

# Equipped to SOAR

Part Two of "Raising a Luke 2:52 Kid"  
A GROWTH Method by Val Harrison,  
The Practically Speaking MOM

"Jesus grew in **wisdom, stature, favor with God, & favor with people.**" Luke 2:52

Listen to Part One in [Episode 14](#). Listen to Part Two in [Episode 107](#)  
It's not AGE that dictates readiness to leave the nest. When it's time for them to permanently leave, we want them to be confidently flying. Getting them there takes YEARS of preparing. This series is about what to do in those years. You want them to be prepared in the four aspects of life: Spiritual, Physical, Mental, Social (Luke 2:52)

## Four Steps for Moms to Equip Your Kids with a Holistic Lifestyle

1. Parents model self-evaluation and growth in these four areas of life. The goal is growth, NOT perfection.
2. Continually seek to create and maintain a home environment that focuses on developing these four areas of life as a family unit. (Listen to episode 14)

In upper elementary or middle school, begin equipping your children to self-evaluate & set goals in these areas as well. (Listen to episode 107)

4. Throughout their lives, from young to old, be their biggest cheerleader in their pursuit of holistic living. (Holistic, root word holo, Greek for whole) God introduces the holistic approach to raising our kids in Luke 2:52.

## Spiritual

Personal Prayer & Devotional  
Church & Fellowship  
Praise & Worship  
Bible Memory & Study  
Accountability  
Having a Mentor & Mentee  
Seeking God's Will in Decisions  
Following God's Will in Scripture  
Volunteering  
Giving

## Physical

Water & Nutrition  
Sunlight  
Exercise  
Stress Management  
Screens Management  
Hormone Management  
Reading Body Symptoms  
Avoiding Chemicals & Artificial  
Hard work & Rest  
Fresh Air/Breathing  
Sleep

## Mental/Wisdom

Mental Challenge & Study  
Hard Work & Rest  
Problem Solving  
Creating  
Science & Discovery  
Margin & Time Management  
Art & Music  
Self-Evaluation & Goal Setting  
Goal Setting  
Controlling Negative Thoughts  
Time Management & Organization

## Social Listen to Episode 105

Healthy relationship with parents  
Healthy relationship with siblings  
Boundaries, Advocating for self & others  
Adaptability & Flexibility in Social Settings  
Volunteering & Hospitality & Generosity  
Being Authentic, Genuine, Honest  
Assertive vs Passive vs Agressive  
Forgiveness & Conflict Resolution  
Humility with Self-Confidence  
Having Integrity  
Leadership Development  
Speech & Communication Skills