



“Coping During the Holidays Without Your Kids”

By Meggin Schiffner & friends

- Meggin wrote that getting stuck in your emotions of loneliness, shame, rejection, anger, and listening to the inner voice that says *you are a failure* will keep you from moving forward into healing and becoming renewed to be the mom you want to be. Do you agree or disagree and why?
- Why do you think the author suggested you ask God to forgive you for thinking negatively about yourself?
- What two things from the list of ideas to do for your kids, are you going to try?

Bonus Questions:

- Make a 3-month, 6-month, 9-month and year’s goal for one special thing to do for your child(ren) each quarter. Write the ideas down on a calendar to remind you when it’s time.
- Do you think it is possible for a mom to live with her kids and still be “separated” from her kids? Why, or why not?

Reach UP to God. Ask God to help you do something for your child that he/she needs and would be so happy to receive from you. Ask Him to help your child cope while you are away and reunite you as soon as it is possible. Ask for His presence to cover them with peace and protection.

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