

72 Bible Scriptures that relate to the text in the book, “Street Safe Kids.” *Quotes from Street Safe Kids in italics –*

The book “Empowerment Parenting: How to raise resilient children who become happy, self-reliant adults” was edited for the general public so the information is the same, but page numbers will be different.

Books available on www.safekidsnow.com and Amazon.com

Bible research by Julie Tausend

Step 1: You are Unique and Special (Page 5 in Street Safe Kids)

Genesis 1:26a, 27a “Then God said, ‘Let us make mankind in our image, in our likeness...’ So God created mankind in his image.” (New International Version- NIV)

Psalms 139:14 I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.” (NIV)

Psalms 8:4-5 “What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honor.” (New Living Translation- NLT))

“You are someone worth protecting” “Trust the spiritual power in you- people will let you down-

God does not let you down –

Romans 5:5 “and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.” (New American Standard Version- NASB)

Read a good book or see an inspiring movie

Philippians 4:8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things.” (NIV)

Step 2: Discover Strength Through Pain (Page 19)

Productive vs Unproductive Activities

Proverbs 17:17 “A friend loves at all times.” (NIV)

My friends-

Proverbs 13:20 “Whoever walks with the wise grows wise, but the companion of fools suffers harm” (New Revised Standard Version-NRSV)

Proverbs 12:26 “The righteous choose their friends carefully, but the way of the wicked leads them astray.” (NIV)

Ephesians 4:15 “Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”

Speak up without anger –

Ephesians: 4:26a “Be angry, but do not sin” (NRSV)

Discover strength through pain

Choose to go through the pain

There is a shift a person must make in order to stop being a self-centered child, and to become a self-aware adult.

1 Corinthians 13: “When I was a child, I spoke and thought and reasoned as a child. But when I grew up I put away childish things” (NLT)

Pain can be a teacher

Hebrews 12:11 “No discipline is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained this way.” (NLT)

The “maturity flip”

Step 3: Handle anger in a positive way (Page 32)

Ephesians 4:26b “Do not let the sun go down while you are still angry.” (NLT)

“Helping young people to channel anger so they don’t become destructive either to themselves or to others”

*Overcome the desire for revenge (**This is major-league maturity!!!**)*

“Handling anger responsibly helps gain self-control”

Results:

1. *“You won’t inflict feelings on others by lashing out with words or actions”*
2. *“Learn how to respond and protect yourself when someone else is angry in your presence.”*

Anger grows when we feel we lack power to control what is happening to us,

We can’t control others- only ourselves.

Reverse revenge- we are tempted to right the wrong and strike back

Romans 12:19 “Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge, I will pay them back’ says the Lord.” (NLT)

-Check the facts

Wait till you are calm, cool and collected.

*“Cool heads prevail” many examples of this are in **Proverbs**, such as:*

Proverbs 10:12 “hatred stirs up quarrels, but love makes up for all offences” (NLT)

Proverbs 12:16,18: “A fool shows his annoyance at once, but a prudent man overlooks an insult”, “Reckless words pierce like a sword, but the tongue of the wise brings healing.” (NIV)

Proverbs 13:3 “He who guards his lips, guards his life, but he who speaks rashly will come to ruin.” (NIV)

Proverbs 15:1 “A gentle answer deflects anger, but harsh words make tempers flare.” (NLT)

Step 4: Find your center (Page 41)

When we feel inadequate, abused, and angry or intimidated, we are off-center.

*We are vulnerable -- we are not safe (***Safety is something all of us want and need!!)*

Psalm 12:5 “I will place them in the safety for which they long.” (NRSV)

“Where is your center located?”

“When you are centered you can defend yourself”

-Define your center

“Feeling—calm, peaceful—not necessarily happy and peppy. Balanced; aware of problems but not completely upset by them”

Deeper—heart and conscience

Inner knowing —right and wrong

Tells you when you are headed to danger or away from your true self.

Safe Kids – Speak truthfully

Ephesians 4:15 “We will speak the truth in love, growing in every way more and more like Christ...” (NLT)

Micah 6:8 “The Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.” (NLT)

Deuteronomy 33:12 “The beloved of the Lord rests in safety...” (NRSV)

Step 5: Trust your intuition and your instincts (Page 58)

Stay alert and pay attention.

“Many people believe that intuition and instincts are the Creator’s way of protecting us...”

Scriptures teach us that the Holy Spirit has been given to us to be our guide and teacher, to reveal things to us and to help us in our weakness.

2 Timothy 1:7 “For the Spirit of God does not make us timid, but gives us power, love and self-discipline” (NIV)

1 Corinthians 2:11-12 “No one can know a person’s thoughts except that person’s own spirit, and no one can know God’s thoughts except God’s own Spirit. And we have received God’s Spirit (not the world’s spirit), so we can know the wonderful things God has freely given us.” (NLT)

Romans 8:26 “The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” (NRSV)

John 16:13 “when the Spirit of truth comes, he will guide you into all truth” (NRSV)

“Know that a higher power is always there...to protect and guide you. You have only to ask for help and listen.”

Matthew 28:20 Jesus said: “be sure of this: I am with you always...” (NLT)

Jeremiah 33:3 God speaking: “Call to me and I will answer you...” (NIV)

Isaiah 41:10 “Don’t be afraid for I am with you. Don’t be discouraged for I am your God. I will strengthen you and help you...” (NLT)

Be honest with yourself and others- don’t create a secret life based on lies

“A Secret Life Is Self-Destructive”

Proverbs 12:19 “Truthful words stand the test of time, but lies are soon exposed.” (NLT)

Proverbs 12:22 “The Lord detests lying lips, but he delights in those who tell the truth.” (NLT)

Proverbs 19:5 “A false witness will not go unpunished, and whoever pours out lies will not go free.” (NIV)

Step 6: Take charge of your life (Page 70)

You take charge of your life by knowing how to react to problems and problem-people in a positive way.” “This means taking full responsibility for yourself...”

It comes down to making a choice. – *God has given us free-will and the power to choose.*

Joshua 24:15 “Choose for yourselves this day whom you will serve...” (NIV)

Deuteronomy 30:19 “I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” (NIV)

“...you make wise choices that are consistent with your commitment to be a spiritually-centered, street-safe person...”

Stand your Ground- be assertive – *In the example of “Cathy” in Mexico- an illustration of how God doesn’t waste anything- all that had happened to her already gave her the courage to stand up for herself and not be taken advantage of.*

Let Logic Rule- “Your goal is to know yourself better.”

High emotions prevent you from seeing reality clearly.

Evaluate your decision-making process.

Ask yourself: “Do your decisions help you to take charge of your life or leave you more vulnerable?”

Don’t sell yourself short- with regards to sexual activity.

God’s intent all along was for sexual intimacy to be between one man and one woman in the sacred bond of married love.

“Intimate sexual contact is a spiritual bonding with another human being. This bond is a gift given to couples to help them to stay together.”

Genesis 2:24 “For this reason a man shall leave his father and mother and be united to his wife, and they will become one flesh.” (NIV)

“Joe” in the Life Experience- because Marcia was truthful with him, he had an opportunity to make a change in his life and turn it completely around.

2 Corinthians 5:17 “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (NLT)

Choose Not To Be Abused – Abuse doesn’t happen overnight. Abusive behavior gets worse, not better! Those who are caught in the cycle of abuse are not able to think clearly.

Self-Awareness Alert- Run, don’t walk away

Exercise Your Self-Awareness

Identify those areas where you have been successful in taking charge and taking responsibility and those areas where you need to grow stronger.

Step 7: Set Goals to Succeed (Page 81)

“When you set and achieve goals, you develop the self-discipline that helps you become more self-confident and street-safe.”

“By planning your future, you are also making a statement that you are someone who deserves respect and protection. “Set Long-Term Goals-

“This puts your day to day efforts into perspective”

Think about what you like to do, what your talents and gifts are. Those are given to you by God.

Ephesians 2:10 “For we are God’s masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.” (NLT)

Scripture often uses the analogy of an athlete training for a race.

Hebrews 12:1 “Let us run with perseverance the race marked out for us.” (NIV)

Philippians 3:14 “I press on to the goal to win the prize for which God has called me...” (NIV)

Ask yourself: “where you want to be in 3 years, 5 years, or ten years?”

What are you willing to forgo in order to make those long-term goals realities?

Short-term goals move you in the direction of your long-term ones bit by bit. It is important to have plan- a design in mind- even if God re-shapes it along the way.

Luke 14:28 Jesus said “Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it?” (NIV)

Jeremiah 29:11 “‘For I know the plans that I have for you’ says the Lord, ‘plans to prosper you and not to harm you, to give you a future and a hope’.” (NIV)

Step 8: Make Connections with Others (Page 94)

“Studies have shown that people with strong connections to others are usually healthier and safer.” (This is KEY!)

Find inspiration in Others:

Look around you for others who could mentor you or guide you

Who are good role models?

Make Positive Connections

“People will support you and be there for you but you also have to show a sincere interest in them to develop good friendships.”

Romans 12:9 “Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love.” (NIV)

“Make connections with people who are positive”

You can be a part of the family of God, the Body of Christ- not a perfect family, but one that is trying to follow His ways.

Colossians 3:12-13 “therefore as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” (NIV)

“Asking for help is strength, not a weakness.”

We were created to live in community. Asking can take courage but it levels the playing field as we all need help.

Luke 11:9-10 Jesus said: “Ask and it will be given to you; seek and you will find; knock, and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (NIV)

Ecclesiastes 4:9-10 “Two are better than one, because they have a good return for their work; if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” (NIV)

Honor the Rules of Relationships

Be Polite- make use of “please” and “Thank you”

Admit mistakes and Apologize-

Scripture is filled with a call to be forgiving as God forgives us

Matthew 6:12 Jesus said “Forgive us our sins as we also have forgiven those who sin against us.” (NLT)

Psalms 51:1-3 a prayer of King David says: “Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions and my sin is ever before me.” (NIV)

James 5:16 “Confess your sins to each other and pray for each other...” (NLT)

Restore Any Broken Connections with Your Family

If at all possible, preserve good relationships with family members as this reflects on many other relationships.

Matthew 5:9 Jesus said: “Blessed are the peacemakers, for they will be called children of God.” (NIV)

James 3:18 “Peacemakers who sow in peace reap a harvest of righteousness.” (NIV)

James 3:18 “And goodness is the harvest that is produced from the seeds the peacemakers plant in peace.” (Good News Translation- GNT)

Matthew 5:23-25 “Therefore if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” (NIV)

Step 9: Find Your Inner Power (Page 105)

The power that resides in a believer is the power of God, in the person of the Holy Spirit whom God has given.

Luke 12:11b-12 “...do not worry about how you will defend yourselves, or what you will say, for the Holy Spirit will teach you at that time what you should say.” (NIV)

Acts 1:8 “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses.” (NIV)

2 Timothy 1:7 “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (NIV)

Romans 15:13 “ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (NIV)

Seek Self-control- “When you depend on internal controls to direct your behavior, you are demonstrating self-control. And self-control is key to expressing your inner power.”

Tap the Power of Belief- “The reality is that your inner beliefs have enormous power to shape your outer experiences and circumstances.”

“But what do you believe in?” “Sooner or later you will have to recognize that there is something beyond your limited conscience that is greater than you are as an individual.”

“If you are willing, you can discover that making a connection to your Creator is the surest path to finding your inner power.”

Isaiah 40:27-29 “Why do you complain...? Why do you say, ‘My way is hidden from the Lord; my cause is disregarded by my God’? Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.” (NIV)

Use Inner Power Wisely – “Any power can be used or misused.” “Don’t confuse talent with inner power”.

Exercise Your Self-Awareness

Show Your Self-Control

“Keep track of what upsets you”

Psalm 5:1 “Listen to my words, Lord, and consider my lament.” (NIV)

James 1:2-3 “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested your endurance has a chance to grow.” (NLT)

Express Your Inner power

“Do something that makes a positive impact on others”

“Tap your creativity to show the strength of your inner power”

Hebrews 10:24 “And let us think of ways to motivate one another to acts of love and good works.” (NLT)

Step 10: Discover Your Unlimited Potential (Page 115)

“Discovering your unlimited potential is a journey of faith”.

Reach For The Stars- “What do you think of when you hear “unlimited potential”?

“Do you want to develop yours...or go through life without ever contributing...?”

Matthew 25:14-30 “It will be like a man going on a long journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another, two bags, and to another one bag, each according to his ability... The one who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who received one bag went off, dug a hole in the ground and hid his master’s money.

After a long time, the master...returned and settled accounts with them. The man who had received five bags of gold came and brought the other five. ‘Master’, he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

His master replied, ‘Well done, good and faithful servant! You have been faithful in a few things; I will put you in charge of many things. Come and share your master’s happiness!’.... (NIV)

Read through verse 30 to see what happened to the other two servants...

Matthew 5:14-16 “You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone who is in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.” (NLT)

“Your spiritual journey can be rewarded beyond your wildest expectations”

Ephesians 3:14-20 “I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too deep to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God who is able, through his mighty power at work within us, to accomplish infinitely more than we ask or think.” (NLT)

Make Up Your Mind To Succeed – “Your thoughts determine your actions and your actions define your life.” “We all fulfill our vision of what we think we are worth.”

You are worth SO MUCH!!!

Isaiah 43:4b The Lord says: “You are precious to me. You are honored, and I love you.” (NLT)

“Without faith, we miss the exciting opportunities our higher power has in store for us.”

2 Corinthians 5:7 “For we live by faith, not by sight.” (NIV)

And what exactly is faith?

Hebrews 11:1 “Faith shows the reality of what we hope for; it is the evidence of things we cannot see.” (NLT)

“Having faith that we can accomplish any goal takes us out of a self-imposed box of limitations.”

Define Your Spiritual Path- “Listen to your Creator’s plan for your life”

Psalm 103:2-5a “Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things...” (NLT)

He is good and His plans for you are good

Jeremiah 29:11 “‘For I know the plans that I have for you’ says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope.’” (NLT)

How do we discern this? – “Develop a bond with your spiritual power and be willing to change as you learn spiritual lessons.” “As you get closer to your Creator you begin to discover what you need to work on.”

The Ten Commandments

Exodus 20:3-17 (Good News Translation- GNT)

1. “Worship no god but me
2. Do not make for yourselves images of anything...do not bow down to any idol and worship it...
3. Do not use my name for evil purposes, for I the Lord your God, will punish anyone who misuses my name.
4. Observe the Sabbath and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me...
5. Respect your father and mother, so you may live a long time in the land I am giving you.
6. Do not commit murder.
7. Do not commit adultery.
8. Do not steal.
9. Do not accuse anyone falsely.
10. Do not desire another man’s house, do not desire his wife, his slaves, his cattle, his donkeys, or anything else that he owns.” (GNT)

“The Ten Commandments are powerful guidelines that have inspired and changed people’s lives.”

See the parallels with the “Ten Suggestions for a Happy Life.”

Exercise Your Self- Awareness

Face Fears First – The Scripture is chock-full of verses telling us to “fear not”, to “not be afraid”. God understands how we are made (because he made us) and he knows we need these reassurances.

John 14:27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (NIV)

Envision Your Future

Proverbs 24:14 “...wisdom is sweet to your soul. If you find it, you will have a bright future.” (NLT)

Scripture translations used for quotations:

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