

QUIZ:

How Teachable Is Your Heart?

1. A fellow mom from your kids' school is talking about a new technique she has used that has been very successful with her child. You:

- Listen closely.
- Immediately start thinking of reasons why that would never work for your children.
- Tune her out. You start making a mental to-do list for the rest of your day.

2. Your child really wants to learn how to do something. You have no idea how to teach her. Your reaction is to:

- Do some research and devise a plan to make it happen.
- Encourage her to stick with what she already knows. You really don't have the time or energy for something new.
- Ignore it and hope it's a phase.

3. Your mother-in-law makes an unwelcome and unsolicited suggestion regarding a struggle you're having with one of your children. You:

- Listen intently and ask questions. Even though you didn't ask, you realize you might be able to learn something from her.
- Decide that your method is better. You just need to give it more time.
- Think she needs to butt out. You didn't ask for her advice.

4. A sermon at church seems to be speaking straight at your heart and your current situation. Your reaction?

- Take notes. Read them later that day, along with the Scripture references, during your prayer time.
- Believe that maybe the pastor overheard your comments in the hallway at church.
- Think, "That was nice. But it was probably meant for someone else. God doesn't really care about my circumstance."

5. Someone shares a struggle with you. It's something you've struggled with yourself. You:

- Share your story with the hope that it helps her.
- You think, "No one really helped me figure this out. She needs to learn it on her own like I did, even if it is the hard way."
- You just wonder when she's going to stop talking. You have a lot to do.

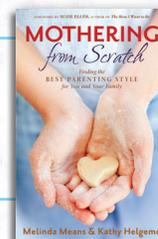
If your answers are mostly a's: You have cultivated a teachable, open, and responsive heart.

If your answers are mostly b's: You may have a defensive spirit. Perhaps this is from your childhood or from relational wounds you've suffered throughout your life.

If your answers are mostly c's: Ask God to show you what may be holding you back and making you apathetic. Possible causes could be depression, exhaustion, and/or feeling overwhelmed.

Once you've determined how teachable your heart is, we encourage you to take action. When our hearts are teachable, we can avoid unnecessary pain. We also benefit from the fellowship and insights of others around us. Here are some action steps to move toward opening and/or healing our hearts:

- On a daily (even moment-to-moment) basis, ask the Holy Spirit to keep your heart open. Ask Him to open your eyes and tune your ears to His guidance as you interact with others.
- Only God can heal your wounded heart. He alone can make you willing to risk rejection and failure. We highly recommend Suzie Eller's book *An Unburdened Heart*. It's one of the best books on forgiveness and healing.
- If you're depressed, seek clinical help immediately. If you're exhausted or overwhelmed, reach out to others for support. You'll find practical, doable ways to find help and connection in chapter 9 of *Mothering From Scratch*.



Mothering From Scratch
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