



**NOVEMBER 2020**

## Parenting When You Feel Like Walking Away

In the book of Genesis chapter 16 we find the story of Ishmael, the son of Abraham, and mother Hagar, who was Sarah's handmaiden. Because of Abraham's lack of patience with God, he decided that he would help God fulfill the promise of having a son. Sarah was old and also thought she was unable to bear a child. So, she encouraged her husband to have a child with her handmaiden Hagar. The son's name was Ishmael.

After some years Sarah did have a son named Isaac. Ishmael, now a teen, was an angry teen, lashing out at everybody for everything. He resented being treated differently plus he exhibited all the mood swings that teens normally have. If you have a teenager you can relate.

It has been documented that a teen's emotions, because of puberty, are all over the place during their teen years. He experienced the trauma of being treated differently as the son of a slave, and probably felt that his mother was used just to give this man a son. Children, especially boys, are very protective of their mothers. Resentment is a very strong emotion and if a child is not given tools to express these feelings in a healthy way it can destroy relationships because people will not know how to relate to the teen.

Today so many teens have been traumatized by circumstances beyond their control which creates misplaced anger. Fathers are absent, some watch helplessly as their mothers are being domestically and emotionally abused. There is a real struggle for mothers to provide the basic needs of housing, food, medical and mental health care.

Sarah told Abraham to send them away and he did. This is an example of what happens when people cannot relate to a teens' inability to express his or her feelings in a healthy way. We should never allow anyone to verbally abuse us, but as a parent it is a real clue that your child needs some help. Communication of one's feeling is a very necessary tool needed to navigate life.

Sarah was very upset with the way Ishmael treated her baby Isaac, so she insisted that Hagar and her son be sent away. They were sent away with very little provisions. Hagar became so depressed, she walked away feeling helpless knowing her child was dying -- but she couldn't bear to watch her son die.

Today many single Mothers find themselves in the very same situation. No support from your child's Father, no support from other family members, little or no financial support. The child is acting out and you watch helplessly as your child dies emotionally. You don't see a future for either one of you. You feel like walking away because you just can't bear to watch your child die.

**STOP! PRAY! OPEN YOUR EYES ..... THE ANSWER WAS ALWAYS THERE....**  
**Philippians 4:19**

In Genesis you will find that God sent Hagar an Angel that showed her a well (the well represents life) that was there all the time, **he did not make a well miraculously appear, it was there all the time.** Sometimes we have to just take a new look at our resources and then take some new actions.

1. **God is always available. Deuteronomy 31:16**
2. **Never give up on yourself or your child...*God has a wonderful plan for his/ her life* Jeremiah 29:11**

God will provide **Genesis 17:20**. God promised to bless Ishmael. He was given 12 priests as sons and he made him a great nation.

Please, if you need help, feel free to ask for it, there are resources available...**JUST ASK!!**

## **RESOURCES**

\*\* The [City of Chicago government webpage](#) has updated local numbers as well as state numbers and information. This page can help with various issues: housing, food, shelter, domestic issues, and physical and mental health issues. **Just call 311.**

\*\* If you are out of work and unemployed because your company has shut down, you can apply **for Emergency Rental Assistance within the city of Chicago. If you own your home, you can consult the Chicago Home Ownership** Preservation Initiative if you feel you are in danger of foreclosure. Contact a HUD-approved agency and refer to the HOPI program for support.

\*\* **For parents or kids with anxiety or depression who are seeking help**, 24-hour hotlines are still available. Call 1-800-273-8255 or 311 within the city.

\*\* **There are both government subsidies and low-income internet programs from internet** service providers (ISPs) that can help with your internet bill. These inexpensive internet plans, income-based programs, and low-income family plans help reduce the cost of staying connected. Try these companies: AT&T Spectrum Comcast Xfinity Verizon

\*\* **Social Agencies that can help with multiple issues:**

Metropolitan Family Services – Humanitarian Organization, Social Service  
11 N. Dearborn St., Chicago, IL (312) 986-4032

Ada S. McKinley Community Services  
725 S. Wells St., Chicago, IL (312) 554-0600