



Raising Children in God's Truth and Love



Seven days to equip women to protect their children from narcissistic influence through biblical truth and love.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🧑🏻‍🧑🏻‍🧑🏻 Embracing Your Role as Protector</u>	5
<u>Day 2: 🛡️ Recognizing Narcissism's Impact</u>	11
<u>Day 3: ❤️ Cultivating Unconditional Love</u>	17
<u>Day 4: 🌱 Teaching Truth in Every Season</u>	23
<u>Day 5: 🕊️ Modeling Humility and Service</u>	29
<u>Day 6: 🔒 Setting Boundaries in Love</u>	35
<u>Day 7: ✨ Trusting God's Sovereign Care</u>	41



Introduction

Raising children is a profound calling filled with joys, challenges, and deep responsibility. In today's world, children often face complex emotional realities, including exposure to narcissistic attitudes and behaviors that can distort truth and damage their souls. This 7-day study is crafted specifically for women who desire to protect their children from such harmful influences by anchoring their nurturing in *God's truth and love*.

The Bible offers rich wisdom about parenting grounded in integrity, humility, and fierce love. While we can't shield our children from every difficulty, we can empower them to recognize and resist deceptive attitudes that seek to manipulate, control, or diminish their God-given worth. This study will explore how to cultivate a home environment of safety, encouragement, and honest communication—key defenses against the subtle and overt tactics of narcissistic influence.

Throughout the days ahead, we will **examine Scripture** that encourages steadfast love and truthfulness, offers guidance to moms about godly character, and demonstrate how to model Christlike humility and grace. You will find practical reflection questions and journaling prompts to help apply these truths effectively. Finally, each day closes with a prayer to ask God's guidance and protection for you and your children as you journey together through life.



Embrace this time to be renewed in your purpose as a mother and protector. Let God's Word be your shield and lamp as you empower your family to thrive free of destructive lies and manipulation. May you walk forward confident in a love built on everlasting foundations! 💖 🙏 🌿





Day 1: Embracing Your Role as Protector



Your Verse

Proverbs 22:6 - "Start children off on the way they should go, and even when they are old they will not turn from it."

Supporting Scriptures

- *Deuteronomy 6:6-7 - "These commandments that I give you today are to be on your hearts. Impress them on your children."*
- *Ephesians 6:4 - "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."*



Devotional: Beginning the Journey of Spiritual Protection

As women and mothers, God calls us to be steadfast protectors and nurturers of the precious children entrusted to us. Proverbs 22:6 reminds us of the great responsibility to guide them in truth and godly ways early on, setting a foundation that guards their hearts against destructive influences.

Narcissistic behaviors often distort a child's sense of identity and worth, making it vital to anchor them in who God says they are — loved, valued, and unique. Embracing your role means recognizing that your intentional love and instruction shield your children's spirits and build resilience.

Start by praying daily for wisdom and grace. Speak God's truth into their lives consistently and model humility in your own words and actions. Remember, your steady love and consistent teaching will provide a safe harbor where your children can grow strong in Christ.



Reflect and Apply

1. How do you currently view your role in protecting your children spiritually and emotionally?

2. In what ways can you cultivate an environment of truth and safety at home?

3. What challenges do you face in modeling humility and godly love before your children?



Journaling Prompts

1. Describe a time when you felt God's protection over your children.




2. List specific ways you plan to teach your children about their identity in Christ.

3. Reflect on how you can model humility and patience daily in parenting.



Day 1:  Embracing Your Role as Protector

Prayer for Today

Heavenly Father, thank You for the sacred role You have given me as a mother and protector. Fill me with Your wisdom and strength to guide my children in Your truth. Help me to model humble, steadfast love that resists the influences that seek to harm. Guard their hearts and minds, and let Your peace reign in our home. Teach me to be a source of grace and encouragement. In Jesus' name, *Amen*.   





Day 2: Recognizing Narcissism's Impact



Your Verse

2 Timothy 3:1-5 - "People will be lovers of themselves... having a form of godliness but denying its power."

Supporting Scriptures

- *Galatians 5:19-21 - "The acts of the flesh are obvious... selfish ambition, dissensions, and factions."*
- *Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*



Devotional: Discernment Against Deceptive Attitudes

Narcissistic influence can be subtle and pervasive, especially in a world that often encourages self-love to the point of selfishness and manipulation. Paul's warning to Timothy highlights how some may appear godly outwardly but inwardly reject true transformational power.

Children exposed to narcissistic attitudes may struggle with insecurity, confusion, or unhealthy relational patterns. As mothers, developing awareness of these traits helps us identify harmful influences early. Watch for signs like excessive self-centeredness, lack of empathy, and attempts to manipulate others for personal gain.

Prayerfully engage Scripture together, helping your children discern true godliness—rooted in love, humility, and service. As you renew your own mind with God's Word, you become a clearer example and stronger shield against worldly patterns.



Reflect and Apply

1. What are some narcissistic behaviors or attitudes you have witnessed or experienced?

2. How can you teach your children to identify and resist selfish or manipulative behaviors?

3. In what ways has renewing your mind helped you grow in humility and love?



Journaling Prompts

1. Write about a personal experience where you recognized narcissistic behavior.

2. Create a list of biblical characteristics that contrast with narcissism.

3. Plan a family discussion on how God's love counters selfishness.



Day 2: 🛡️ Recognizing Narcissism's Impact

Prayer for Today

Lord, open my eyes to recognize the subtle ways narcissistic influence can creep into relationships and homes. Help me to remain rooted in Your truth and to teach my children the difference between genuine love and selfish manipulation. Renew my mind daily and guard our family from harmful patterns. Strengthen us with Your humility and grace. In Jesus' name, *Amen*.





Day 3: ❤️ Cultivating Unconditional Love



Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind... it always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- *John 15:12 - "My command is this: Love each other as I have loved you."*
- *Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*



Devotional: The Power of Steadfast Love

Unconditional love is foundational to protecting children's hearts against narcissistic influence. The love described in 1 Corinthians 13 is not dependent on performance or worthiness; it is patient, kind, and steadfast.

When children experience steady, unwavering love from their mothers, they internalize their value in Christ rather than external approval. This shields them from the damaging messages of "You are not enough" typical of narcissistic manipulation.

Embrace opportunities daily to show grace, forgiveness, and encouragement. Let your love communicate safety and belonging without strings attached. This creates a nurturing environment where truth and vulnerability flourish.



Reflect and Apply

1. How can unconditional love reshape your child's view of themselves?

2. What challenges do you face in loving patiently and kindly, even when it's difficult?

3. How does Christ's love model the kind of love you want to cultivate at home?



Day 3: ❤️ Cultivating Unconditional Love

Journaling Prompts

1. Recall a time you experienced unconditional love and how it impacted you.

2. List practical ways you can show patient and kind love to your children today.

3. Write a prayer asking for help to love as Christ loves.



Day 3: ❤️ Cultivating Unconditional Love

Prayer for Today

Gracious Father, thank You for the perfect example of unconditional love in Jesus. Help me to imitate that love in my parenting—patient, kind, and forgiving. Heal any wounds in my children's hearts and fill them with a deep sense of worth rooted in You. May our home be a refuge of love that withstands all attacks. In Your name, *amen*. ❤️ 🙏 🌸





Day 4: 🌱 Teaching Truth in Every Season



Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *2 Timothy 1:13 - "Hold on to the pattern of sound teaching."*



Devotional: Empowering Through God's Truth

Truth is a powerful defense against the confusion narcissism sows. John 8:32 reminds us that knowing the truth brings freedom — freedom from lies, control, and distorted perception.

As mothers, teaching our children the truth of God's Word equips them to see through false narratives and stand firm. This teaching should be consistent and adaptable, speaking into different life seasons and challenges.

Use Scripture as your guide daily, making it accessible and relatable to your children. Through stories, prayers, and honest conversations, you cultivate discernment and anchor their identity firmly in God's promises.



Reflect and Apply

1. What truths from Scripture resonate most with your family's needs?

2. How can you incorporate God's Word regularly in your children's lives?

3. What lies do you need to confront personally to better teach your children?



Journaling Prompts

1. Write down key Scripture verses you want to share with your children.

2. Reflect on a situation where knowing the truth brought freedom.

3. Plan a family devotion focused on understanding God's word better.



Day 4: 🌱 Teaching Truth in Every Season

Prayer for Today

Lord Jesus, thank You that Your Word reveals truth that sets us free. Help me to faithfully teach and model this truth for my children. Guard their hearts from deception, and give me creativity and patience as I share Your promises. Let Your light guide every step we take together. In Your precious name, *amen.* 🌱 🙏 📖





Day 5: Modeling Humility and Service



Your Verse

Philippians 2:3-4 - "Do nothing out of selfish ambition but in humility value others above yourselves."

Supporting Scriptures

- *Matthew 20:28 - "The Son of Man did not come to be served, but to serve."*
- *James 4:6 - "God opposes the proud but shows favor to the humble."*



Devotional: Living Out Humility Daily

Humility counteracts the pride and self-centeredness inherent in narcissism. Paul's exhortation in Philippians challenges us to place others above ourselves, a radical mindset in a culture that often celebrates selfish ambition.

As a mother, your example matters deeply. Children observe how you treat others, handle conflict, and serve those in need. Modeling humility teaches them the joy and strength found in putting others first and living in grace.

Practice small acts of service with your family. Celebrate humility openly. When mistakes happen, demonstrate repentance and forgiveness. These habits help protect against narcissistic tendencies by fostering empathy and community.



Reflect and Apply

1. How do your actions reflect humility or pride to your children?

2. In what ways can your family serve others together this week?

3. What steps can you take to develop a more humble heart?



Journaling Prompts

1. Journal about a time when humility led to healing or growth.

2. List practical ways you can teach your children to value others.

3. Reflect on how Christ's humility inspires your parenting.



Day 5: 🕊 Modeling Humility and Service

Prayer for Today

Father God, teach me humility and a heart that seeks to serve rather than be served. Help me reflect Christ's example to my children daily. Create in us a family culture marked by grace, forgiveness, and empathy. Shield us from prideful attitudes and empower us in humble love. In Jesus' name, *amen*. 🕊





Day 6: Setting Boundaries in Love



Your Verse

Galatians 6:5 - "Each one should carry their own load."

Supporting Scriptures

- *Matthew 7:6 - "Do not give dogs what is sacred; do not throw your pearls to pigs."*
- *Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."*



Devotional: Healthy Boundaries Protect Hearts

Boundaries are an essential aspect of protecting children from narcissistic influence without withdrawing love. Setting limits teaches responsibility and safeguards their emotional and spiritual health.

While it can be difficult to say “no” or stand firm in love, Proverbs reminds us to guard our hearts vigilantly. Jesus’ teaching in Matthew encourages discernment about what we allow in and whom we trust deeply.

Parents can lovingly guide children to understand healthy boundaries — in relationships, media, and personal behavior. This empowers children to carry their own loads while feeling supported and secure.



Reflect and Apply

1. What boundaries exist or need establishing in your family?

2. How do you balance love and discipline with your children effectively?

3. What fears or concerns surface when you consider setting firm boundaries?



Journaling Prompts

1. Reflect on your family's current boundary practices and their impact.




2. Write about a time when a boundary brought protection or clarity.

3. Plan a discussion with your children about why boundaries matter.



Day 6:  Setting Boundaries in Love

Prayer for Today

Lord, grant me wisdom to set loving boundaries that protect my children and honor You. Help us to walk in discernment, guarding our hearts while extending grace. Strengthen us to carry our individual loads with faith and responsibility. Surround us with Your peace and protection. In Jesus' name, *amen.*   





Day 7: ✨ Trusting God's Sovereign Care



Day 7: ✨ Trusting God's Sovereign Care

Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Romans 8:28 - "In all things God works for the good of those who love him."*



Devotional: Finding Peace in God's Protection

Ultimately, protecting your children involves placing deep trust in God's sovereign care. While we take active steps to guard and guide, He remains our refuge and strength through every challenge.

Psalm 46 assures us that God is present in our struggles, including parenting challenges in the face of narcissistic influences. Isaiah's words invite us not to fear because God walks with us.

Trusting God means releasing control, asking for His wisdom, and resting in His goodness. It is a posture of faith that comforts both you and your children. Know that God works all things for your family's ultimate good and glory.



Reflect and Apply

1. How can trusting God change your approach to protecting your children?

2. What fears do you need to surrender to God to experience His peace?

3. How does God's sovereignty encourage you in parenting challenges?



Journaling Prompts

1. Write about a time when you experienced God's help in a difficult moment.

2. Reflect on how trusting God affects your leadership as a mother.

3. Pray and journal your surrender of parenting fears and plans to God.



Day 7: ✨ Trusting God's Sovereign Care

Prayer for Today

Dear Father, thank You that You are our refuge and strength, present in every trial. Help me trust Your sovereign care over my children and me. Calm our fears and remind us that You work all things for our good. May we rest in Your peace, confident in Your unfailing love and protection. In Jesus' name, *amen*.





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