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# Presence over Perfection

A stylized illustration of three children standing outdoors. On the left is a young boy with short hair, wearing a t-shirt and suspenders. In the center is another young boy with short hair, also wearing a t-shirt and suspenders. On the right is a young girl with long hair, wearing a t-shirt. They are all smiling. The background shows trees and foliage. The entire image has a dark, muted color palette with a sketchy, textured appearance.

Nurturing Faith and Resilience in  
Our Children

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# Common Heartaches



Am I lazy?

Pursuit of A's

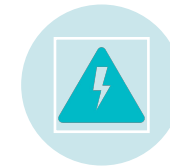
Declining  
Mental  
Health



# Lazy, Burnt-out, or Clueless?



Unmotivated



Guilt



Panic



Stress



Lose sleep /  
appetite

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# The Pursuit of Perfection



Cultural emphasis on  
**EXCELLENCE**



Only outcomes matter





# Anxiety & Depression in High Achievers



CONDITIONAL LOVE  
LINKED TO GRADES



FEAR OF BEING  
NOT GOOD  
ENOUGH

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# Root Causes



Lack of Coping Skills



Overprotective  
environments



Deficits in Emotional  
Regulation



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# Tackling Root Causes with Love and Wisdom



## Foster emotional connection

Create space for open, non-judgmental conversations

Share your own mistakes and coping strategies



## Let them stumble safely

Allow failure and frustration to build resilience

Avoid solving problems for them—support them through it



## Affirm effort and identity

Praise their process, not just the result

Remind them they are loved beyond their performance



## Practice presence over productivity

Be fully present in small everyday moments

Show, **assure** them that your love isn't earned—*you love them because they are yours*



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# Jesus knows our worries



Worry is  
normal for  
parents

He knows  
ALL our  
fears

He has  
overcome  
the world





# God's Promise: His Presence

**Deuteronomy 31:8**

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

**Joshua 1:9**

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”



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# The Greatest Gift



*So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.*

*-Isaiah 41:10*

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