

BY LISA J. WELTER

IT'S YOUR
Path

A JOURNAL FOR PARENTS & KIDS

full of life

worthy

child of God

new creation

loved



Show me the right path, O Lord; point out the road for me to follow. **PSALM 25:4**



IT'S YOUR
Path

By Lisa J. Welter

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**DEDICATED TO
MY LORD AND
SAVIOR, JESUS CHRIST.**

Thank you to my loving and thoughtful husband, Cary, for his constant support in all of life; my children Christian, Audrey and Emma for letting me try out new ideas on you. I love you all! I thank my dear grandparents, Ralph and Marie, for their unfailing support and love.

I thank my creative team that surrounded me through this process Jamie, Jamielynn and Andrea—thank you for helping make this a reality! And to the countless adults and kids as they use this tool to encourage and empower one another.

Lisa



LISAWELTER
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WE ALL WANT THE BEST FOR OUR CHILDREN.

We want to see their lives play out on a smooth path, free from obstacles and difficulties. But we all know that life can be hard and there are always bumps along the road. Teaching our children the importance of faith and providing them with character-building opportunities is essential. Just as God provides us with his inspired word to encourage and correct us, caregivers and parents can imitate the same for their children while also pointing kids to their Heavenly Father. You don't have to be bible scholar but you can leverage scripture within the journal, or a biblical principle you've learned to encourage, support and guide your children. If the Bible is a source of standing reminders of God's love for us and his desires for each of us, why not replicate the same kind of environment for children while guiding their faith development? When kids begin to lose hope or doubt, they'll have a collection of God's promises and your written love and encouragement that will last them a lifetime. **Direct your children onto the right path, and when they are older, they will not leave it.**

PROVERBS 22:6

STEP 1: Introduce the Journal

Use this letter as a reference for introducing your child to the journal on page 8. Write clearly and at your child age level. Share with them the important information in your own words (or use the whole letter below) whichever is most comfortable to you:

Dear _____,

This journal is just for us. No one else. Life can stretch you and you may feel confused about how you should respond. This is a safe place to talk about anything. My goal is to help you find your way. I won't always have good answers, but I promise to respond the best way I know how. Everything you write stays here. Keep this journal under your pillow. If you have something to share, write it down and place it under my pillow and I will respond. I'll return it under your pillow. If you are doubtful, have questions or have different kinds of emotions like mad, sad, happy, or excited, it's ok! What you think and how you feel is important to me. God has good plans for you and your future. Jeremiah 29:11 says, "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

STEP 2: Encourage

Go to page 7 and spend some time writing some words of affirmation listing what you love about your child. Think of some special attributes that you see in them to encourage them and fill their emotional bucket.

STEP 3: Make this journal a part of daily life

Make sure your child knows they can use it whenever they want! But be proactive to initiate encouragement as well. Your child will love hearing from you!

Need more support? Or tell us how your experience is going at lisajwelter.com.

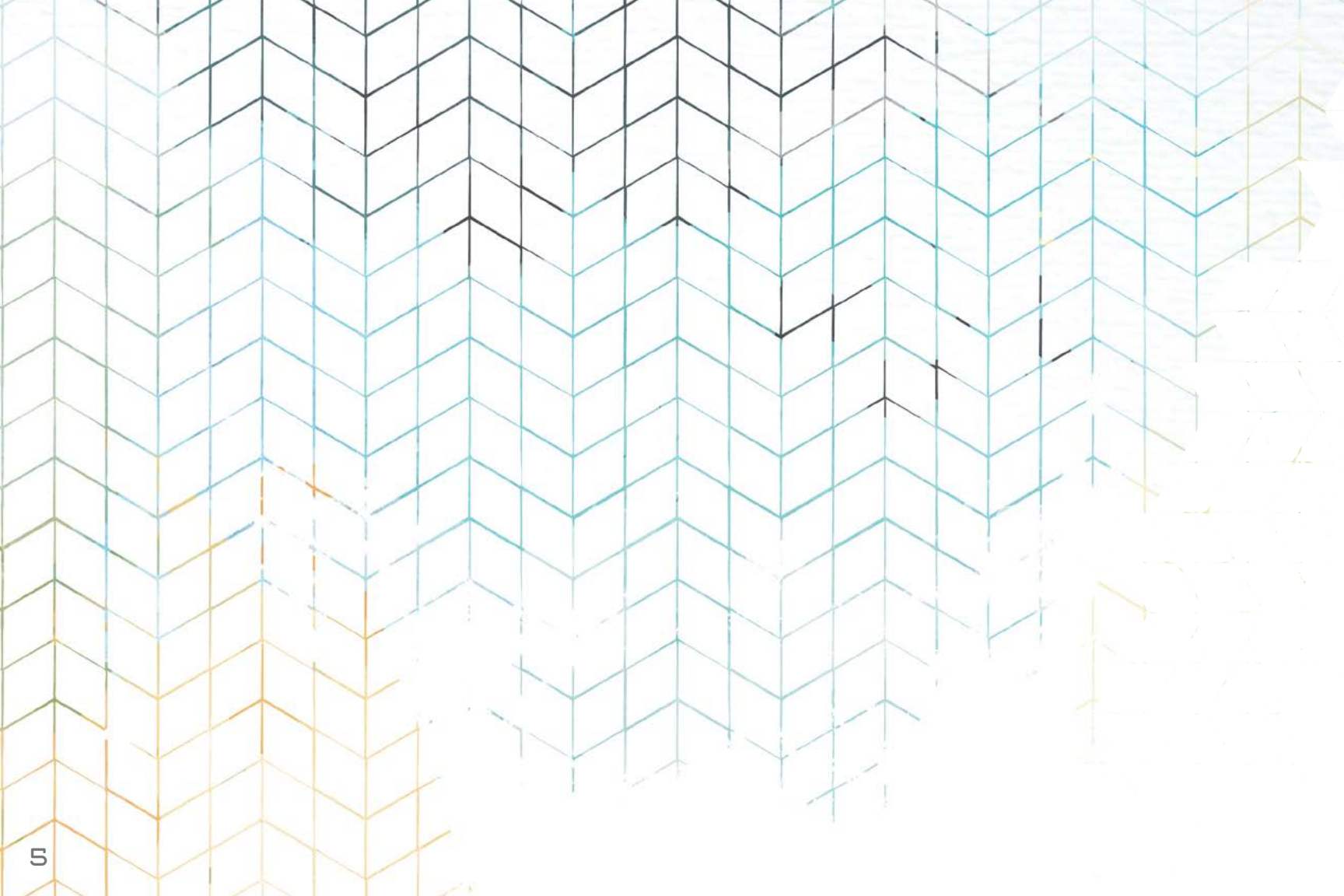
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THIS JOURNAL
BELONGS TO

KID

PARENT/GUARDIAN

DATE



GETTING STARTED:

HELLO Parents

A NOTE FROM LISA:

This journal is intended for kids and parents to have a safe place to share life, even amongst the busiest of households. Use this journal is another way to communicate as needed. Each child is different and so is each season of life.

Many parents have found the journal helpful near bedtime as their child is winding down from their busy day. Consider adding extra time to write into their regular bedtime regimen. If you find your child isn't writing much, be proactive and initiate writing to them instead—they will love it! Remember to intentionally draw out what God is doing in their life. Our role as parents and caregivers has a deep and lasting impact. This journal is just one way for you to do that.

HEY Kids

A NOTE FROM LISA'S KIDS (CHRISTIAN, AUDREY, EMMA):

This journal allows you to voice your opinion and say whatever you are feeling to your parents or guardians. It is also helpful if you have a question for your parents/guardians that you don't want to ask face-to-face. You can just write it down in this journal, and they will respond. Having this journal helped our family a lot and we think that it will help you too! We hope you enjoy using it as much as we did. This should be fun and you don't have to write much if you don't want to, or use good grammar or spelling. But make sure you be yourself.

OUR COMMITMENTS:

What we share is personal and we will keep it between us. Keep the journal under your pillow if you'd like!

PRAYER

Promise to pray for each other.

HONESTY

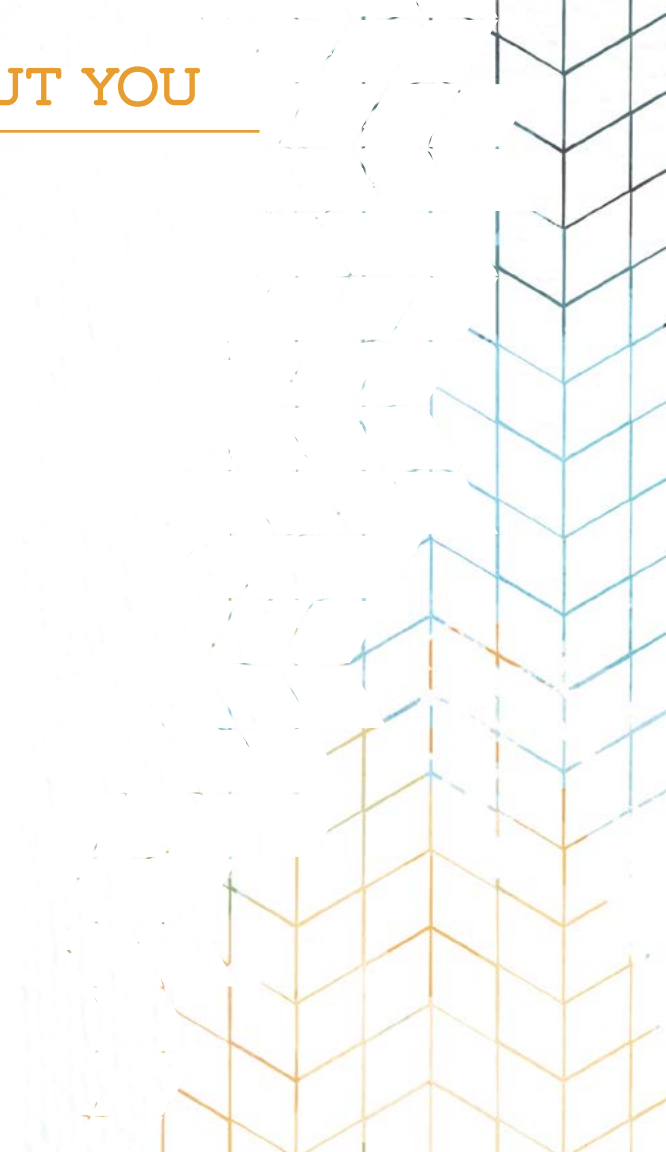
Be honest. Share what's on your heart and in your mind.

CONNECTION

Don't let things stew. Use this journal to stay relationally connected even if things get hard.

FUN!

THINGS I LOVE ABOUT YOU



INTRODUCTION TO THE JOURNAL

DATE:

Parents

Two people are better off than one, for they can help each other succeed. ECCLESIASTES 4:9

Kids

you are
amazing

MY FRIENDS ARE:

DATE:

Parents

And you must love the Lord your God with all your heart, all your soul, and all your strength.

DEUTERONOMY 6:5

Kids

chosen

IF I COULD BE A CARTOON CHARACTER, I WOULD BE::

BECAUSE:

DATE:

Parents

If you need wisdom, ask our generous God, and he will give it to you. **JAMES 1:5A**

Kids

full of Life

DATE:

Parents

Kids

wonderful

Kids

THE BEST GAME TO PLAY IS:: _____

BECAUSE: _____

DATE:

Parents

Show me the right path, O Lord; point out the road for me to follow. **PSALM 25:4**

Kids

loved

MY DREAM IS TO BECOME _____

DATE:

Parents

Always be joyful. Never stop praying. 1 THESSALONIANS 5:16-17

Kids

I REALLY LOVE

full of life

DATE:

Parents

Your word is a lamp to guide my feet and a light for my path. PSALM 119:105

Kids

IF I COULD ONE EAT ONE THINGS FOR THE REST OF MY LIFE IT WOULD BE:

DATE:

Parents

full of life

Show me the right path, O Lord; point out the road for me to follow. PSALM 25:4

Kids

IF I COULD BE AN ANIMAL, I WOULD BE::

BECAUSE

DATE:

Parents

loved

People who despise advice are asking for trouble; those who respect
a command will succeed. **PROVERBS 13:13**

Kids

MY FAVORITE PART OF SCHOOL IS _____

DATE:

Parents

Kids

I GET REALLY FRUSTRATED WHEN _____

DATE:

Parents

Trust in the Lord with all your heart; do not depend on your own understanding.
Seek his will in all you do, and he will show you which path to take. **PROVERBS 3:5-6**

Kids

full of life

I'M MOST PROUD OF MYSELF WHEN:

DATE:

Parents

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. JOHN 3:16

Kids

MY HERO IS _____

DATE:

Parents

Now all glory to God, who is able, through his mighty power at work within us,
to accomplish infinitely more than we might ask or think. **EPHESIANS 3:20**

Kids

THE HARDEST PART OF MY DAY IS

BECAUSE _____

DATE:

Parents

This is my commandment: Love each other in the same way I have loved you. JOHN 15:12

Kids

full of life

DATE:

Parents

Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it. **PSALM 139:14**

Kids

you are
strong

I'M GOOD AT: _____

IT'S YOUR PATH IS A RESOURCE FOR YOU TO CONNECT WITH YOUR CHILD, much like God provides for us to communicate with him. God's written word never changes, his love is written throughout the Bible and we can go to it and be vulnerable because it's safe. Parents can create a similar space for their kids, and ultimately point them to God. Use this journal to come alongside your child on their unique path, and let it provide a safe place to listen to their heart while they grow in faith.

WHAT PEOPLE ARE SAYING

"Social technology has changed the way our children view the world, having far more hours of access to the ideologies of their peers than they do to the wisdom of their parents. Lisa Welter has designed an innovative, yet simple, journaling method to help parent and child get on the same page. The judgment-free, interruption-free zone of pen-to-paper will help cultivate authentic matters of the heart that will no doubt become a permanent treasure."

Tahni Cullen, author of Josiah's Fire: Autism Stole His Words, God Gave Him a Voice



ABOUT THE AUTHOR

Lisa Welter lives in Saint Paul, Minnesota with her husband Cary and their three teenagers. Lisa is a pastor and leader of a local community outreach ministry in the Twin Cities. Her favorite family activities include reading with her kids, bike rides and bonfires. **Connect with Lisa at lisajwelter.com.**



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