



PARENTING SUPPORT

# PLANTING SEEDS OF GREATNESS

HOW OUR WORDS HAVE POWER

IT'S OKAY  
to ASK  
For HELP

hard  
worker

KEEP UP  
the good.  
WORK

YOU  
CAN  
DO IT



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# Seeds of Greatness



When we speak truth and life into our children, it inspires them. Our words often become their inner voice. God calls us chosen, loved and so much more! Let's speak these Biblical base truths into their lives.



## ENCOURAGING PHRASES FOR MOTIVATION

- "Trust the instinct God gives you." or "I believe in you."  
*2 Timothy 1:7* says God equips and strengthens us to face challenges.
- "You really know how to work hard." or "This is tough. But so are you."  
*Romans 5:3-4* says Perseverance leads to character and hope.
- "Relax, do your best, & trust God for the rest."  
*Philippians 4:6-7* says God's peace and presence guide us in all things.

## POSITIVE PHRASES FOR LOVE AND BELONGING

- "I love being your parent." or "I'm so glad you're in my life."  
*Psalms 127:3* says Children are a blessing from the Lord
  - "I love your hugs." or "Your smile is one of the best things about you."  
*Psalms 139:14* says God created us with love, joy, and unique qualities.
  - "I am so proud of you." or "I love the person you're becoming."  
*Philippians 1:6* says God delights in the growth of His children.
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  - "You bring so much fun to our family." or "You really bring everyone together."  
*1 Thessalonians 5:11* says God created us for connection and joy in relationships.
  - "I love listening to you talk." or "I love you."  
*1 John 4:19* says Love is the foundation of our relationships, as God's love is for us.

## POSITIVE PHRASES FOR BAD DAYS OR DIFFICULT TIMES



- "What you're feeling is normal." or "It's okay to be mad, upset, or sad."  
*Psalms 34:18* says God understands our emotions and offers comfort.
- "We have hope to look forward to." or "Tomorrow is a new day with new blessings."  
*Lamentations 3:22-23* says God's mercies are new every morning.
- "What can I do to help?" or "I'm here to listen whenever you want to talk."  
*Galatians 6:2* says God calls us to help with one another's burdens.
- "Look how far you've come." or "You didn't give up. That was impressive."  
*Hebrews 12:1* says God rewards perseverance and faithfulness.
- "No matter what happens, I'm here for you."  
*Isaiah 41:10* says God's love for us is unchanging and eternal.
- "You did it!" or "I knew you could do it!"  
*Ephesians 3:20* says God empowers us to accomplish great things.

## WORDS OF ENCOURAGEMENT TO KIDS BUILD CONFIDENCE

- "It's okay to be scared." or "Being brave doesn't mean you're not afraid. It just means you try anyway."  
*Joshua 1:9* says God is our strength and courage in times of fear.
- "You are a kind person." or "What you did was kind and thoughtful."  
*Ephesians 4:32* says God calls us to show love and kindness.
- "You're stronger than you think." or "How did you figure that out?"  
*Philippians 4:13* says God gives us strength beyond what we imagine.

## ENCOURAGING WORDS TO PROMOTE A GROWTH MINDSET

- "You have improved so much." or "Your hard work is paying off!"  
*2 Peter 3:18* says Growth is a process guided by God.
- "It's okay to make mistakes. That's how we learn."  
*Proverbs 24:16* says God's grace allows us to learn and grow through our imperfections.
- "You can always ask for help." or "Learning can be messy, but keep at it."  
*James 1:5* says God gives wisdom to those who seek it.

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