

# Gaps and Voids

## Navigating Personally

Isaiah 43:1-3a, 4b: *“Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the Lord, your God, the Holy One of Israel, your Savior...because you are precious to me. You are honored, and I love you.”*

Theme: Recognizing and Identifying the voids in our life is a healthy process for our hearts. We need to grieve our loss and we have permission to do so.

- Emotional Voids
  - Physical Voids
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- To avoid these voids could potentially create: doubt, fears, insecurity, the belief we deserve this
  - To walk through these opens us up to where we are broken.
    - This goes beyond behavior and circumstance.

Notes:

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## Navigating as Parents

Psalm 103:13-14, 17- *“The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; he remembers we are only dust...But the love of the Lord remains forever with those who fear him. His salvations extend to the children’s children...”*

Theme: Inviting the Lord to step into the voids in our family and giving Him the opportunity to be exactly who He promises us he is.

Areas of focus:

- Intentional Prayer
- Routine and Boundaries
- Building in Safe Spaces
- “I am sorry...”

Notes:

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## Navigating through Community

Psalm 139:1-5: *“O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I am far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head.”*

Theme: Building in community for yourself and your family, will not help you with immediate tasks, but also seeing the Lord move through others to occupy specific voids in our family.

- Avoid isolation.
- Start small.
- Get plugged into places with people who are walking in a similar season.
- Pray Continually and Wisely Discern.

Notes:

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## Resources:

Bible Focus: Psalms

Books:

- *Bringing Up Girls* by Dr. James Dobson (also has a *Bringing Up Boys*)
- *Parenting: 14 Gospel Principles That Can Radically Change Your Family* by Paul Tripp
- *Power of a Praying Parent* by Stormie Omartian