

Welcome to Empowering  
Homeschool Conversations,  
your authority in- Okay,  
I'm gonna have to do that  
again because it didn't time out right.

Sorry, Peggy.

All right, I'm gonna start it again.

Welcome to Empowering  
Homeschool Conversations,  
your authority in  
navigating the world of  
homeschooling diverse learners.

Featuring Peggy Ployer from  
Sped Homeschool,  
Annie Yorty from AnnieYorty.com,  
Leilani Melendez from Living With Eve,  
stephanie buckwalter from  
elarp learning and don  
jackson from don jackson  
educational consulting and  
tutoring with over 75 years  
of combined homeschooling  
expertise experiences and perspectives

This group is eager to share  
their wealth of wisdom to  
empower your homeschooling journey.

So grab your favorite mug, settle in,  
and get ready for insightful discussions,  
valuable insights, and practical tips.

Give your homeschool the  
power boost it needs to  
successfully educate the  
unique learners in your home.

Hello everyone, it's Leilani today.

I'm so excited to be sharing  
with you a very special guest.

His name is Aaron Brewster  
and he is president of  
Evermind Ministries and he  
is a biblical counselor.

And we have chatted before  
and he has some amazing  
insight when it comes to  
emotions and how to  
just deal with emotions in  
general as a parent.

And we'll be talking about kids as well.

So welcome.

Thank you very much.

I'm super excited about this.

I was homeschooled.

I've homeschooled my children.

I am a huge advocate of homeschooling.

So I love any conversation  
that has to do with that for sure.

Okay.

So did you want to tell them

about your course really quick?

Because sure.

Yeah.

Yeah.

Because I'm going to tie  
that in because I've been doing it.

Yeah, go ahead.

So Evermind Ministries is a  
family of ministries.

The goal of Evermind  
Ministries is to keep God's  
truth at the center of the  
human experience.

But if we look at the human experience,  
it's so multifaceted.

You're a mother, you're a teacher,  
you're a daughter, you're a wife.

And so we wanted to have our  
ministry be able to focus  
in on those different aspects.

So one of the first  
ministries in Evermind is called Truth,  
Love, Family.

I mentioned that one in a second.

We have a couple others.

One of them is about  
personal discipleship and  
the discipleship of others  
called the Year-Long Celebration of God,

which has a podcast.

Then there's also Faith Tree  
Biblical Counseling and Discipleship,  
which is our podcast.

crisis counseling and discipleship arm.

But then Truth Love Family,

we have a podcast called

Truth Love Parent,

which has been running since 2016.

It has over 500 episodes.

We're coming up on 550 here soon.

And we've just been loving  
cracking open God's word to  
help parents learn how to  
worship God better through  
their parenting.

So I would encourage your listeners,

if they're looking for  
another parenting podcast  
to add to the list,

they can check out Truth  
Love Parent wherever they  
listen to podcasts.

But Evermind Ministries has  
an app and it's called the Evermind app.

And you can download that  
and create a free account.

And then you can access all

of the different things  
that Evermind Ministries has,  
including Truth Love Family,  
including the Truth Love Parent podcast.

And including a special gift  
I'd like to offer your audience today.

It's called the Doctrine of Emotion.

And it's an online course  
that normally sells for \$25,  
but I'd love to give it to  
your audience for \$10 today.

And it's just packed full of stuff.

It has some curated content  
from various podcasts that  
I've done all about emotions.

It also has some elements  
pulled out of another  
course that I did for  
individuals who were  
diagnosed with lethal  
illnesses and injuries.

We were talking about how to suffer well.

And in the course of that,  
we discussed how to glorify  
God and how to respond to  
sorrow and fear and anger  
and depression and

So those elements are also  
included in this course.

And it's just a bunch of stuff,  
different conversations  
that I've had and some  
workshops that I've done  
for the Association of  
Certified Biblical  
Counselors that all tie  
into this theme about emotion.

Why did God give it to us?

How do we handle it?

What do we do with it?

So that course is on the Evermind app.

It's called The Doctrine of Emotion.

And you can share that link

with your audience.

And I hope they take a look at that.

Yeah,

I'll make sure they go in the show notes.

And so I have been tinkering

with the app a lot and

listening to things like on

car rides and such.

And the one that I love is

the Doctrine of Emotions.

I was even listening to it this morning.

But I don't know,

as I was going through it,

just as a parent, just my emotions,

and I know our kids have emotions,  
just understanding.  
So I don't know,  
I guess maybe I should ask  
you some definitions, so defining terms.  
Emotions, like what are emotions,  
what are feelings, that kind of stuff.  
Yeah, the super important thing to ask.  
So I want to just say from  
the outset that I too, as everybody is,  
there really is nobody out  
there who is emotionless.  
They're not robots.  
They're not Vulcans.  
We're all emotional.  
It's just we exhibit those.  
We show those on the outside  
in different ways.  
And growing up in my life,  
my predominant emotion  
Negative emotions have always been fear,  
fear being the main one.  
And then if I lash out in anger or sorrow,  
oftentimes it's rooted in that fear.  
So that's something that  
I've grappled with my whole life.  
And by God's grace,  
the truths that I share  
have come from his word via me,

via the impact they've had  
on me first and foremost.

And emotions are a difficult  
thing because really, to be honest,  
the church isn't talking  
about it that much.

And so all of our  
understanding about  
emotions is coming from the world,  
either through education or  
through entertainment.

We're just kind of,  
and even if they're not  
sitting down saying this is  
what an emotion is,  
just the way that people talk,  
we're picking up  
from them,  
their cues about what emotions are.

And we're believing things  
that are actually patently false.

Now there's a ton we could say about this,  
but I want to just kind of  
make it accessible for us today.

And I want to do a couple of  
things just to kind of set  
a framework for everything  
that we're about to talk about.



Emotions are not inherently sinful.

or moral or righteous

because emotions are just

what I like to call a pure

emotion is just a chemical

reaction in the body.

That's all it is.

God's given us lots of

chemicals and hormones and

things that interact in our

systems that do a lot of

great things for us.

Excuse me one moment.

One of the reasons that God

has given us emotions is

just to make life more enjoyable.

You know,

we're not just rocks that just

kind of experience things.

We're not just animals with

instinct that just kind of

always reacting based off

of just this unknown

motivator in our minds.

We have the ability to

experience emotion and

they're all fantastic when

they're all submitted and

when we experience them for

God's honor and glory.

How that happens is part of the reason,  
part of the things that we misunderstand.

But as a pure emotion,  
as a chemical that goes through our body,  
that's all emotions really are.

And so one of the issues  
that we have when  
communicating this is the word,  
the words feeling and the  
words emotion and how we use them.

Now,  
most of the time when people use the  
word emotion,  
they're talking about what  
we would call a feeling, right?  
Because they're interchangeable.

but they use the word feel  
to describe so many things.

They say, I feel cold, right?

That's a tactile feeling  
that's because of nerve  
endings and things like  
that may have some  
chemicals involved in it.

They say that I feel happy.

That's kind of that pure  
emotion that we're talking about.

But they also say things like,  
feel like you're mad at me,  
which doesn't actually have  
anything to do with feelings at all.  
It's more of actually just a thought.  
It's a kind of a sliver in their brain,  
a question in their mind  
that they express as a feeling.  
We use the word feeling to  
describe supposed communication with God.  
Like, you know, God, you know, I have this,  
I just had this feeling of  
peace that this is right.  
So we have,  
we use this word feeling in so  
many different ways that it  
really starts to confuse  
our understanding of what  
are we feeling and what are  
we thinking and what are we  
believing and what are we  
wanting and all of those  
different distinctions.  
So parsing away all of that  
just for the moment.  
reducing it down to emotion  
is a chemical response,  
then we're halfway there to  
understanding.

I say halfway there because  
the world doesn't go beyond that.  
If you're familiar with Pixar's Inside Out,  
they would give you the  
idea that emotions are kind  
of at the helm of our choices.  
What we say, what we do,  
emotions are there pushing the buttons.  
They're the motivator.  
But that's not a biblical  
anthropology in the slightest.  
It's actually more accurate  
to say that emotions are the consequences,  
that something else is  
pushing the buttons and  
emotions can sometimes be  
the result of that.  
But the world also says that  
an emotion is pretty much just a stimulus,  
which they say almost all the time,  
they'll say comes from the outside,  
which is missing half the boat.  
And then they'll say you'll  
have a physiological response,  
which then comes outward in  
a physical response to it.  
So as an example,  
a spider crawling across the floor,

the person feels something  
and then they get on a chair and scream.  
That would be basically what  
they reduce emotions to.  
But there's a really,  
really important element  
that's missing from that description.  
Because you could have three  
different people,  
or you got a bunch of  
different people in a room,  
and they all see the spider  
crawling across the floor.  
And a couple of them will  
actually have the same  
chemical response shoot  
through their bodies.  
And yet they'll act differently.  
So a Christian,  
a scientist should ask the question, well,  
why is that?  
If we could test and we can  
what the chemicals are  
doing and what brain  
chemistry is going on in that moment.  
And we can see that these  
two people are having the  
same physiological response,  
but they're acting differently.

We've got to ask why.

And without, again, going into a deep dive,

and I've probably already

spoken so long that people are like,

I thought he said he was

going to keep this short.

But what's happening is this.

There's an extra step.

that all of us interpret our

feelings in one way or another.

So what's interesting is

this two people in a roller

coaster could have that

surge of adrenaline that

goes through their body.

One person can interpret that as fear.

Their whole life growing up,

every time they had that

surge of adrenaline,

it was associated with

something that they didn't like.

They were told from their

speech teacher that they

had stage fright.

They've been told that,

you look like you're afraid.

So they had it reinforced in

their mind that this rush

of adrenaline is fear.

The person sitting next to them,

Their hands are in the air.

They're screaming and

whooping because they've

associated that feeling of

adrenaline with exhilaration, with joy,

with enjoyment.

Same chemical reaction,

two different

interpretations of the event,

subsequently different

responses in light of the stimulus.

So as we talk about emotions,

we need to realize that, yes,

you are physiologically

feeling something.

But just because you're

feeling that way doesn't

mean you have to respond

physically or mentally in a certain way.

And it all really boils down

to how you choose to interpret the event,

the stimulus,

as well as the chemical

reaction in your body.

And yes,

I will say right off the bat that

you can learn to retrain

yourself to interpret  
emotions in light of biblical realities,  
which is super exciting  
because there's hope there  
that we can change.

But anyway,  
so one more thing I was going  
to say was just that in the  
cause of adrenaline,  
there's another interesting point.

Some people have that feeling.  
Here people interpret it as exhilaration,  
but also oftentimes as well,  
that feeling of adrenaline  
is interpreted as sexual attraction.

So which some people will  
say is like exhilaration,  
but it is different.

And so that again, same chemical,  
same process physiologically,  
but it's being interpreted  
differently by the person  
in the situation.

And I think there's a lot of  
work that needs to be done  
on this specifically by  
Christian scientists and  
Christian doctors.



I think that we need to  
publish more on this.

I think that we need to talk  
more about this.

And we definitely need to  
preach more about it in our  
churches to equip people to not feel,  
quote unquote,  
like emotions are at the  
helm of their lives, but that no,  
they control their emotions  
to many degrees.

They control how they  
interpret and respond to  
their emotions and really  
set people free by the  
truth of God's word.

So when you said all that,  
the first thing that came  
to mind was as a parent of  
someone who has a disability,  
my anger and the fear, too,  
of what's going to happen  
to them when they grow up.

You know, like, OK,  
so when I'm homeschooling,  
I'll think of a practical example.  
So when I'm homeschooling my  
one of my kids that has

ADHD and they're distracted  
and unfocused and then I start to worry,  
like,  
are they learning what I'm teaching them?  
Am I doing a good, you know,  
and then I get angry and  
then I start yelling that I can control.

Was that a question or a statement?

Yeah,

I guess it's a question and a statement.

The statement is true.

Yes, you can by God's grace.

That is something that you  
can control to his honor and glory,  
not the feelings per se.

I think over time and with practice,  
we learn to control that.

somebody who sees that  
spider crawling across the  
floor can learn to not be  
bothered by not have the  
same adrenaline rush in  
fact I saw a woman on  
Instagram who apparently  
earlier in her life was  
just petrified of spiders  
and now in her Instagram  
video she was actually

playing with one on a web  
and it was going like this  
and it was going around so  
yeah we can learn to do both but I  
You can learn to control  
those chemical reactions,  
but then more importantly,  
regardless of whether the  
chemical reaction is there or not,  
you can learn to respond in  
a biblical way in lieu of those emotions.  
Okay, so now I'm thinking too, as a parent,  
but also when a child is  
crying and they're upset,  
it's okay for them to be afraid,  
but how they respond is  
what I can work with them on.

Okay.

I'm going to dissect that a little bit.

It's okay for them to feel  
the chemical response going  
on inside of them.

What's interesting is this,  
and some people will push  
back on this and this is fine.

They can push back.

Everyone's entitled to their opinion.

And I can say,

this is my opinion on the subject.

But again, since the very,  
there's really only one  
major chemical that plays  
any significant impact on  
what we consider to be what we,  
when we say that we're fearful or anxious,  
right?

Um, it can be produced by various things.  
Um, you know, medication,  
having the wrong medication dosages, um,  
having a fungal infection  
like Candida or something  
like that can cause, sorry,  
if you're my dog bark in the background,  
uh, can cause us to,  
to feel different things  
that we interpret as being fear.

But one of the things I've  
found that has been super  
valuable for me is just to  
teach myself that  
technically fear doesn't exist.

And I'll say this for a couple of reasons.

Number one,

Practically, because it's not actual fear.

It's called adrenaline and  
it can be interpreted and  
used in different ways.

So why is it fear in this  
setting and not fear in this setting?

Well, it was all about my choice.

So why don't I just choose  
to interpret it differently?

But secondly,  
of all of the commands in scripture,  
the command to fear not is  
the most oft repeated.

It's also the one emotion  
that is talked about more  
than any other emotion.

The Bible actually doesn't  
have a lot to say about  
emotions in general,  
but it has a ton to say about fear.

And so one of the things I  
think we can do as parents  
is the first and foremost  
is just to help instruct  
them what's going on in their body.

The adrenaline response is  
given to us by God as a  
gift in high stress situations, right?

The adrenaline response  
kicks in for a reason.

And that reason is to make  
our brains sharper, our reflexes faster,  
our senses more attuned so

that in a fight or flight situation,  
we can respond.

What's funny is that we as  
human beings have added a third category.

You might have heard people refer to fight,  
flight, or do you know the last word,  
the last F?

I don't.

Oh, good.

You haven't heard it yet.

Fight, flight, or freeze.

And so what happens in the  
freeze one is that we get  
overwhelmed with the tool  
that God gave us to fight or fly.

And because we're so  
overwhelmed with the tool,  
we're frozen and unable to fight or fly.

And that's actually a,  
we're abusing the tool.

We're not understanding it.

The freeze function has come  
up because we don't  
understand what's going on.

And our children oftentimes  
experience that.

So we want to teach them,  
this is a tool that God gave you.

And you can tell them the  
stories about how in difficult situations,  
people were able to do  
really amazing physical feats,  
like rip the doors off of  
cars and things like that  
because of this wonderful  
tool that God gave us in  
high pressure situations.

So we teach them what's  
going on in their body and  
we don't label it as fear.

It's adrenaline.

By God's grace,

I remember the day it happened.

My children, my daughter was much older.

But she said to me,

she didn't say I was afraid.

She said to me, I was feeling adrenaline.

And I was like, yes, she's getting it.

Praise God.

But of course,

she was already in her teens.

I think when I actually

heard finally heard her say that.

But if we start early enough

to help them to interpret it correctly,

we're doing them a huge favor.

So then the second thing we

want to help them identify is, well,  
what was that stressor that  
made our bodies kick in and say, hey,  
we need an adrenaline  
response in order to fight  
or fly this from this thing?

And oftentimes, as you know,  
working with children is  
that most of the things that,  
a lot of the things that  
scare children aren't  
things that actually we  
need to be afraid of, right?

The dark is a perfect example.

The reason we respond to the  
dark the way we do has  
nothing to do with the  
intrinsic danger in the dark.

It has to do with our  
misunderstanding of the situation.

Sometimes it has to do with  
the fact that as human beings, as sinners,  
we're control freaks.

And so we feel like we're out of control.

We don't know if there's something here.

And we start to play out  
things in our mind.

So to help the child recognize, well,



why was that adrenaline going?

Should it have been going?

What can we do next time to

recognize that just because

the light's off,

doesn't mean that our body

needs to kick in the

adrenaline because God gave us this tool,

but sometimes we flip the

switch at times that we don't need to.

So it's this process of even

at a very young age,

even if they have special

needs and an appropriate

way for them to learn to

understand what's going on.

You might get out a toolbox

and pull out a hammer or a

screwdriver and call this

one adrenaline and call this one dopamine,

or maybe not.

You can pull those things

out and you can say, okay, now,

Now, if there's a nail,

are you going to pull out

the screwdriver?

No, you don't need a screwdriver.

What do we need for a nail?

And helping them to

understand that in the same way,  
the chemicals flowing  
through their body in many  
ways are similar,  
that we need to use the  
right chemicals at the right time.  
But in the end, once they understand that,  
and even if they don't understand that,  
of course,  
really what it comes down to is  
every single time God tells  
us not to fear,  
it's associated with a  
promise of who he is.  
So fear disappears in the face of trust.  
Whether I'm trusting, I mean,  
there are people, I mean,  
we know the silly example, right?  
The child's imagining that  
this dark room is filled with monsters.  
So what do they do?  
They grab their teddy bear  
and put their blanket over  
their head because now they're safe,  
right?  
Which of course is ridiculous,  
but if that were true,  
that there are monsters in the room.

But in that moment,  
they are trusting that this  
thing that they've created  
is going to protect them.  
So it can even be trusting  
of something that's actually impotent.  
How much more powerful is it  
when we trust something  
that we believe is omnipotent?  
So when we trust that God's in control,  
when we trust mommy and  
daddy that when the lights turned off,  
my only job is to sleep and  
I can trust them to take their advice,  
to pray a prayer and tell  
God that I'm feeling this  
adrenaline and I know I  
need to settle down and go  
to sleep and ask him to help me.  
And we're empowering them to  
see the situation  
biblically for what it  
really is and to think  
maturely about how to respond to it.  
Now,  
you can do that to your blue in the face.  
That doesn't mean the  
children are actually going to act on it.  
Right.

That's that's parenting.

But this is a process that  
we can have in their lives  
that will probably have in  
their lives till the day we  
die of just helping them to  
understand truth and  
respond correctly to it.

I'm also thinking modeling, too.

Oh, sure.

We have to be doing it.

And you mentioned, okay,  
so dopamine is also one of  
the chemicals that flows  
through our body with adrenaline.

Not with adrenaline necessarily.

Okay.

It's just,

it's another chemical that we deal with.

It's a neurotransmitter and, you know,  
can have different effects on our bodies.

That one's mostly associated with,  
I'm double checking my notes here,  
with pleasure.

So dopamine tends to be that one.

And that can get us in trouble too.

What was that?

I said video games.

Yes, exactly.

Video games, addictive substances,  
inappropriate relationships, right?

Again,

it's a tool designed to make  
Christ-honoring experiences beautiful.

But when we use the tool in  
the wrong setting,  
we're reinforcing in  
ourselves a negative habit,  
a negative response to  
something we shouldn't be doing,  
something we shouldn't be  
interacting with.

So yeah,

that's another example of a  
similar concept.

Okay.

And I love that quote,  
that fear disappears in the  
face of truth.

Trust, yes.

Trust.

Trust, yeah.

Trust in the face of trust.

So yeah,

and I was just thinking about how- No,  
what you said is equally accurate.

I just put it out there.

I was just thinking that.

No,

I guess you could just keep going about emotions.

And I think we talked about something before the show just briefly, an analogy that you were sharing.

I thought it was really, really interesting.

And even though not everybody watching this show may agree with it or not,

I think it's food for thoughts in regards to children that have unique abilities.

And it gets me thinking too, because it is a lot harder for us.

For sure.

I know we have to look at ourselves too.

And like a lot of this I'm taking in is how can I be more calm?

How can I control my anger?

How can I control my fears or at least not have, not have those fears by trusting?

One of the things I tell, and so that point before we move on,

cause you brought it up a  
couple of times out and  
it's super important.

Again,

if fear disappears in the face of trust,  
then what do I need to trust?

And a couple of biblical  
truths that are very comforting.

We recognize, first of all,  
God's sovereignty, right?

He is in control.

I am not.

One of the consequences of  
that is the fact that you,  
Leilani Melendez,  
are absolutely incapable of  
messing up God's will for your children.

There is nothing you can do  
that will mess up his  
perfect will for your children.

Now,

there are choices your children can  
make that will result in  
them not experiencing his perfect will,  
but experiencing his permissive will,  
which is unfortunate for all of us.

David didn't have to commit  
a sin with Bathsheba because he did.

The Lord allowed that and

worked through it,  
but you can't mess up God's  
perfect will for somebody else.

So that's super comforting  
when we recognize that God  
is in control and we are not.

So even in those situations  
where you're wondering,  
is my kid getting this?

What might stop?

What is truth?

Philippians chapter four  
tells me I need to think on  
things that are true.

And what is true is that I  
have no control over this.

What is true is that God does.

He wants me to be faithful  
and to teach and to parent,  
not to cause my child to  
become something or be able  
to do something.

God expects me to teach and  
to parent the right way as  
an act of worship to him.

I keep it focused here.

I do what I do not to make  
my kids do something.



I parent the way I parent,  
not to get something from them,  
but I parent this way  
because God tells me to and  
he deserves my obedience.  
So keeping it focused here  
helps the fear associated  
with the horizontal  
relationships to melt away.  
Yeah, that's in regard to the  
The kids, I'm really,  
this is true regardless of  
whether the child has special needs.  
This is true of us,  
children who don't have any  
sort of disability in their life.  
I did a podcast series  
called Parenting Angry Children.  
It was a 10-part series,  
and we stepped through Ephesians 4,  
31 and 32 and all the  
associated passages to try  
to understand what is the  
Bible talking about when it  
talks about anger,  
the different forms that it takes,  
why it's wrong,  
how we can parent our kids through it,  
and so on and so forth.

The last episode of that series is,  
is called How to Help Angry  
Kids with Disabilities.

Or especially as you put any  
word you want in there,

But the points I'm going to make here,

I have a couple of points I  
want to bring out.

These are true for all of us.

So like the first point,

we live in a broken world.

Genesis 3, 17 through 19,

because of the curse of God in this world,

there are thorns, there's pain,

there's disease, and there's death.

Okay, so we live in a broken world.

First thing we have to understand,

but that is still under

God's sovereignty.

Number two,

the brokenness of this world

produces pressure.

Stresses.

Life is hard.

Okay, you've given birth.

How many times have you given birth now?

Four.

Four times.

Congratulations.

Well done.

But my wife has done two

after the second one.

She couldn't do it anymore.

Her body was so affected.

She has Ehlers-Danlos Syndrome.

which messes with all of the  
connective tissues in her body.

And her body just started to  
fall apart after the second one.

We wanted to have like 10 kids,  
but God knew best.

And so this creates pressures.

She has physical pressures  
in her life as a result of  
her pregnancies that maybe you don't.

And maybe you have things  
that maybe she doesn't and  
other women have different experiences.

Now, those pressures in and of themselves,  
they are what they are.

They're not inherently, I mean,  
we would say they're bad as  
a result of the curse,  
but they don't cause us to sin.

What they do, though,  
is they produce temptation.

So before the show,

the analogy I was using was  
if you take a child and you  
put them onto a playground, man,  
they're having fun.  
They're loving it.  
They could potentially,  
it depends on the child,  
I guess they could be  
playing out there for hours.  
Some of them will go make friends.  
Others of them will just go  
play by themselves.  
And as a specific thing,  
some kids are all over the  
place and one will stay on  
the swings the whole time.  
But you take those same  
children and you put a  
backpack on them and you fill it with 20,  
30, 40 pounds worth of weights.  
Each of those children now  
are not going to play and  
interact with the  
playground the way they would.  
Some of them won't get three  
feet from you before  
they'll break down and crying,  
wanting to go home.

Others who maybe were super  
friendly aren't now.

The kid's upset because he  
can't do the monkey bars.

I mean,

everyone that you can just imagine  
how your individual  
children will respond if they're told,  
go play soccer,  
go play on the playground  
with this backpack of weight on you.

That is pressure.

That pressure oftentimes  
creates a temptation  
because we are humans,  
because our hearts are  
deceitful and wicked,  
because we are prone to temptation.

James,

the book of James tells us that sin  
happens because we say yes to temptation.

So there's that pressure on our bodies.

Now,

the picture of that pressure can be a  
physical disease or a  
syndrome like my wife has,  
but it can also be the  
other struggles that a  
child may have that we don't understand.

We don't understand the chemistry or the physiology of autism or ADHD or things like that.

Those are pressures in their lives.

Another interesting example that most people don't consider is why do ERs and preschools increase their staff when a full moon is going to happen or when there's going to be a big thunderstorm or specifically a snowstorm.

Well, in regards to the full moon, the moon and the gravitational pull on the earth, man, that moon just drags the water around our globe.

It has effects on us too.

And young children and people who are older, but also very immature, they don't know how to respond to that effect.

The barometric pressure caused by an impending thunderstorm or a snowstorm, the air actually increases in weight and little

children don't know what it is.

They don't know how to respond to it.

They're uncomfortable.

For most of us as adults,

we've kind of grown up and

we figured it out,

but they're uncomfortable

and they don't know how to respond.

These are the pressures that

create the temptations.

So whether it's barometric pressure,

an actual backpack,

or some unknown

physiological thing that

they're struggling with,

this is going to multiply

temptation in their life.

Now,

Once we understand that,

we have to recognize that

the mature people, grown up,

spiritually mature individuals,

they are not insulated from

this temptation,

nor are they guaranteed to

overcome it in their own strength.

The Bible is very clear about that.

But that immature people,

they just give in to

temptation easier than mature people do.

I think we all can agree with that.

That's that's easy.

You know, a sibling, my sister,

when I was younger,

she's still younger than I am.

But, you know,

when she would do things to

me in my immaturity,

I would get frustrated with

her faster than I do now.

Jessica, if you're listening,

I love you and you never frustrate me.

So in our maturity,

we can we can give it by God's grace.

We can we can move past that temptation.

But the more immature you are,

easier it is to give into it.

So overcoming pressure, point number six,

is that we are is both a

physical and a spiritual undertaking.

This is important to recognize.

And this is why, ladies and gentlemen,

listen carefully.

Likely your child's doctors

have told you that

everything about them is physical.

Their problems, their cures, their needs,



it's all physical.

But the Bible tells us that

we have two parts.

We have a physical part and

we have a spiritual part.

And though our physical parts waste away,

the Bible has given us so

many promises for our spiritual part.

Promises that we can always

escape temptation by God's grace.

Promises that we don't have to sin.

Yes, life might be hard,

but we can still do what's right.

And it is a physical and a

spiritual undertaking.

So I always encourage parents.

Yes,

we want to do everything we can in a

Christ honoring way to

remove as many of those

unnecessary pressures in

our children's lives as possible.

why are we sending them out

there to play with a 40 pound backpack?

Why would we do that?

You know,

I hope there's a really good

reason you would do that.

And if your child has a

physiological issue that  
medication is helpful for great,  
pursue that.

We want our children to be  
physically healthy.

We want to put them into  
situations where they can  
thrive to God's honor and glory.

We want to deal with that.

And I'll just tell you as a  
biblical counselor,  
one of the first things I  
want people to do is get a  
medical checkup.

I am going to be looking at their diets.

I'm going to be looking at their sleep.

And I'll tell you what,  
those two right there  
automatically ends up being  
a huge foundation, you know,  
in the stressors that are  
in young people's lives in particular,  
especially because they're  
getting very little sleep  
and they're getting a ton of caffeine,  
right?

That has impacts on us.

So we want to take care of

the physical side.

Why are you laughing?

I want to know why you're  
laughing so much before I go on.

You said caffeine.

I'm thinking about myself  
like sometimes and I don't,  
I'm horrible at sleeping.

You and my wife both.

She is the queen of terrible sleep.

What's funny is when we first met,  
I called her the queen of naps.

She could sleep like a pro,  
but she's gotten older.

Sleeping has become a lot  
more difficult for her.

Well,

I also think it's funny because one  
of my children is actually  
seeing a biblical counselor,  
which I don't usually talk to him much,  
but I actually know I want to go.

But the first thing that he  
asked my son and he told me this was,  
what is your diet like and  
how is your sleep patterns?

And he thought it was really weird.

He doesn't tell me much about his sessions,  
but that was what he did tell me.

Yep,  
that's an important thing because  
there are real physical issues.

But that doesn't take away  
from the fact that there  
are spiritual issues that  
need to be acknowledged.

A person who claims that  
man's problems are only  
ever biological or physiological,  
they are denying the truths  
of scriptures.

They're living in a delusion  
and we need to acknowledge  
what the Bible says.

So as we acknowledge that,  
the seventh point is that  
God never promises to  
remove physical or spiritual pressures.

Okay, Matthew 5, 10 through 11, John 16,  
31 through 33.

We know that sometimes God  
even uses these pressures  
to help us to grow and mature in him.

But the next point is that  
God also never promises  
that we will overcome all  
physical pressures in this life.

Though we do have a promise  
the next point that we can  
always experience victory  
over spiritual pressure.

We don't have to give into  
temptation and sin.

We don't have that same  
promise on the physical side.

These are important things to remember.

Your child may never be cured.

Your child,

your daughter is going to have

Down syndrome for the rest of her life.

And that is not God failing.

That is not,

that is actually still his

grace in her life.

And that's another conversation,

but it's important to

recognize we don't have these promises,

but we do have this promise

over here that despite the

fact that I may not be able

to overcome all these

physical pressures and stressors,

I do have the promise that

I can have victory spiritually.

So the next point,

and that's 10 points we've

just burned through.

The next point is the nature  
of pressure is that  
sometimes it's physical and  
And sometimes it's spiritual  
and sometimes it's both.

And for the individual,  
we need to learn to  
identify which one it is.

And but for the parent,  
we need to learn to identify it.

Because, again,  
a teacher or a medical  
professional might be  
saying your child acts that  
way because they have this diagnosis.

Well,  
we as a biblical parent need to look  
at this and say,  
I need to be able to tell  
what is physical and what is spiritual.

And I'll tell you what, it's really,  
really easy.

The Bible is not a medical textbook.

If you go to the scriptures  
trying to figure out what's  
medically wrong with your child,  
you're not going to find it.

But if the Bible speaks to their behavior,  
if the Bible speaks to their attitude,  
if the Bible speaks to their words,  
if the Bible speaks to their emotions,  
you know that that falls  
into that category of  
spiritual struggle side,  
affected by the physical for sure,  
and tempted from the physical too.

But that you can separate  
out from the physical issues.

I don't normally do this,  
and I don't do this  
definitely for light reading,  
and I'm not a secular psychiatrist,  
but I have the DSM-5,  
the newest diagnostic and  
statistical manual of  
mental disorders here,  
because I always want to  
stay informed about what  
the world is teaching.

And one of the things that  
is very interesting is that  
you had mentioned ADHD earlier.

I had looked that up in a  
previous discussion.

I don't remember what page it's on.

But every single identifier,

every single one that a  
doctor is going to use to  
identify ADHD is behavioral.

There are no tests, blood tests,  
urine tests,  
spinal taps that can say that  
your child has ADHD.

It's all behavioral.

And some people will say, well,  
we found out that it's neurological.

Well,

even this book here says that when  
you look at all of the tests,  
they can't say that either.

They can't say it's actually  
a neurological thing.

So then we're stuck going, okay, well,  
if the medical doctors are  
looking at this and they're  
diagnosing it all on a behavioral basis,  
what if some of those  
behaviors the Bible says something to?

And what if some of those  
behaviors the Bible doesn't?

And that's where we as  
parents are to be wise and discerning,  
to help our children be set  
free by the truth of God's word that,



you know,  
there might be some things that  
you struggle with, like dyslexia.  
You know, I'm sorry, bud.  
I'm sorry that those things  
are backwards when you look at it.  
And we're going to keep  
trying to help retrain your brain.  
But you might have this for  
the rest of your life.  
But you know what, buddy?  
You don't have to be angry about it.  
You don't have to be afraid of it.  
You don't have to be  
discontent that God has  
chosen this path for your life.  
Let's see what the Bible says.  
Let's learn about who He is  
and see how trustworthy He is.  
And I will say just, you know,  
I'm not just, you know,  
some people kind of get the  
impression that people like  
me just say these things  
and we don't have any proof  
to back it up.  
But as a biblical counselor  
for a very long time,  
I have seen by God's grace

people with diagnoses all  
over the spectrum.  
get spiritual victory in their lives.  
They've overcome, not perfectly,  
but they've had victory in  
those areas where God says,  
this is a sin you need to stop.  
Despite the fact that, yes,  
they do have legitimate  
physical pressures in their life.  
So this is where we as  
parents need to be able to  
sit down with the scriptures and say,  
okay,  
what do I need to deal with  
spiritually with my child?  
And what do I need to deal  
with physically?  
And what is an interesting  
connection of the two and  
how they work together?  
And we need to get wise that way,  
according to the scriptures.  
I'll stop you over a few more points.  
Actually, just one more point to make.  
I'll make this point now.  
I'll let you ask any questions you want.  
So the final point there on

this particular episode was, therefore,  
as we seek to respond  
correctly to the pressure in our lives,  
or to help our children do  
it in their lives.

We must understand the nature of pressure,  
God's will concerning the pressure,  
and God's expectations for  
us in the pressure.

So four sub points,  
never call something a sin  
that God does not call a sin,  
and never say that  
something is not a sin if  
God says that it is.

Also,  
use every biological means possible  
to test your children's  
health and to help them be  
as healthy as possible.

Make your children's  
physical health a priority.  
but also make your child's  
spiritual health a priority.

I'll tell you that your  
average doctor is never  
going to talk about their  
spiritual health.

And if we're not careful,

it's easy to see our  
children as completely physical beings.

And all we're ever doing is physical,  
physical, physical.

And if we're doing that,  
we're failing them because  
God wants us to bring them  
up in the nurture and  
admonition of the Lord to  
help introduce them to him  
in a saving relationship  
and help them to grow in  
him and sanctification.

So that was a lot.

And I was trying to take  
notes a little bit here and there,  
but there was something.

Okay.

So a couple of weeks ago on the show,  
there was all of us girls  
were sitting and discussing  
how sometimes we blame  
ourselves for our children's disability.

Physical disabilities.

Yes.

And my wife has had a similar experience.  
you touched on that briefly  
because saying that it's not our fault,

this was God's will, this was his plan.

And I don't know, I thought that was,

I almost wish I brought it

up in the conversation,

but it is a real struggle

that I think a lot of parents go through.

Well, as far as we know,

my wife has passed down her

Ehlers-Danlos syndrome to our son.

He has a lot of the markers

for the same hypermobility that she does.

And our daughter has a few.

Um, it's a, it's a genetic disorder.

It's very likely that they both, you know,

have it,

but maybe my son has it to a

different degree than my daughter does.

And those same questions have come up.

I'll be honest.

I was honest with my wife.

You know, I've,

I've sometimes wondered if

I had known that if I had known, and then,

and Ehlers Danlos,

when we were first dating,

whatever else wasn't even

named at the time.

But if I had known that,

would I have not married

her because she might pass  
on some genetic syndrome to my children,  
right?

You know,  
we have these thoughts and of  
course it's foolish.

It doesn't matter what I would have done.

And we can discuss the  
ethical nature of whether  
or not we should marry  
someone and have children  
if that person has physical struggles.

But the reality is what you just said,  
Leilani, is 100% right.

That in the end,  
we're not in control of our  
children's DNA.

We're not in control of their genetics.

God is in control and God  
doesn't make mistakes.

And he uses these  
difficulties in our lives  
because he knows that this  
is what we need in order to  
become the people he's  
called and created us to be.

And when we see it biblically,  
we are set free from that

discouragement and that  
doubt and that despair that  
we might have that we're  
somehow the harbingers of  
our children's doom.

Yeah,

I had that same conversation too with  
my daughter, my other daughter,  
the one that Hannah, she...  
came to me confessing that  
she sometimes wishes that  
Naomi was never born.

I know that like for,  
but the fact that she told  
me that's huge and I just, I don't know,  
working through some of those things,  
just thinking that it was  
God's perfect plan.

I'm like really taking all  
of this in and just  
thinking about it as you're talking.

In all fairness to your audience,  
I want to apologize a little bit.

I am sometimes told, Aaron,  
there's just so much information, man.

You're like a fire hose.

Part of the reason for that  
is I want to equip you with  
all of the resources you

need to do the slower, deeper dive later.

Like all those 12 points I

just went through and four

sub points came from that one episode,

that one series.

The doctrine of emotion that

your audience can have

access to is going to build on this more.

So yes, take the time to work through it.

One of the things I do with

these online courses,

if I find good material,

I keep adding them.

So one-time purchase,

you always get the new stuff.

And there are a number of

podcast episodes from the

Association of Certified

Biblical Counselors,

which also speak to this.

And I want to add to that.

So it's all curated in the one spot,

easy to find,

so that you can take that next level and

listen to this episode a couple of times,

make some notes about the

things that stick out to

you and then target that as



you dive deeper into what  
God's wonderful truth says about it.

So I kind of apologize for  
the fire hose kind of not.

Well, no, I mean,

I just listening in and I'm  
just like taking with what you're saying,  
taking what you're saying  
and then applying it to my life.

And then also thinking about  
my children and what  
they're going through.

And yeah,

Even just like with Naomi, you mentioned,  
you know, the doctors say this,  
this and this.

Well,

one of the things they've said to me  
is that children with Down syndrome,  
they're strong willed and  
that's just them.

That's their personality.

You're just going to have to deal with it.

And that's true.

But I know that it can be  
used to bring glory to God  
as opposed to I want it my way.

That makes sense.

But then I'm thinking of

examples in my head.

So.

Well, OK, so first of all,  
we have to recognize all of  
our children are born into  
the world spiritually dead.

Right.

They don't know the Lord.

And one of our biggest  
responsibilities as parents  
is to be an evangelist parent,  
a gospel speaking parent.

to introduce them to Christ.

We have to recognize, though,  
that outside of a relationship with God,  
they are spiritually  
incapable of pleasing the  
Lord and doing things that are right.

Now, they can have the right behaviors,  
they can do the right  
things in the right ways,  
but they can't really do it  
for the right reasons,  
the honor and glory of God,  
until they have a relationship with Him.

So one of the things that's  
important to recognize is  
sometimes we as parents and

I will also say this, too.

I have a feeling that  
potentially a lot of us  
have a feeling that's not a feeling.

Well, there I go.

I think that likely I  
believe that probably a  
large number of your  
audience members are females.

Right.

And I'll just say this  
because in marriage counseling,  
I deal with this a lot as well.

When ladies are married to  
men who are unsaved.

And I say to the lady,  
you have wonderful  
expectations for your husband.

You want him to be the  
spiritual leader in your house.

And so you're always trying  
to do these things to help  
him to do that.

But the reality is until he  
chooses to submit to Christ,  
he can't do that.

And really you're putting on  
him an impossible expectation.

Should he be a good father?

Yes, he should.

But until he reaches that point,  
there are things that he can't do.

And instead of angering you  
or depressing you or making you afraid,  
that actually should cause you to  
pity his state and to pray  
for his eternal soul that  
he would come to know the  
Lord instead of just being  
angry at him because he's  
not the spiritual leader in the house.

Same thing with our kids.

We recognize the fact that  
at this stage in their lives,  
they are actually incapable  
of truly doing the right  
things in the right way for  
the right reasons.

And that just should  
encourage us to continue  
being more gospel-centered  
in our parenting.

To your point, though,  
about the strong-willed, by God's grace,  
that strong-willed nature,  
whatever that is, however we define that,  
oftentimes is what helps a

child by the power of the  
Holy Spirit to say no to  
temptation when it's coming  
from their friends.

to keep doing the right  
thing even when the world  
is against them.

That whole greatest strength,  
greatest weakness thing, it's true,  
but it can't be our  
greatest strength unless  
we're submitting to God and  
doing it to his honor and glory.

So most of the time,  
what could be our  
children's greatest  
strengths when they're younger,  
especially when they're not born again,  
are their greatest weaknesses.

To see it for what it is, though,  
and to recognize it to what  
it could be and to help  
parent them to that,  
that's why God gave us to our kids.

Wow.

And, oh, another thing that, yeah.

I just love it.

It's so good.

I'm like, I'm thinking, I'm like, huh?

And I just want to sit here  
and like have silence and  
just think on it anyway.

Cause I'm trying to keep this active.

You're listening to this.

Just pause it,  
stop and think for a while  
and turn it back on.

Meditate, chew on it.

Yeah, no, I did.

That's what I do.

Like your things I have to  
do like bite size when I  
listened to it on the app.

And it's nice.

Cause I'll do like a 30  
minute car ride and then  
I'll go to the gym and I'll be like, huh?

You can pause me there.

You can't pause me here.

You can pause me there.

I know.

Well, everybody else can pause you.

That's right.

They can.

My wife can't pause me, though.

So think about that poor woman.

Pray for her.

You said,  
and I thought that was  
interesting what you said about ADHD.

According to the DSM, it's behavioral.  
Behavioral.

well according to the dsm  
they diagnose it  
behaviorally they believe  
that there probably is some  
physiological thing they  
just don't know what it is  
yet but they have to  
believe it's some  
physiological thing because  
they don't even even though  
psychology is the study of  
the soul they don't  
actually believe in the  
soul they believe in the  
body and they don't  
understand what the mind is  
but they still think it's  
all physiologically related  
biologically caused  
So they have to believe it's there,  
even though they haven't found it yet.  
But the Bible for thousands  
of years has told us that  
the behavioral things that

are rooted in sin, well, those are sins.

And we have a different way  
of curing that.

We have a different way of  
addressing that.

Is that what psychology means?

The Latin?

Body of the soul.

Yeah.

Yeah.

I didn't know that.

Well,

I remember when my... So currently...

I have ADHD,

but currently I have two kids.

Yeah.

Well, I'm not shy about that.

But I have two children that have ADHD.

I suspect, you know,

the third one does too.

But when I took one to get diagnosed,

they gave him a test,

but then they kept having

him come back to test for seizures.

I guess that was somehow related,

but then we never really

finished and followed up.

But my other...



child, when I got him diagnosed,  
I just had to get a sheet filled out with,  
from his teachers,  
which we found we have a home co-op.  
So we were able to do that.  
And that was it just check  
marks on a paper to diagnose him.  
And I was just, I don't know.  
I was shocked,  
I guess that that's all it took,  
but the other one had to do  
all this other stuff.  
And I don't know, it's just in,  
I don't know if it's  
because it changed through  
the years or just different practices.  
Yeah,  
I can't say specifically why they did  
that.  
I will say that most of the  
interactions that I've had  
with psychiatrists and  
psychologists and medical doctors,  
by the way,  
what's funny is that medical  
doctors should not be diagnosing ADHD,  
just like they shouldn't be  
diagnosed in clinical  
depression and prescribing drugs for it.

But the medical community  
that we've created,  
we've basically given them  
permission to do that, which is scary.

Not that I think the  
psychiatrist can  
necessarily be doing it better.

I don't believe that,  
but... He was a neurologist.

Both of them were in neurology.

Yeah, yeah.

So it's difficult when  
you're a parent because  
we've been taught our whole  
lives to do what the doctor says, right?  
I'm just encouraging people to be careful.

First of all, again,  
the Bible's clear and we  
have to always default to that.

But the manifestation of ADHD...  
is going to have a different  
root in many different cases.

Not everyone who is labeled  
ADHD could be labeled that  
for exactly the same reasons.

It's this gene, or it's this chemical,  
or it's this whatever.

A person, let's just be honest, okay?

If we're being honest with ourselves,  
you could have a child who  
is exceptionally unruly,  
who does not want to be educated,  
who wants to be outside,  
and that child is going to  
be diagnosed as ADHD.

You can have a child like my  
daughter who had a retained  
reflex for quite a while.

The retained reflex,  
I don't remember the name of it,  
but it's the one where you  
run your finger up their  
back and they arch their backs.

A child wearing a shirt,  
sometimes the super sensitive ones.

A child with their back  
against the chair of a school desk.  
they can get antsy and  
they're moving around.

They don't know why they're  
just uncomfortable because  
they have this retained  
reflex that should have  
disappeared long time ago,  
but they're holding onto it  
for whatever reason.

And that child is gonna be

diagnosed oftentimes as ADHD.

A child who consumes a lot  
of red 40 can oftentimes  
their system gets out of  
whack and they can't,  
they're having a hard time  
just focusing and managing  
their behaviors and what's gonna happen.

They're gonna be diagnosed as ADHD.

And so ADHD, to be completely honest,

in my opinion,

that label is completely

unhelpful because all it is

doing is it's telling us, well,

this is what they're doing.

It's not addressing the why.

The why could be spiritual.

The why could be physical.

But if the why is physical,

the why could be any number

of physical things.

And we have to do our due

diligence by the grace of

God and with trained

professionals who are

actually going to get to

the root of the problem to root it out,

move past the diagnosis,

at least the title of the diagnosis,

and try to get to the root of it.

And sometimes you'll find  
people who recognize that.

A lot of natural doctors are  
starting to recognize what  
the retained reflexes and  
then the food coloring,  
the diet and the sleep  
issues that cause sometimes

a child just getting to an  
actually physically healthy state.

They're eating well, they're sleeping well,  
they're hydrated.

All of those things that  
were labeled as ADHD go away.

sometimes it's because  
they're on this drug for  
this thing and it's messing  
with their systems.

So we have to do our investigation.

We have to do our deep dive  
to be able to diagnose, okay,  
so why are they really acting this way?

And it might actually not be  
a huge problem or it could  
be a deep spiritual issue.

We just have to figure it  
out by God's grace.

That is interesting.

I don't have any other questions.

What?

good.

We've used our time pretty well.

I know we're almost to the 60 minute mark,

but I mean, we can,

anytime we can go ahead and stop too.

I just want to remind the audience,

you know, where they can find you,

the Evermind Ministries,

but you also have podcasts

that they can find.

So if they go to [evermindministries.com](https://evermindministries.com),

all the other ministries

are gonna be labeled there.

So you can look into faith, tree,

biblical counseling, discipleship,

and you can learn how to

sign up for counseling.

Actually,

we're having a really special

program going right now

through the end of July, 2024.

where people who request

biblical counseling can get

50% off of the counseling

fees for that particular ministry.

They can also go on there  
and see Truth Love Family  
and get access to the Truth  
Love Parent podcast and the  
Celebration of God podcast.  
Celebration of God podcast  
actually was created as a  
tool for parents to  
to help disciple your  
children for the Lord,  
specifically focusing on  
starting first and foremost  
with the holidays and then  
working down to the everydays from there.

And you can access that  
wherever you listen to podcasts.

You can find it on the Evermind app.

You can find it on the website.

It's everywhere.

So if you go to

[evermindministries.com](http://evermindministries.com) or

pull up the Evermind app,

you have all of the

information you need for

all of the various ministries.

And hopefully you'll do that.

I do have a book coming out here,

Lord willing,

by the end of the summer

called Quit God's Cure for Family Strife.

It's going to be a really small,

manageable book,

only about 100 pages or so.

And it's going to be

available on the Evermind

app as well as a soft cover.

So I'm excited about that.

They can be looking for that on the app.

Just want to create content

that will help parents

learn to worship God better

in their parenting.

Awesome.

And they should be,

all of this information

should be down in the show notes as well.

So yeah.

Thank you again so much.

Thanks for the invitation.

Yeah.

All right.

Well,

I have no clue who's going to be next

week running the podcast,

but of course there will be someone.

So I'm hoping to see you

guys soon as well.



So thank you again.

And we'll see you next week.

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