encourage her to look at the evidence. Finally, help your children think through what a reasonable response would be.

## Strengthening Your Relationship

Your relationship with your children is so important to their emotional development. How can we strengthen that relationship?

- Spend time together! All relationships are built over time, and your relationship with your children is no exception. Eat meals together. Waste time together. Play, talk and laugh together.
- Have meaningful conversations. Conversation builds trust and intimacy, and is one of the main methods through which your children will learn from you.
- Join forces in your quest for virtue. Let your children offer you loving correction when you need it. Work on strategies as a family that will help every family member become a better person.
- Pray together. Father Patrick Peyton coined the phrase "the family that prays together stays together." The family that prays together also loves, lives and grows together.

This article tells about just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study



*Raise Them  
Well*

*Emotional  
Maturity*



VOLUME 6, ISSUE 5

# Teaching the Way of Love

*because humanity passes by way of the family...*

JANUARY, 2019

## Loving Children Requires Self-Control

### PLEASE PRAY THAT

- Parents will love their children—especially when it hurts to do so.
- Parents will show their children the joy that is found when you help another person become the best they can be.
- Moms and Dads will make time to just be with their children and love them.
- Parents will ask the Holy Spirit to help their family live sacrificial love.
- Families will cultivate deep friendships within their extended family.
- Parents will learn how to correct their children in charity rather than anger.
- No child (or parent) will ever find themselves beyond God's love and mercy.
- Families will desire to have holy homes.

The world today often portrays love as just another emotion. It should come to no one's surprise that many people—even many parents—think that love is nothing more than following your heart or indulging in what makes you feel good.

While it is true that a part of love includes feelings, the better portion of love—the really satisfying part of love—is found when you focus on the needs of the other rather than yourself.

Most of us can understand this concept of love when we picture affection exchanged between a man and a woman. But, can we comprehend it when we think about the love between a parent and a child? That might be a bit more difficult because loving kids is tough business.

Think about how hard it is to love a toddler screaming NO or a 2nd grader refusing to do his homework or a pre-teen texting inappropriate selfies. Consider the challenge of joyfully playing Candyland over and over again with a 5 year old. Or sitting through a day long dance competition during which your daughter performs one short routine. Or listening attentively as your 13 year old berates your parenting skills because you haven't given him a smartphone.



What makes the love between a parent and a child so demanding? It has to be unconditional,. That's right, no conditions. And you know what that means? Loving kids often does not *feel* good.

Unconditional love will test you to your very core. It is limitless, consistent, enduring, comforting, patient, understanding. It is time consuming and often unappreciated. Are you getting the picture? Unconditional love is tough to pull off.

It's been a while since my kids lived under my roof and required 24/7 unconditional love. Yet, I can quickly recall many times when I either loved well or failed miserably. Here's what I learned from my experience: when I focused on what I wanted, I botched it and when I paid attention to what my kids needed, I nailed

***Because humanity passes by way of the family...***



it. The difference between loving well or poorly rested upon my ability to restrain my personal urges and desires in favor of what was truly needed by my children.

Most parents want to love their kids unconditionally every day. But how can a Mom or Dad make that happen? What can be done to set your personal default switch to first focus on the interests and good of the other? The answer lies in one's ability to demonstrate emotional maturity through self-control.

Self-control is the ability to moderate one's own desires for the sake of the other. It flows from the virtue of temperance, which develops our will power to control our wants and find balance. Self-control gives parents the edge they need to move beyond love as just a feeling in order to express love without conditions. It equips parents to love like God does; perfectly and completely. Let's end with this reminder of how God intends us to love. May this quote from the Holy Father inspire you to love unconditionally through emotional maturity.

*The first step that God takes toward us is that of a love that anticipates and is unconditional... God does not love because there is something in us that engenders love. God loves us because he himself is love, and, by its very nature, love tends to spread and give itself.*

Pope Francis, General Audience June 14, 2017

## Be an Emotionally Mature Parent

In a previous newsletter, we addressed ways to help children become emotionally mature. In this newsletter, we offer parallel suggestions to parents. What virtue helps a parent to love their children unconditionally? (Reminder—a virtue is a firm habit to do what is right and good.) The answer is temperance. Temperance is self-mastery or self restraint. It helps us moderate our actions, thoughts, or feelings so that we are free to do what is best for us.

Here are a number of ways that parents can develop their emotional maturity.

1. **Live with less.** Learn to live in moderation. At meals, take less than you normally do. When you shop, buy less. Cut your media exposure by a third. Increase your emotional self-control by denying excess and living more simply. Consider fasting one day each week. Try abstaining from meat each Friday.
2. **Find joy in living more simply.** As you learn to live with less, maintain a cheerful demeanor. Forego the grumbling and mumbling and replace it with a lighthearted sentiment.
3. **Admit that self-restraint takes effort and time.** It isn't helpful to sugar coat the reality that it doesn't always feel good to say no to yourself—especially at first. Be patient with yourself because it will become easier over time. Be assured that as temperance is practiced, you will find yourself enjoying your children and your life more rather than less. Temperance leads you to a new gratitude and satisfaction that is never found in excessive self indulgence.
4. **When you botch it, get back up and try again.** Sometimes, the best teacher is experience. If you lose your edge and become self-centered, admit your failure and try again. Receive the extra mercy and grace you need with a good Confession and refocus your efforts to love unconditionally.
5. **Sustain your efforts by receiving the Eucharist.** There is no better source of strength than the Eucharist. Christ is ready to help you master your desires. Receive Him at least once a week.

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



## Please Pray That

- Parents will live according to the Ten Commandments, especially within the home.
- Families will work together to embrace what is true, good and beautiful.
- Parents will spend the time to dialogue with their children.
- Parents will have the strength to selfless generosity in a culture of selfishness.
- Families will joyfully work to put God at the center of all they do.
- Families will cultivate a sense of awe and wonder for the gifts of life and family.
- Parents will learn how to correct their children in charity rather than anger.
- Families will embrace the need to develop virtue.
- Parents will lead their children in seeking the help of the Holy Spirit to strive for excellence and holiness.
- Families will desire to have holy homes.

## Intellectual Maturity: Knowing and Choosing the Good

*"And be not conformed to this world; but be reformed in the newness of your mind, that you may prove what is the good, and the acceptable, and the perfect will of God" Romans 12:2.*

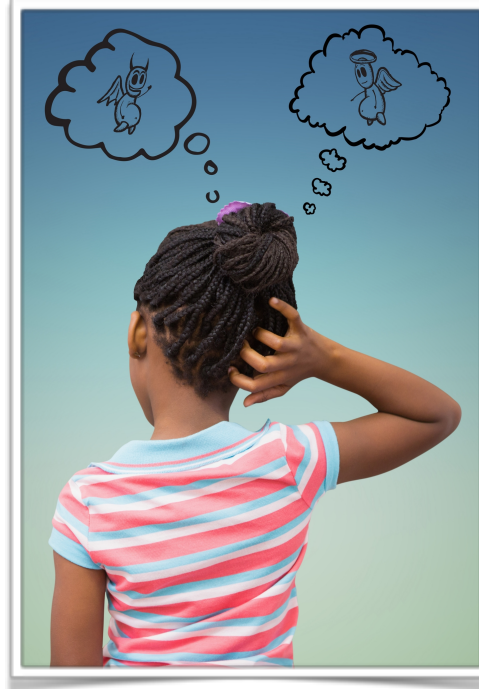
One of the biggest surprises to me as a parent is how difficult it can be to teach my children right from wrong. Even though I "knew better," I found that I had made a couple of common assumptions that tripped me up.

1. I assumed that conscience development happened more-or-less naturally, without much parental guidance. Conscience is just a built-in "voice" of goodness, isn't it? Even though I knew from previous learning that conscience needed to be formed, I assumed it was something my children would catch onto naturally by learning from life.
2. I assumed that conscience development mainly dealt with the large, obvious sins. Do I really need to teach my children that murder is evil? Nah. They get that. But I do need to teach them about gossip and harsh words, and the importance of honesty even when nobody's watching.

I had to realize that acquiring a sense of right and wrong requires formation. Right thinking is the part of intellectual maturity that we call conscience formation.

The conscience isn't a little "Jiminy Cricket" voice in our heads. It's not an angel sitting on our shoulders whispering in our ears. Our conscience is the God-given ability to **think** about God's loving plan for us, and to **apply** the (his) moral law to everyday circumstances with the help of the Holy Spirit.

**Step #1:** The first step in knowing right from wrong is to identify what are in fact the real goods in life. This involves surrounding children with the objects and behaviors that help them become the person that God intends them to be. It also means that you limit exposure to that which draws them away from God's plan.



**Step #2:** The second step involves asking the right question when making a decision. Too often children ask themselves the question, “Is this possible?” In other words, they’re asking, “Could I get away with it?” They seem to think that something is wrong only if they get caught. Parents should want children to instead ask the question, “Is this choice right and good?” We want them to think about what is right and good even when they think they won’t get caught.

**Step #3:** The final step is to make a plan on how to achieve the good that God desires. It’s really good for children to know the good and to ask themselves what is right rather than what is possible. But what matters most is that they choose to live according to God’s plan. Nurturing virtue – especially the virtue of prudence – in our children is the most effective way we can encourage them to live what they know.

In our household, we have regular discussions about what virtues each of us (yes, parents included) need to grow in. We each choose two or three virtues to be working on. These virtues are often the topic of dinner conversations. Part of our bedtime prayer is for each of us to share either how we grew in one of our virtues that day, or what we could do tomorrow to grow in one of our virtues.

The idea is to challenge our children, and ourselves, to not only know how God wants us to live, but also to put it into practice. Parental participation in this exercise is crucial. It’s good for our children to know that conversion is an ongoing process. It’s not just an exercise that parents expect children to go through. We are all going through it together.

## Encourage Intellectual Development with the Virtue of Prudence

The key to helping our children form their conscience is to help them **think** about how they can live as God expects them to in the midst of everyday experience. It’s one thing to know that Jesus teaches us to love our enemies. It’s another thing to know **how to love** the classmate that picks on your children or the kid on the bus that annoys them. Here are some ways to nurture the virtue of prudence in your children.

1. Look for “teachable moments” where you can ask your children questions about the difference between what is **possible** and what is **right and good**.
2. Helping your children to know what is right and good begins with teaching them the Ten Commandments. Asking children to memorize the Ten Commandments is a great start. Make it a game or a family challenge.
3. As your children grow, you can expand your children’s conscience by showing them how Jesus’ teachings perfect the Commandments. Saint Pope John Paul II called the 10 Commandments the first steps of love. Following Jesus means more than avoiding the great evils. It means learning to love as completely and selflessly as we can. Talk about one Commandment at a time and discuss how you would follow the Commandment as a follower of Jesus who is trying to love as Jesus loves.
4. Have a couple of times planned for each day when you can talk about what happened during the day. Family dinner and bedtime prayers are two great opportunities. Listen for opportunities to discuss how the Commandments and the teachings of Jesus could be exercised in particular situations.
5. Ask your children what virtues **you** need to work on. You might be surprised what they tell you! Then decide together what virtues they should work on. Make a plan to talk regularly about the progress each family member is making in the virtues. Teach your children that conscience formation is an ongoing process.

This article teaches about just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the **Teaching the Way of Love** program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the **Teaching the Way of Love** home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



## Please Pray That

- Parents will make lively learning part of their family life.
- Families will work together to embrace what is true, good and beautiful.
- Parents will spend the time to dialogue with their children.
- Parents will have the fortitude to seek and accept truth as models for their children.
- Families will joyfully work to put God at the center of all they do.
- Families will cultivate a sense of awe and wonder for the true, good, and beautiful.
- Children will grow into adults who respect and love the truth.
- The heresy of Modernism will be defeated in the Church and in the culture.
- Parents will lead their children in seeking the help of the Holy Spirit to strive for excellence and holiness.
- Families will desire to have holy homes.

## Intellectual Maturity: How Do We Know What Is True?

Many times my middle school daughter has come home saying that a teacher or a friend challenged a truth of the Faith. My daughter gets the impression that truth is a matter of opinion. This really concerns me. I think it's dangerous to my daughter's fulfillment and happiness. Here's why.

My daughter is being exposed to the belief that we can never know truth with certainty. Our perception of truth is always colored by our experience and our biases. This belief is called Modernism. The philosophy of Modernism (not to be confused with being simply "modern") is the dominant heresy (a false idea that opposes the inspired teaching of the Holy Spirit revealed through Sacred Scripture and Sacred Tradition). According to Modernism, no claim to truth is valid, and any truth claim is open to amendment, change or rejection. As a father, it is important to me to defend my daughter's mind from the error of modernism.

One of my primary tasks of Catholic father who wants to lead my children to **intellectual maturity** is to connect them to God and to teach her that **He has a plan for her that immerses her in what is true, good and beautiful**. I want my children to learn to appreciate the true, good and beautiful precisely because these things **lead them to God**, who is Truth, Goodness and Beauty.

Specifically, the heresy (error) of Modernism stands in contrast to the Catholic understanding that God tells us that truth is knowable. God is the author of all truth. He gives it to us as a gift. Truth is part of God's love for us. We grow in intimacy with God as we come to know truth about Creation. We grow in intimacy with God as we learn more about who God is and who we are as His children. God intended learning truth to be a delightful experience. He intended it to be fun and fruitful. **God intended learning to be an act of love!**

Of course, we and our children don't always find learning delightful, fun or fruitful. Our attempts to lead our children to intellectual maturity run into some obstacles.

- Original sin has damaged the human intellect. Because of Original Sin, learning (like work) becomes toil among the thorns. It takes much more effort and perseverance.
- Thanks to the error of Modernism, the culture we and our children are immersed in challenges the very existence of truth.





- Our children don't necessarily enjoy learning (especially in school). This makes it difficult to teach them the delight of learning.
- As parents, we may not see ourselves as particularly intellectual. We don't feel qualified to lead our children to truth.
- Learning can be difficult for us too! We can lose the sense of fun and fruitfulness that God intended.

How do we overcome these obstacles and lead our children to intellectual maturity? There are many intellectual virtues meant to help us embrace the truth. But the virtue to start with is the virtue of **curiosity**.

It might seem strange to consider curiosity a virtue. Didn't curiosity kill the cat? But if we break it down, you'll see that curiosity is the antidote to Modernism and to the toil of learning. Here are the steps of the virtue of curiosity:

**Step 1:** Recognize that truth exists and that it comes from God as a gift of love.

**Step 2:** Come to view learning as an **adventure** of discovering the truth.

**Step 3:** Respect opinions as **theories** that we need to prove or disprove based on truth.

**Step 4:** Embrace the adventure of proving or disproving your theories with the truth. Being right is not the goal. Instead, make your goal to discover the truth, wherever it may lead you.

**Step 5:** Make your findings the subject of group discovery. Let other people debate your findings and back up their theories. Help each other discover the truth.

**Step 5:** Pray for God's help along the way. Then praise God for the truth when you learn it. Remember that learning truth is an act of love!

Steps three, four and five of this process for the virtue of curiosity may sound familiar to you. These are the same steps for the scientific method. Observe, form a theory around your observations, test your theory, share your results. What you may not realize is that philosophy and theology use these same steps. The difference between science, philosophy and theology is the source of truth each uses to test the theory. Science uses observations and measurements of the physical world. Philosophy uses reason and clear thinking. Theology uses divine revelation. Get to know these sources of truth, and make them the standards you use for testing your theories!

## Promote the virtue of curiosity in your family.

1. Use dinner conversation to encourage curiosity. Pose theories you can test as a family through discussion and research. Leave the door open for your children to pose their own questions.
2. Make one exception to the "no technology" rule during dinner. Use one device to research things that come up during dinner. Look up the origins of words or the answers to quick questions. This can enhance dinner conversation rather than interfere with it.
3. Become a champion of truth. Counter claims from our culture that truth is a matter of opinion. Do this especially in the area of Divine Revelation. If you don't understand why the Church teaches something, research it. Learn your faith!
4. Be aware of where Modernism may have already influenced you. What areas of Church teaching do you struggle to accept? What cultural claims about gender, sex, the purpose of life, etc. have you accepted? Compare these cultural claims to the sources of truth. Seek the truth rather than the cultural or political rhetoric we often consume.
5. Have a couple of times planned for each day when you can talk about what happened during the day. Family dinner and bedtime prayers are two great opportunities. Listen for opportunities to discuss how the Commandments and the teachings of Jesus could be exercised in particular situations.
6. Ask your children what virtues **you** need to work on. You might be surprised what they tell you! Then decide together what virtues they should work on. Make a plan to talk regularly about the progress each family member is making in the virtues. Teach your children that conscience formation is an ongoing process.

This article teaches about just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the **Teaching the Way of Love** program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the **Teaching the Way of Love** home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



**Raise  
Them Well**

**Physical  
Maturity**



# Teaching the Way of Love

*because humanity passes by way of the family . . .*

## Please Pray That

- Parents will teach their children to honor their bodies as temples of the Holy Spirit.
- Families will work together to embrace physical health as a way to build respect for the body.
- Children will come to see themselves as persons who are supremely loved by God as an integration of body and spirit.
- Families will include physical maturity as part of their striving for holiness together.
- Children will grow into adults who have holy attitudes toward the body and healthy physical habits.
- Our culture will embrace God's beautiful truth about the body.
- The Domestic Church (the family) will be effective in leading children to be disciples of Jesus.

Volume 6, Issue 8

April, 2019

## Physical Maturity: Setting Standards & Boundaries

Physical maturity according to God's plan begins with the realization that the body is good. God created the human person as an integration of body and spirit. The body expresses the spirit. So our bodies reveal the "Imago Dei" - the image of God - to the physical world.

God calls us to respect both our bodies and our spirits. Saint Paul teaches

*Or know you not, that your members are the temple of the Holy Ghost, who is in you, whom you have from God; and you are not your own? For you are bought with a great price. Glorify and bear God in your body (1 Corinthians 6:19).*

Our goal as parents is to lead our children to physical maturity. This means teaching them to treat their bodies with dignity. That is what motivates us to teach our children healthy habits.

Different families have different approaches to physical health. So, you may face different challenges in this task. My family is not a "health nut" family. That makes working for physical maturity in our pre-teen children a bit of a challenge. As parents, we know that our task is to lead the way. We need to set the standards for our family. We also need to role model those standards. Unfortunately, like most people, we enjoy junk food a little too much. We also don't enjoy exercise nearly enough. That means we need to put some extra effort into establishing standards, boundaries, and strategies for our whole family to be healthy.



Families who are more athletic or more health conscious may find establishing healthy habits to be easy. But in this case, the family may struggle to put physical health into its proper context. Parents may inadvertently send the wrong message. They may end up teaching their children that this earthly life matters more than anything else.

In either case, the goal of physical maturity is to firmly establish in children that the body is a gift from God. We want to teach them to appreciate and respect their bodies. When children view their physical body as a gift, they become more receptive to living a wholesome lifestyle that keeps their body healthy and free of disease to serve God in all they do.

Here are some strategies that may help both kinds of families.

## Healthy Eating

Enjoying a family meal together offers an excellent opportunity to teach children healthy habits surrounding food. Begin by purchasing healthy food for your family's consumption. When appropriate, ask your kids to help with menu planning and shopping. Include your children in food preparation. Explore food options together. Children can learn that "broccoli" doesn't have to mean one thing. Roasted broccoli is different from steamed broccoli. While they may not prefer one, they may like the other.

Setting healthy eating rules can also help your children build healthy eating habits. There is some concern that the old "eat everything on your plate" rule may contribute to bad eating habits. But that shouldn't keep you from creating rules such as the "no thank-you bite" rule. My son has often refused to eat something that I have prepared. He knows that he has to take a "no thank you bite anyway. Once in a while, he takes one bite and then fills his plate. He realizes that his prejudice about the "gross" food was wrong. Set rules that encourage your children to eat a balanced diet and to try new foods. Also, set the expectation that you are not a short-order cook. You're not going to make separate meals for each individual. Doing so will develop two wonderful family virtues; humility and temperance. Finally, consider reserving dessert for special occasions like holy days, feast days, and special celebrations.

## Healthy Activity

God created human persons to move and to move often. For some, like our active son, this isn't a problem. But for others, like our daughter and her parents, this is more challenging. In both cases, children need guidance on when and how to exercise.

Vague instructions like "go outside and play" are too ambiguous to build any kind of virtue. Instead, try setting up a system that teaches your children how to balance their own schedule. For example, match an hour of playing video games with an hour of playing basketball. Or pair one hour of reading with one hour of walking around the neighborhood. Choose a physical activity that your child will stick with. Better yet, let your child choose what she does. Also, adjust the time to fit the activity. Shooting hoops for one hour is a lot less strenuous than going for an hour-long jog. This may seem like basic bargaining at first. But the goal goes beyond rewarding children for doing what we want them to. The goal is to teach balance and deepen their appreciation for the role physical activity plays in physical health.

Being a good role model is another critical part of teaching good physical habits. We know that "do what I say, not as I do" isn't useful. Try finding a variety of family activities that everyone can enjoy together. You don't have to join a gym or a sports team. Put up a net in your yard and play volleyball, badminton, or pickle-ball together. Take bike rides or walks as a family.

## Lead Your Children to Physical Maturity

1. Teach your children about the dignity of their bodies. This should be done in age-appropriate ways. But don't assume your children will just "pick up" the proper attitude about their bodies. Be the primary educator and lead the way!
2. Schedule regular family activities. Consider shorter activities during the week and longer ones on the weekend when you have more time to get outside and enjoy being together.
3. Make physical health a family goal. Schedule it, or it will be overlooked.
4. Thank God as a family for the gift of your bodies and your health. Include prayers for everyone's health into your family's intentions.
5. Strive for balance. Being healthy can include an occasional dessert and some "junk food." What it doesn't include is an extreme swing from this fad to that one. The virtue of temperance calls us to both health and enjoyment.

This article tells about just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the **Teaching the Way of Love** program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the **Teaching the Way of Love** home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



*Raise Them  
Well*

*Spiritual  
Maturity*



VOLUME 6, ISSUE 9

# Teaching the Way of Love

*because humanity passes by way of the family . . .*

MAY, 2019

PLEASE PRAY  
THAT

- Parents will love their children in the same way that God does; selflessly, consistently, unconditionally.
- Parents will show their children the joy they experience by knowing, loving and serving God.
- Moms and Dads will waste time with their children.
- Parents will surround their children with safety, security and joy.
- Families will cultivate deep friendships within their extended family.
- Parents will make time to pray daily with and for their children.
- No child (or parent) will ever find themselves beyond God's love and mercy.
- Families will desire to have holy homes.

## Spiritual Maturity Know, Love and Serve God

Did you know that God created us with a purpose and end in mind? In fact, our greatest flourishing and joy on this earth will be found when we work toward the purpose and end that God gave us. What is that end? To know, love and serve God in this world and to spend eternity with Him in heaven.

As Catholic parents, we want our children to flourish and find joy. That is why we are called to guide our children toward a true relationship with God. The development of a true relationship with God is called spiritual maturity.

Here's the kicker; a relationship with God develops differently than a relationship with a human person because God is invisible. He is present, yet we can't see him. He exists, yet we can't hear him. He is always there, even though we can't touch him.

That's why leading our children to spiritual maturity requires a multi-faceted approach that shows others who God is. Of course, this starts with our own relationship with God. When our children see us actively and joyfully engaged in our spiritual life, motivated by love for God to go above-and-beyond religious duty, they are more likely to catch that relationship themselves. We have to confidently show our children that we know God exists, that we acknowledge His goodness and that we want to follow Him.



And, we have to express the love of God through our actions. Children will know God's love through our love. When we love as God does (selflessly, unconditionally, constantly), our children gain trust that God loves the same way. This will deepen their desire to want to love Him in return.

It is also necessary for us to develop a relational environment within our home so that God's presence can be easily felt. What does this include? Homes should be

***Because humanity passes by way of the family...***

known for their security, safety and joy. When these are present, parents and children help each other, interact regularly rather than isolate and deal with conflict calmly. They develop a sense of belonging and are okay with quiet and silence. They aren't stressed or overburdened with multiple activities and deadlines. Secure, safe and joyful homes provide a foretaste of heaven for parents and children.

There is one final element that is helpful in the development of spiritual maturity. Consider filling your home with physical reminders of God. We are not suggesting that you attempt to make your home into a basilica. We don't expect you to fill your walls with religious imagery. But, we do suggest that your home communicates warmth, family love, and faith with tastefully placed religious art, articles and Scripture verses. People who enter your home (most importantly your children) should always know they are surrounded by God in your home. Praise God that our rich Catholic tradition gives us a lot to choose from!

Cultivating your own relationship with God, expressing love selflessly, unconditionally and consistently, and creating a home environment that is safe, secure and joyful all set the stage for spiritual maturity. These essentials provide the foundation for a deep and intimate relationship with God.

## Fill Your Home with the God's Spirit

Spiritual maturity is a lifelong journey for each of us. We know that the family plays a pivotal role in the development of spiritual maturity because it is the first and most intimate community of love. The family is designed by God to be the center of radiant faith in God. Let's take a look at seven key ways that a family can become what God intends it to be—the seedbed for faith and divine love.

1. Pray together each and every day. This can be done formally or informally.
2. Eat meals together and interact in ways that ensure everyone knows they belong to the family.
3. Celebrate rituals and holy days. Always rejoice in the good news from God and from each other.
4. Enter into family discussions about what matters to you. Invite God's wisdom into each discussion.
5. Nurture the personal prayer life of each family member. Encourage and value each person's time alone with God in prayer.
6. Worship together with other families each week by attending Mass and regular reception of the Sacraments. Draw your family close to the Universal Church.
7. Serve others in need as a family. Make this a mission of your entire family.

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).



*Raise Them  
Well*

*Spiritual  
Maturity*



# Teaching the Way of Love

*because humanity passes by way of the family . . .*

VOLUME 6, ISSUE 10

JUNE, 2019

## PLEASE PRAY THAT

- Moms and Dads will waste time with their children.
- Parents will provide their children with joy, safety, and security.
- Parents will love their children in the same way that God does; selflessly, consistently, unconditionally.
- Parents will show their children the joy they experience by knowing, loving and serving God.
- Families will cultivate deep friendships within their extended family.
- Parents will make time to pray daily with and for their children.
- No child (or parent) will ever find themselves beyond God's love and mercy.
- Families will desire to have holy homes.

## Expand Your Faith This Summer - Take a Break from School NOT God

Summer vacation has finally arrived and I bet you are giddy with excitement that your evenings will be free from homework, practice spelling tests and hours of reading assignments. School is out and you have 10 weeks to enjoy a slower pace of life with your kids.

As the Bible reminds us in Ecclesiastes Chapter 3, *there is an appointed time for everything* and that there is *a time to enjoy the good of one's toil* (verses 1, 14). When you read this, doesn't it almost seem as if God wants us to kick it back a few notches, relish in less structure and get comfortable with downtime? It certainly does to me.

Summer affords you a longer stretch of time to play and enjoy activities with your family and friends. But, have you ever considered that it also affords you more time to be with God and deepen your relationship with Him? Summer can shape us into the people that God wants us to be. It can be a time that helps us deal with the stress and chaos because we take the time to rest in God, to be with God and to recognize all of the gifts that He daily provides us.



God gives us the season of summer to show us that He is good and can make everything beautiful in its own time. The question everyone needs to ask themselves is, "Am I willing to invite God to capture my heart and expand my faith before the season of Fall rolls around?"

As you contemplate this question, remember that summer days are longer. The sun wakes you up far earlier than it does in any other season. As long as you are

***Because humanity passes by way of the family...***

awake, why not start your day by greeting God and sharing a short prayer with Him? The sun also sets much later in summer which allows you more time to reflect at day's end. Why not share a portion of your evening with God and tell him about your worries and struggles or ask Him to forgive you when that is needed?

Summer calendars are typically less booked which means you have more time to engage in activities that you normally choose to delay. Might it be possible to schedule time for the Sacrament of Reconciliation or go to Adoration? (You could even invite family members to join you.)

Many people like to find a good read for the summer. Instead of diving into a novel about human love, consider reading something that deepens your understanding about Divine love. There are many great books that explore Catholic spirituality!

Summer might also be a time for travel. Take a rosary with you and recite it with your traveling companions. And, as you travel, consider including visits to various shrines and missions that you pass by.

Finally, every week during the summer months includes a Sunday; the day that we are called to worship God in community. Whatever you do, keep your obligation and attend Mass each and every week. Never let a sporting activity or a vacation derail your opportunity to be with God and your fellow Catholics. (Remember to bring the entire family with you!)

## Fill Your Summer with God's Spirit

Summer is NOT the time to take a break from God. Rather, summer makes it easier to share time with God because you have more unscheduled time to be with Him.

1. Pray daily—both as a parent and as a family. This can be done formally or informally.
2. Spend more time around the table eating and talking. Don't rush your time together.
3. Celebrate rituals and holy days like 4th of July and the Feast of the Assumption (Aug. 15th).  
Make both of these BIG deals this summer.
4. Pick a spiritual book to read. You might even do this as a family.
5. Limit your media by spending more time enjoying the out-of-doors. Replacing video gaming with baseball, softball, soccer, fishing, biking, kite flying, swimming, hiking, picnics...
6. Worship together with other families each week by attending Mass and regular reception of the Sacraments. Sundays do happen in the summer and God wants to see you at His house.
7. Check in with your neighbors. Does anyone need help with their lawn care or assistance with pet care? How can you serve your neighbors this summer?

This challenge is just a small part of good Catholic parenting. Visit [www.twl4parents.com](http://www.twl4parents.com) for more strategies that will help you become the best parent you can be. And for the best systematic approach to parenting, consider purchasing the Teaching the Way of Love program, which can be found at the same website.

This article series is brought to you by Alice Heinzen and Jeff Arrowood, authors of the Teaching the Way of Love home study series for parents. Find out more at [www.twl4parents.com/teaching-the-way-of-love](http://www.twl4parents.com/teaching-the-way-of-love).