

# PARENT DEVOTIONAL

CONCORDIA UNIVERSITY TEXAS



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Welcome to the Concordia University Texas family! We are so glad that you are a student or parent scrolling through this devotional. It is a gift made for you as you embark on your new adventure. We want to invite you to begin using these devotionals written by students, faculty, and staff as a way to connect to your faith identity. This year's school year theme is "Enough," based on a verse in the Bible that states, "My grace is enough for you, for my power is made perfect in weakness!" (2 Corinthians 12:9) It is super counter cultural to see our weaknesses as an advantage. Jesus became weak and died on the cross so that the world would become strong through receiving salvation. We hope that your faith would expand this year as you journey with us at Concordia and are strengthened by the encouraging message that God's grace, unconditional love, and mercy are strong enough for you, always and forever

Peace and joy to you! Woosh!

-Jake Boessling, Campus Pastor



# You are Loved

As you and your student enter this new chapter of life, always remember that you are loved. It is what we all want to hear at various stages in our lives, right? We have said this so many times and in so many situations to our children in our various roles as parents, quardians, and caring family members. The adults they have become. or are becoming, are because of the love and the care shown to them over the years. As someone raising a college student, you know love takes on many forms. We love through the hard conversations and through the tender moments. We do our best and learn along the way. In the same way, the Bible tells us there are several types of love. Agape (pronounced uh-GAHpay) love is the highest form of love there is. We can't measure it or even define it. It is this type of love the Bible shows us when God the Father sent his Son as the ultimate sacrifice and symbol of his everlasting love. It is love in its purest form. Think of how much you love your CTX Tornado. Now, consider God's sacrifice and his love for you. Always remember that you are loved.

And now these three remain: faith, hope and love. But the greatest of these is love.

-1 Corinthians 13:13





# Spiritual Life

I always felt sick as a child. Every day I had a scratchy throat, a runny nose, and itchy eyes. "This is just how life is" I would think. It wasn't until I was around 12 years old that I had a revelation; I was allergic to my dog. I had lived my life with dry, itchy skin and a cough for my whole life, and I had just accepted that it was how it was supposed to be.

Our health is something to be focused on, something to work for. Just like how you must take care of your physical health, you must also take care of your spiritual health. Our spirit is the root of us, it is our connection to our heavenly Father. We may look at our lives and feel miserable. Maybe it is guilt. Maybe there is grief. Whatever it may be, it doesn't have to be that way. We are not creatures made to suffer. Just as I was able to find a solution to my allergies, God has provided a solution to our spiritual health. God provided Jesus, His Son, to come to us and to love us. Jesus paid the price for our suffering and has given us healing. We can turn to Him and grow with Him.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

-Colossians 3:16

Watching your child go into the world is hard, but don't forget to take care of your spirit. Nourish yourself and continue to develop your relationship with God. Always remember that He loves you, that your sufferings are not just for you, and that you can turn to Him.





# Anticipation and Hope

What are you hoping for? As a parent of a college student, perhaps you are hoping for them to make good grades or to figure out what they will do with their lives or that they will get a good job offer. As parents, we have so many hopes for the children God has entrusted us with.

The entire Christian experience is one of anticipation – of waiting for the promises of God to be fulfilled. From the garden of Eden and the fall into sin, God promised a savior. Then for thousands of years, the people of God longed for the fulfillment of that promise which was accomplished through a baby born in Bethlehem. And since then, the people of God continue to long for the final fulfillment of God's promise, when he will return and restore a new heaven and a new earth.

And here is one of the great paradoxes of our faith. We don't JUST wait. We are strong while we wait, we have courage, we live a full and abundant LIFE (John 10:10 - Concordia's theme verse this year). While we wait with anticipation, we live in the joys of relationship with a God who is with us and has promised to bless us.

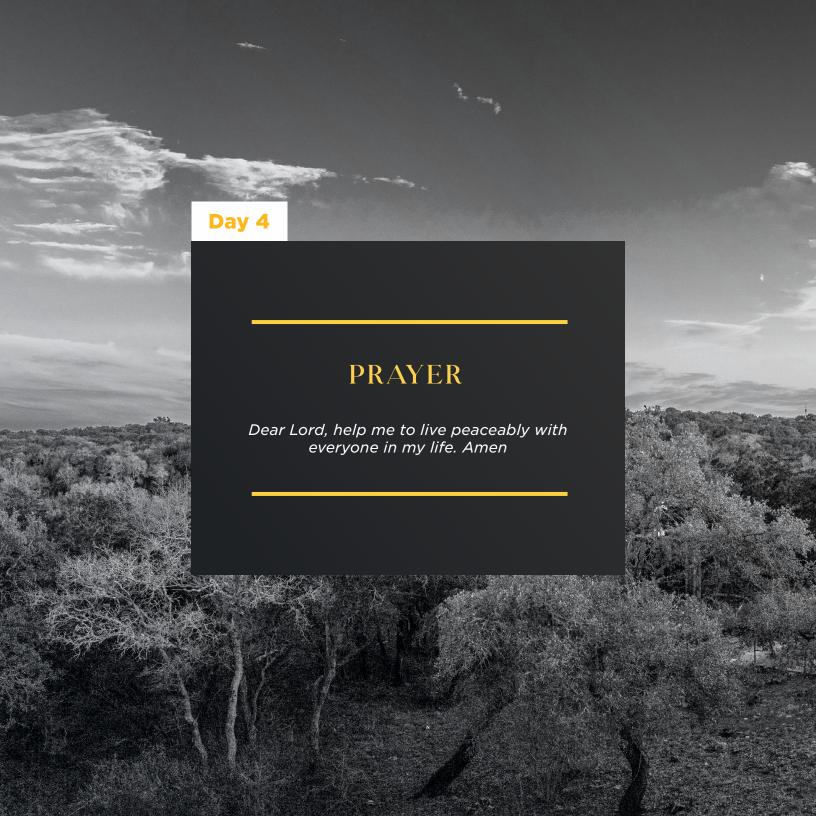
Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

-Psalm 27:14

But as for me, I will look to the Lord; I will wait for the God of my salvation; my God will hear me.

-Micah 7:7





# Conflict Resolution

My goodness, addressing conflict calls us to a true humble confidence doesn't it!? There is that part in us that knows how to confront any difficulty that comes our way. And there is a part of us that...well, doesn't quite know how to address the current systems, and power structures, and relationships that surround us. Maybe particularly in this time, your kids seem unfamiliar to you in how they navigate the transition to establish their independence.

As I've studied Family Systems Theory, I see that change disrupts the system in one way or another. When a family member starts college, this change can include arguments based on the following questions. Are you keeping your same religious roots? Are you holding onto the reasonableness of our family's political stances? Are you choosing a suitable person to be in a relationship with? Are you getting a degree that will create a path for you to make good money?

And as I've studied Family Systems Theory, I see that change unifies those certain families where a win for one is a win for all. Often this shows up in connections of the heart. We're grateful for our religious roots or the fact we haven't had any together. And now being at CTX opens up the conversation. We're thankful to be engaged in politics however we can - and we can agree to disagree as long as we stay engaged. We're thankful our family has taught us - for better or worse - who supportive, loving, and challenging partners we might want to connect with. We're thankful to be a part

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

*-Ephesians 4:31-32* 

of community that certainly places the value of a degree on an individual - and additionally celebrates the value of a degree for the family [however we may define it].

So, while conflict is sometimes an event. It tends to be like a radio frequency that we are continually adjusting or tuning into. We can create tension. We can tune into Peace. As we enter new depths of our personal, mental, emotional, and spiritual awareness, let's live into our being of active agents of change that construct the world we hope for. Jesus prayed for that. And we together can bolster hope while we wrestle to believe in that too.

So, on a regular basis, it is helpful to reflect on a few questions:

- How are you personally creating too much conflict?
- In what ways are you taking on the weight of conflict that has nothing to do with you?
- Are you dodging ownership of the conflict you play a part in?

Always remember you can release yourself, and also take ownership for yourself, and receive the love that is promised through Jesus Christ. Romans 12:18 "If possible, so far as it depends on you, live peaceably with all."



# Letting Go

I feel that much of the best advice about transitioning to college is reserved for students. The advice parents receive, on the other hand, is more often than not, are mere platitudes like "just let go." As if it were that simple. So, to depart with the custom, I'll share some advice that is typically given to students, but which I believe is also applicable to parents: Enjoy the journey not just the destination.

This is easier said than done. How does one go from shepherding a life, to accepting the reality that that life can now manage independently? I would argue it will take you just as long to learn to let go as it will take your students years to master how to manage independently. And if letting go is a journey, how does one find joy in what is a profoundly challenging experience?

Many years ago, in my first year of college, I switched from a Pre-Med major to an English major...without talking to my parents. This decision was a shock to everyone including me. I had been insisting for years that I wanted be an Oncologist in order to find a cure for the cancer that claimed the life of my maternal grandfather.

Enjoy the ride and not just the destination. The President of my university had just encouraged my cohort with these words a few days before. I closed my eyes and said a quick prayer for guidance and strength. The decision was made.

Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

-Proverbs 3:5-6

My dad likes to recite a verse whenever we face a big question or choice in life. "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths," (Proverbs 3:5-6).

Later that night, when I spoke with my parents, my dad revisited that scripture. My mom and I began letting go. I let go of my vision of being a medical doctor and embraced a new vision of becoming a doctor of English Literature. My mom let go of not only her vision for my life, but also the responsibility of shaping my journey. And over the years, this was a lesson we have returned to time and time again. Through graduate school applications, a cross country move, through challenging courses, qualifying exams, a prospectus, a dissertation, a defense, and a job search.

It is through the process of learning to trust in the Lord with all your heart. It is through acknowledging your own limited understanding and surrendering to One whose understanding is greater than yours or mine. We can enjoy the journey because we know that it is he who is guiding us.





# Trust the Harness!

For people who are afraid of heights, climbing to the top of a mountain and riding a zipline back down is a great exercise in learning to trust! My husband is extremely afraid of heights. But he donned the helmet and gloves, strapped on the harness, and overcame his fear as he let gravity overtake him and cascaded down the zipline!

Life is kind of like riding a zipline. AND we can TRUST that GOD is the HARNESS! He's got us in his tight grip! He knows the plan! He will never leave or forsake us!

As you hand over your children to find their way at CTX, pray like crazy, and trust the harness! I love how Proverbs 3 reminds us to trust the Lord with ALL our heart. Don't rely on yourself, rely on God! Seek His will, His plan, and His guidance! He really does know what is best for you and for your children. He promises that when we seek Him, we will find Him, and He will show us the path. His path is filled with hope and joy!

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

-Proverbs 3:5-6



# **PRAYER**

Dear God, thank you for knowing what we need before we know it. Thank you for equipping us with the unique gifts and talents that enable us to be who we are meant to be in this world. Thank you for guiding us and our children through this time of transition. Help us to be mindful and trusting of your faithfulness. Amen

# You are Gifted

Is my daughter going to make friends and find her place here? Will she connect with and be inspired by her professors? Will her unique, God-given gifts and qualities be recognized and appreciated? Driving away from dropping my daughter off at her first-year residence hall, these were just some of the questions floating behind my tearful eyes. What I really wanted to know was, "Will she be ok?"

Four years after that tearful drive, as I watched her walk across a big stage and get her diploma, I thought to how my fears, each one of them, were quieted. God already knew the plans that were in store for my daughter. God had already given her what she needed and put the right people in her life to help those gifts flourish. Then and now, God is equipping us (and our children) with the unique gifts that we need to make our way in this world.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

-James 1:17

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

-Matthew 5:16





# Communication

To answer before listening—that is folly and shame. Proverbs 18:13

I remember being the most intelligent person in my son's and daughters' lives. They wanted the answers to life's greatest mysteries like, "How do cows make chocolate milk?" Or, "Why did God make the sun yellow? I think a blue sun would be better, don't you, mommy?"

In those days, communication was simple. I told them what I thought, and they thought I knew everything. I said I love you, and they said I love you too. And then, the terrible teens. Okay, I'm being dramatic, but the teenage years ushered in a new kind of relationship. My children asked me questions but thought my answers were far from impressive. I was (and I'm sure many can relate) no longer the most brilliant person they knew, and I don't even think I made the list of people to ask for advice at times. I said left. They went right. I let's talk, and they said later, mom. I'll admit that I probably spent more time trying to get them to see my point of view to protect them from making the same missteps I made when I was their age.

It's interesting how things change and change again.

As my children left to head to college, I started to creep my way back onto the advice givers list and even found myself at the top of the list from time to time. Even this relationship looked different from when they were five, and I was a genius.

Now, more than ever, I lean on the wisdom of the Bible to guide communications with my children.

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry.

-James 1:19

#### 1. Be quick to listen.

Listen fully. Listen to the end. Resist the urge to cut your children off mid-sentence and provide a hasty solution—which can be difficult. But you can do it. I believe in you.

We tend to want to go "mama or papa bear" and protect the cubs by jumping in and solving our children's problems or insisting that our answers are the best answers to a challenging situation. Your children are now adults. They have learned lessons they can harness to make a good choice. Help them realize that by listening.

#### 2. Be slow to speak.

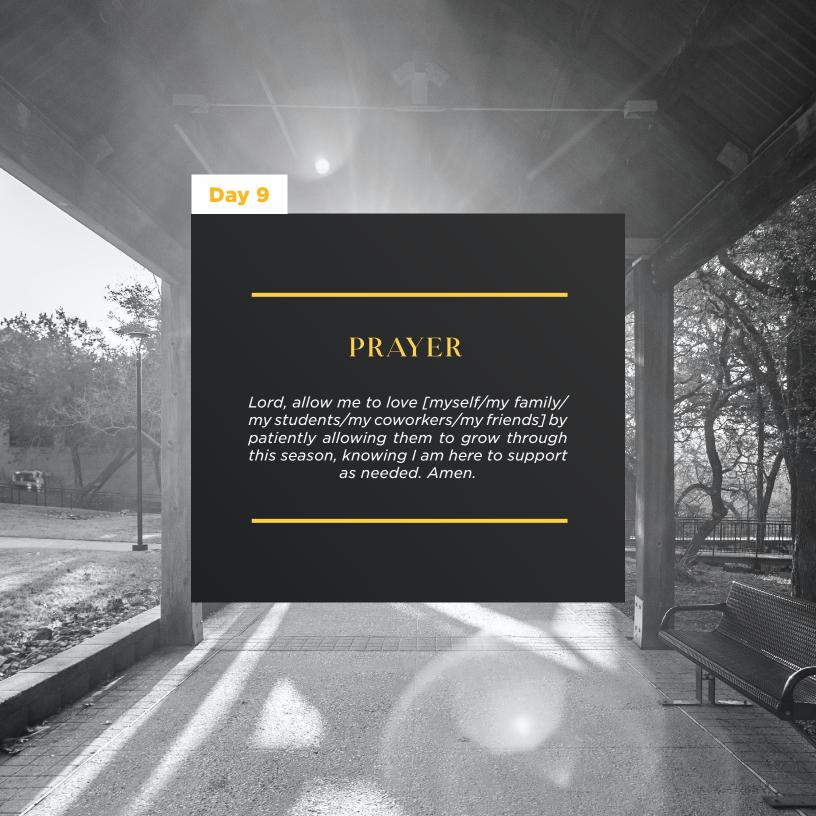
Before jumping to "solutions mode," consider asking questions. Your children have experienced a lot in their 18+ years, and sometimes, they only need a little nudge in the right direction (not a 25-point breakdown of how to deal with a problematic roommate). This approach will help them build confidence in themselves and their ability to navigate adulting.

#### 3. Be slow to become anary.

When our children don't follow our advice to the letter or make a mistake we think could have been avoided, "if only they would talk to us," anger and resentment can squirm into our hearts and become barriers to healthy communication. Ask yourself, "WHY am I feeling anger?" Acknowledge your feelings, and work through them, but don't let them stand in the way of conversation and communication.

#### 4. Be in constant communication with Jesus.

With God, all things are possible—even communicating with young adults, who may still believe they have all the answers. Pray and ask God to open your heart and mind and to keep the lines of communication with your children intact.



# Love is Patient

This is the start of a verse that is arguably overused in our culture, yet these three words are extremely powerful. I look back at my college years and I'm amazed at the love that was given to me through the lens of patience.

My professors' patience as I struggled to balance learning and getting my work done in collegiate style.

My parents' patience as I switched from major to major.

My friends' patience as I bounced in and out of relationships.

My Lord's patience as I explored and wrestled with my faith and learned to fully trust God.

Each of them giving love through their patience.

Like many college students, I was a minor-to-moderate wreck those four years. I was an emerging adult. I had experienced enough to know that life wasn't easy, and that perseverance and grit meant a lot, but I had not been on my own yet and still needed to learn a lot about myself. Who was I and how did I fit into the world? What should I do with my life? What did I even want out of life?

I was fortunate to meet a handful of people who showed me what "love is patient" really meant; three in particular. I made a friend at new student orientation who has become like a sister. She has walked with me through failures, struggles, pain, and yet she has always loved me and walked beside me, allowing me to process as needed. There was a professor who mentored me as I worked to find my calling in life. There was a student organization

Love is patient.

-1 Corinthians 13:4

advisor who took me under her wing and modeled what it meant to live a life of purpose.

The university I attended was secular, yet these three individuals were and are devout Christians. I have no doubt that God knew exactly what I would need to get through those years. The design was already in place when all our paths crossed because it had been patiently and lovingly laid out by God. I could have easily followed my original plan to attend a different university. My friend could have done the same. My professor could have taken a job elsewhere instead of choosing to return to his alma mater. My advisor could have stayed in the public health field outside of higher education. We each had a calling to that place and while I know how much they supported and helped me, I see now that I was able to give back to them as well.

In the moment, we often fail to see the love involved in patience. We live in a culture that is achievement-based, transactional, and often equates productivity and stress with success. We even are so bold to think we are loving our kids, friends, coworkers by pushing them "to be great, to do more, work harder, strive." While there is most certainly a time to push and motivate, there is, without question, a time to just be patient. To walk beside someone as they figure out what God is asking of them or calling them to is an act of love that we should embrace more fully.

Many times, I ask for patience out of exasperation, "Lord, give me patience to deal with this!" How much better would it be if we flip that petition to the following prayer.



# **PRAYER**

Lord Jesus, we look to you as the founder and perfecter of our faith. Continue to surround us with a great cloud of witnesses, a community of believers, who point us ever to you. Raise that cloud of witnesses up for our children as well, that they too may know your joy, your victory over sin and death, and your eternal reign as Savior and Lord. Amen!



# Worship

Is your house quieter this Sunday morning? One less alarm to hear going off, one less person sitting with you at breakfast? Was your pew at church a little emptier? The car ride to and from church a little lonelier?

Are you finding yourself not sure of what to do next? For years, you've poured your heart, soul, mind, and body into your child. And while you are no less a parent now than before you dropped your child off at Concordia, it sure feels different.

What a gift and blessing parenthood is! God has gifted you with your child, empowering you to raise them, teach them, and influence them. You are a central part of the great cloud of witnesses that have influenced your child's life and faith. And you are not alone. Many have come alongside you.

And here we see the gift of the great cloud of witnesses. We don't look to the great cloud of witnesses for faith and life; rather, the great cloud of witnesses looks to Jesus for faith and life. Jesus, the founder and perfecter of faith. Jesus, the Savior and Redeemer. Jesus, the Lord of all who is seated at the right hand of the throne of God.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

-Hebrews 12:1-2

You've entrusted your child to a new community of witnesses. New witnesses, same Jesus. We, the faculty, staff, and Christian students at Concordia, are looking to Jesus as the founder and perfecter of our faith, and we will now serve as encouragers to your child as well.

This is the beauty of the Church. We are the body of Christ in this world. This is the beauty of worship. Because of what Jesus has done for us, we run with endurance, looking to Jesus, and surrounded by a great cloud of witnesses. May your great cloud of witnesses surround you in this time of transition, even as we are surrounding your child.





# Enough

**Enough** is our Concordia University Texas theme for the 2023-2024 academic year. The word "enough" is used quite a bit in our daily curiosity. Do I have enough gas to get me back to campus? Am I prepared enough for my first quiz? Will I have enough money to pay my tuition bill? How much is enough time to talk to Mom and Dad so they are happy? We also use the word "enough" in our daily thoughts. I've had enough of this. Enough is enough! **Enough** said. At a deep internal level, we might be asking, as we explore the world around us and our place in it this semester: "Am I good enough? Am I accepted by God and others?" God's Word is expressing that human weakness provides the ideal opportunity for the display of God's divine power. Jesus answers this way, "My grace is all you need. My power works best in weakness" (NLT - New Living Translation).

Our contentment begins with hearing these words spoken from Jesus to us and for our lives ahead. Good news, His grace is sufficient and adequate for our journey ahead. We try to put so many things in the place of God's goodness and grace, which leaves us empty every time, running on fumes. God has created you unique and special. You have been accepted into God's family despite our sinful habits,

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

-2 Corinthians 12:9

hurts, and hangups. Wow, Jesus' death and resurrection fulfills the need we have for rescue from our sins and death. When we truly believe that God is **enough**, the way we see our weaknesses can shift. Paul goes on in the passage, "Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

God accepts you into his family, and He is making you more into His perfect image through your weaknesses. Christ's power rests with each of us today right where you are, in whatever you are dealing with, and by grace through faith, He will see you through it.





# What If?

On August 18th, 2021, at 6:35 p.m., I hugged my oldest daughter goodbye and left her at college. During that embrace, despite my "tough guy" tendencies, tears freely flowed down my cheeks. And in that embrace- with those tears- one major thought crept into my mind..." What if....?"

What if she doesn't make any friends? What if she gets into the wrong crowd?

What if she forgets to pay her credit card bill?

What if she gets kidnapped and...!?! What if...

In, with and under the "what ifs", the Words of Jesus, printed above, resonated. Not only would worrying not add a single hour to my life- but it would not add a single hour to my daughter's life. In fact-constant worrying would only destroy the precious time that I do have!

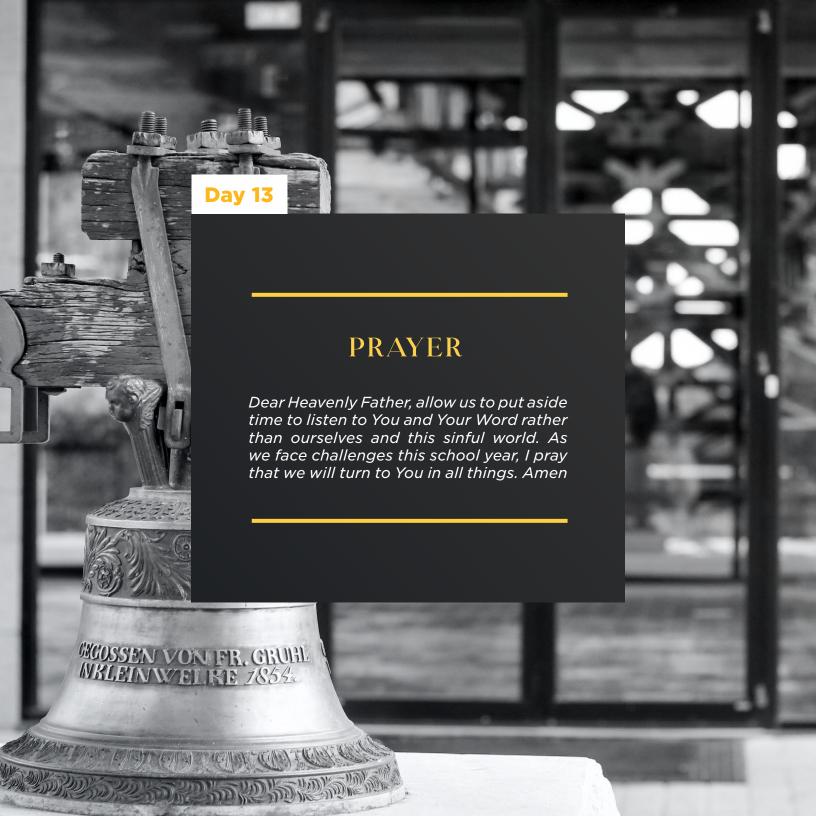
Jesus knows worrying robs us of the joy of the moment. This moment is one of the most special. You will remember this forever. This moment is one of pride. By God's grace, we have undergone a major accomplishment: we have raised a human being for 18+ years and sent them off to college! Thank you, Jesus!

Can any one of you by worrying add a single hour to your life?

-Matthew 6:27

What if we changed our "what ifs" to "thank yous"? Thank you, Lord, that my child has this incredible opportunity. Thank you, Lord, that they will get so many new and life-changing experiences. Thank you, Lord, that my child will learn from their mistakes! (Yes- they will make mistakes... as I did... and as you did...). Thank you, Lord, that my child is eternally loved by You!





# God's Word for You

This summer, I worked at a summer camp, Camp Lakeview, where I was a Counselor. This summer had countless joys, but also many struggles. Whether I was talking to a homesick camper, dead tired from camp life or working through conflict on staff. During these times I had two options, I could push through, worry, and not feel at peace, or I could turn to God and His Word to give me guidance and peace.

When Daniel found out about the new law that banned him from spending time with God, he didn't go worry about what would happen, he didn't act as if nothing was wrong, he praised God and spent time with Him despite the consequence. God calls us to turn to Him in times of trouble.

So, when you are going through the troubles of college this semester, I challenge you to turn to God and his word, I assure you it will give you the incomprehensible peace of Him.

At camp, when I chose to be with God, He would always give me peace and assurance that he will be with me through it all. Spending time in God's word allows Him to speak to us. When will you take a break from listening to yourself worry and listen to God and his Word?

But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

-Daniel 6:10





# Follow Me

As the father of 19- and 17-year-old daughters, I often wrestle to find the harmony in their dreams, my dreams for them and God's dreams for them. The center of this Venn diagram might best

be described by a word you will hear

frequently around Concordia: Vocation.

Vocation is so much more than one's major, minor or dream career. It's about calling. Jesus speaks of the enormity of vocation when he calls the first disciples.

Jesus breaks down vocation into 2 ideas: general calling and specific calling. The general calling is for all followers of Jesusand that is: to follow Jesus.

But He doesn't stop there, He goes on to talk about fishing for people and he was talking to fisherman. He would not have used the metaphor of "fishing" if He was talking to doctors, lawyers, teachers, etc. In this idea, we have the "specific calling": a calling in which, out of His love for you, God has uniquely equipped and gifted you to serve humanity.

Concordia is all about helping our students comprehend these two callings. Students will have countless opportunities to explore and live out their faith while "Come, follow me," Jesus said, "and I will send you out to fish for people."

-Matthew 4:19

wrestling with how their faith fits into their major, discipline and potential career. We do not want all of our students to be professional church workers in the same way that a football coach does not want all of their players to be quarterbacks.

We want you to live out your vocation to the best of your ability and to God's ultimate glory!

Let's start general: Follow Him. By God's grace, the specifics will follow as you follow.





# **Trusting Others**

The first day I dropped my oldest child off at daycare was both exciting and full of anxiety. There I was, ready to have some added freedom and time to myself again, but also worried if the workers would do it right. Would they know that she didn't like crust on her bread and that she needed her green blanket to help her fall asleep?

While my kids are not quite in college yet, I can imagine the feelings are similar to that transitional day I had with daycare. The paradox of knowing greater joy because you'll now have more freedom and time to yourself, but also knowing you'll probably encounter anxiety, wondering if they will make good choices and do well in school on their own.

Change and letting go is always hard, but fortunately, Concordia is a great place where students are cared for and can grow in mind, body, and spirit. Additionally, Jesus reminds us that He is with us and holds all things in His hands. He is the God of all comfort and offers that gift to us in our times of transition and worry. Thank you for trusting us at Concordia and may you experience the peace that Jesus gives as your child transitions to a new home.

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort.

-2 Corinthians 1:3





# God's Care for You and Your Child

Where did the time go? A few years ago, my wife and I dropped off our oldest child for her first year of college and, within the next few years (God willing), we'll send our other two children off as well. It seems like only yesterday that they needed us for everything, and daily we're reminded how little they seem to need us for anything. That said, they do still need us—our guidance, support, and love. They are not "little children" anymore, but they will always be our children, just as we are all God's children.

I have found it's been helpful to reach out when I know our college student has a big project that is due or is in the midst of making a difficult decision. And, at other times, I try to lay low for a few days, and wait for her to call when she has something to share. Every day, however, I pray for God to help all my children make wise choices, and to be a blessing to those they encounter.

Jesus called the children to him and said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

-Luke 18:16





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