

Revival HOMESCHOOL Heartbeat

Nov
2025



Refreshing Your Soul to Lead Your Flock

Welcome to the Revival Home-school Heartbeat, our home-school newsletter at www.revivalhomeschool.tv! Last time, we explored “*Setting a God-Centered Vision for a Joyful New School Year!*” Now, it’s time to tend your heart so you can lead with joy. Inspired by Dr. James Dobson’s burnout-busting wisdom in *Parenting Isn’t for Cowards* and Heidi St. John’s soul-stirring devotions in *The Busy Homeschool Mom’s Guide to Daylight*, we’re diving into Psalm 23’s promise of green pastures.

Picture this: It’s 6 am, your coffee’s gone cold, and that pile of lesson plans is giving you the side-eye. You’re the shepherd of your little flock, but who’s refilling your cup when the sheep are baa-ffling and the math workbook’s staging a coup? Ready to trade weary for wondrous? Let’s unpack three pillars, Rest in His Presence, Release the Guilt Grip, and Rally with

Nurturing the Shepherd’s Heart in Mom & Dad



Rhythm, to nurture your shepherd’s heart and prep for next month’s strong-willed learner showdown. Grab your Bible, warm up that coffee, and let’s go!

Rest in His Presence: Dawn as Your Anchor

Ever feel like your homeschool day starts with a sprint, only to crash by noon? Heidi St. John gets it, she’s been there, juggling kids and crayons while clinging to Jesus. In *The Busy Homeschool Mom’s Guide to Daylight*, she invites us to anchor our mornings in God’s truth before the chaos kicks in.

Think of Psalm 23:2, “*He makes me lie down in green pastures.*” That’s not just poetry; it’s your survival plan! Try a 10-minute “Daylight Ritual”: Sip that coffee (hot this time), crack open Heidi’s devotional for a quick Scripture, and journal one verse, like “*He restores my soul.*” Dobson chimes in from *Parenting Isn’t for Cowards*: Parenting without

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Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. – DEUTERONOMY 6:5-9

soul fuel is like herding cats in a thunderstorm... doable, but why? A time of devotion can shift a whole day from frazzled to focused. So, set that phone reminder to kickstart your quiet time. You're not just a parent, you're a shepherd under the Chief Shepherd (1 Peter 5:4). Rest in Him, and watch your heart refill.

Release the Guilt Grip: Grace Over Grind

Raise your hand if you've ever felt like the "World's Okayest Homeschool Parent" (spoiler: we all have!). Dobson warns in *Parenting Isn't for Cowards* that perfectionism is a joy-stealer, and Heidi St. John doubles down: "You're not failing; you're faithfully tending." Let's ditch the guilt grip with a Psalm 23:2 mindset. God's got green pastures, not a performance review.

Try a "grace audit": Write down three guilt triggers (unfinished spelling tests, anyone?) and counter each with a truth, like "*His mercies are new every morning*" (Lamentations 3:22-23). Dobson's practical gem? Celebrate one win per kid each week, maybe Johnny nailed his memory verse, and let the rest go.

Rally with Rhythm: Sustainable Shepherding

Okay, your heart's resting and guilt's in timeout. Now, let's build a rhythm to help you thrive. St. John's devotional rhythm in *Daylight* is like a metronome for your soul, while Dobson's family systems in *Parenting Isn't for Cowards* remind us: Resilient homes need refreshed parents. Start a "Shepherd's Joy Jar": Grab a mason jar, jot down one daily moment of gratitude or God's goodness (e.g., "Susie shared her crayons!"), and toss it in. Weekly, pull one out, and give thanks to God.

Another great tip is Dobson's "courage quotient". Rate your energy weekly (1-10) and adjust. Do you have a low score? Call your homeschool leader or someone who can offer support and encouragement through prayer. This rhythm models a Christ-centered life and prepares us for a future newsletter on how temperament influences our lives.

How is God Restoring Your Shepherd's Heart?

Whew, what a journey! From worn shepherd to wondrous witness.

From dawn devotions to guilt-free grace and sustainable rhythms, you're nurturing a shepherd's heart that overflows to your flock. Psalm 23:6 promises, "*Surely goodness and mercy shall follow me*", and that's your legacy, not just lesson plans. Dobson and St. John remind us: The Good Shepherd equips the willing, not the perfect (2 Timothy 2:21). This week, pick one pillar, rest, release, or rhythm, and share your win with us or at the next co-op meetup.

Snag *The Busy Homeschool Mom's Guide to Daylight* or *Parenting Isn't for Cowards* for encouragement. Next month, we'll tackle those strong-willed learners with love, so keep tending your heart. It's the root of your homeschool harvest. Let's pray for green pastures together!

“From worn shepherd to wondrous witness. From dawn devotions to guilt-free grace and sustainable rhythms, you're nurturing a shepherd's heart that overflows to your flock.”

