



Loving through Household Rhythms

Wayne Braudrick

Life Change: We establish godly frameworks

Selected Scriptures

June 9, 2024

Children need trustworthy adults to establish boundaries

Regula

Ruling is an internalized skill

Pr 16:32; Matt 23:28

Ruling flows from love and into relating

Pr 3:11-12

Ruling is tied to abiding in Jesus

1 Jn 3:4-6; Jn 15:9-11

Regula is best established in family rhythms

Deut 6:6-9

Waking

Mealtimes

Screentime

Devotions

Labor

Recreation

Conversation

Bedtime

*We always need the reminder of grace: God's love inspires our action, but our action does not inspire God's love. Our family habits will not change God's love for us, but God's love for us should change our family habits.*  
- Justin Whitmel Earley, *Habits of the Household*

*Parents, please be advised: The sermon next week, June 16th, will address sexuality and intimacy. The content may not be suitable for all ages.*

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Upcoming Events



Give

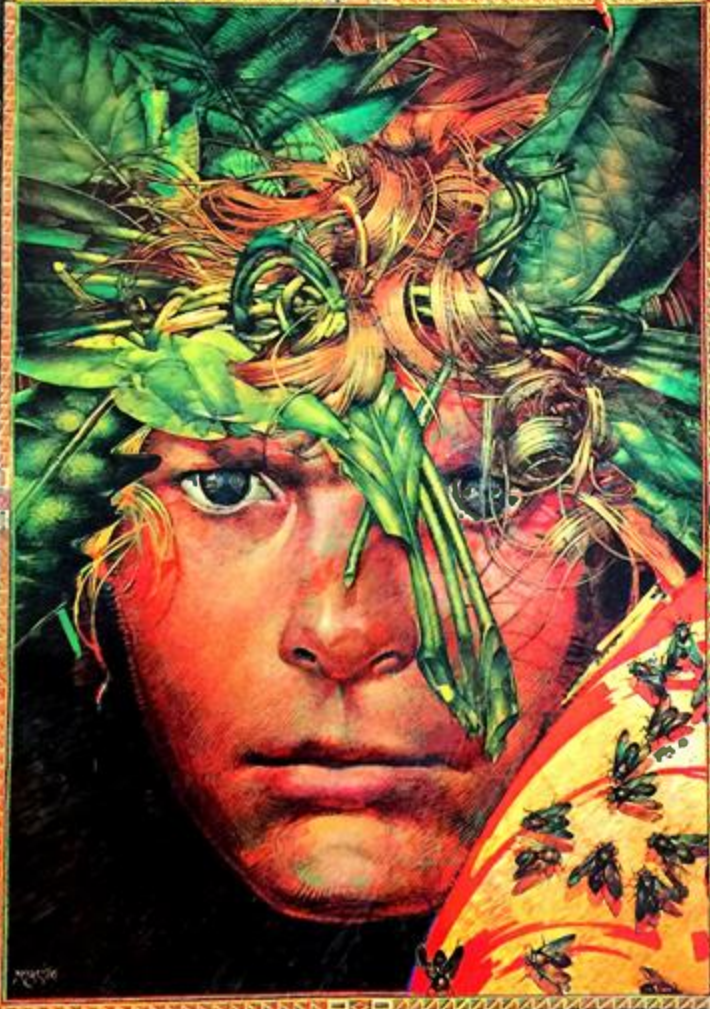


Connect Card & Prayer Request



**FINDING JOY  
IN LOVING  
PEOPLE**

LORD OF THE FLIES  
WILLIAM GOLDING



A PERIGEE BOOK \$2.95

OVER 7 MILLION COPIES IN PRINT

courtesy Penguin



courtesy Columbia





courtesy pinterest



courtesy dreamstime

**But there's  
no fence!**



courtesy dreamstime



**<sup>3</sup> The one who rules the people with justice,  
who rules in the fear of God,  
<sup>4</sup> is like the morning light when the sun rises  
on a cloudless morning,  
the glisten of rain on sprouting grass.**

**2 Samuel 23 CSB**

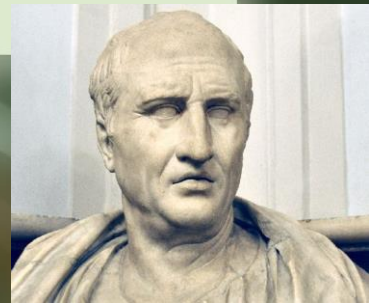
**<sup>6</sup> These words that I am giving you today are to be in your heart. <sup>7</sup> Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up.**

**Deuteronomy 6 CSB**



***Regula* = a framework that allowed for flourishing. The *regula* – the rule – provides that structure needed for proper growth.**

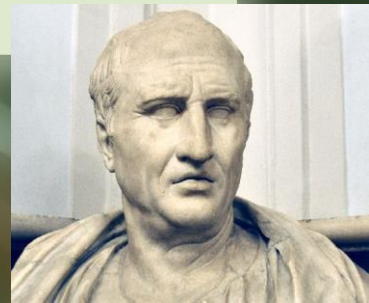
**egeremus perpendiculis normis  
regulis. We need perpendiculars  
[straight lines], norms, and rules.  
– Cicero, *Academica Liber Secundus***





**Just as the plant must bond with the trellis, so do people need to internalize the *regulae* of God. Internalization is what allows for a lasting legacy – which was exactly Cicero’s context. *Academica* argues that Rome was strong not because of armies but because internalized discipline.**

**egeremus perpendiculis normis regulis. We need perpendiculars [straight lines], norms, and rules.  
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**<sup>32</sup> He who is slow to anger is better than the mighty,  
And he who rules his spirit, than he who captures a city.**

**Proverbs 16 NASB**

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**32 He who rules his spirit  
[is mightier] than he  
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**Proverbs 16 NASB**







courtesy USMC

## Fighting Spirit of *Bushido*



*Banzai charge*  
Mukai Junkichi, 1941

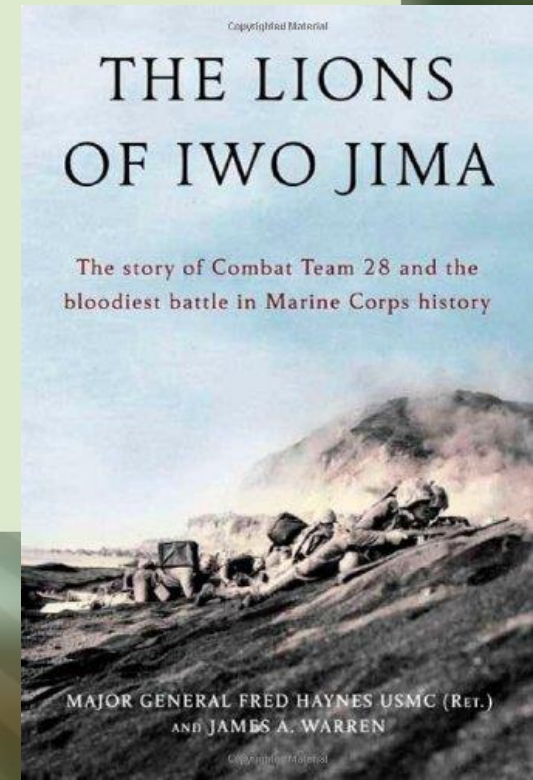
## Esprit de Corps



*Flag raising #2 on Mt. Suribachi,*  
Iwo Jima Joe Rosenthal, 1945

**Hiroshi Minami, a Japanese soldier who survived the war, said, “We were unable to hold the conviction...that you must not surrender to military [authority] when it fails to live up to...what is right.”**

**Marine *esprit* was buttressed by informed and open leadership – a leadership ready to admit errors and mistakes, and willing to correct them.**



**<sup>32</sup> He who rules his spirit [is mightier]  
than he who captures a city.**

**Proverbs 16 NASB**



**28 In the same way, on the outside you seem righteous to people, but inside you are full of hypocrisy and lawlessness.**

**Matthew 23 NASB**

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**Matthew 23 NASB**



**<sup>11</sup> Do not despise the LORD's instruction, my son,  
and do not loathe his discipline;  
<sup>12</sup> for the LORD disciplines the one he loves,  
just as a father disciplines the son in whom he delights.**

**Proverbs 3 CSB**





**Both God's instruction and correction flow from His love and are designed to draw us into a deeper relationship with Him.**

JUSTIN WHITMEL EARLEY



# HABITS OF THE HOUSEHOLD

PRACTICING THE STORY OF GOD  
IN EVERYDAY FAMILY RHYTHMS



courtesy Harper Collins

***Instinct:*** They are doing this on purpose.

***Reaction:*** Anger at the children.

***Mistake:*** Overdeveloped view of their fallenness. Our children are sinful fools in the most Proverbial sense of the term yes, but they are also image-bearers in need of *discipleship*. Their repeated disobedience is not a personal assault to keep us from being happy.

***Instinct:*** They meant well so there is nothing wrong.

***Reaction:*** Dismiss and ignore.

***Mistake:*** Overdeveloped view of innocence. It often arises when our child hurts someone else's child. Ignorance cannot lead to discipleship.

***Instinct:*** They just need better education.

***Reaction:*** Useless words.

***Mistake:*** A major misunderstanding of development, especially in young children. Their brain is not ready for a speech, especially in a crisis. Connecting emotionally precedes connecting logically.

***Instinct:*** They must feel pain and shame in order to learn.

***Reaction:*** Revenge or abuse.

***Mistake:*** Lashing out at children to make them hurt for what they did means *acting like a child* right at the moment when what they need is a parent. Physical and emotional consequences are useful tools, but not as vents for our anger.

***Instinct:*** I am frustrated and exhausted. I need assert control to get the right result fast.

***Reaction:*** Impatient behavior management.

***Mistake:*** Underdeveloped view of discipline, seeing it as a way to get convenient behavior. This sacrifices real heart parenting for momentary control.

***Instinct:*** This moment is too inconvenient for doing this correctly.

***Reaction:*** Abdication of the role of parent.

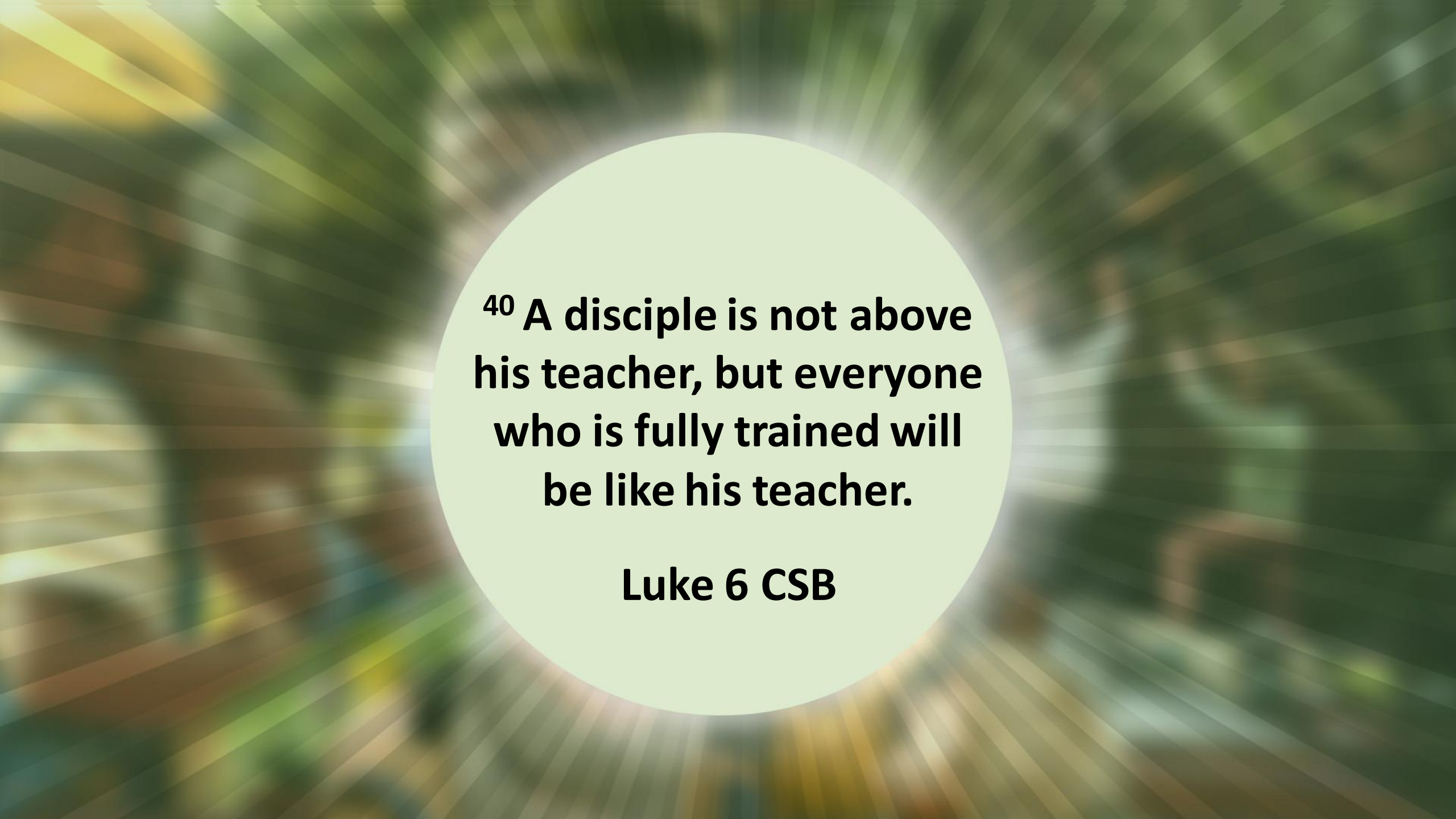
***Mistake:*** There is never an easy moment to discipline; not because of circumstance, but because discipline is not easy. Ever. We don't punt our own discipline as parent because it's inconvenient.



***Instinct:*** I am embarrassed and need to manage my reputation.

***Reaction:*** Self-conscious behavior management.

***Mistake:*** This is an inversion of disciple – making it about us instead of them. Whether at the grocery store or backyard gathering, we need to make sure our only focus is doing what our children need in that moment to properly develop.



**<sup>40</sup> A disciple is not above  
his teacher, but everyone  
who is fully trained will  
be like his teacher.**

**Luke 6 CSB**



**<sup>4</sup> Everyone who practices sin also practices lawlessness; and sin is lawlessness. <sup>5</sup> You know that He [Jesus] appeared in order to take away sins; and in Him there is no sin. <sup>6</sup> No one who abides in Him sins**

**1 John 3 NASB**

**Maybe there is a beast,  
[but] it's only us.  
– Simon in William  
Golding, *The Lord of the Flies***





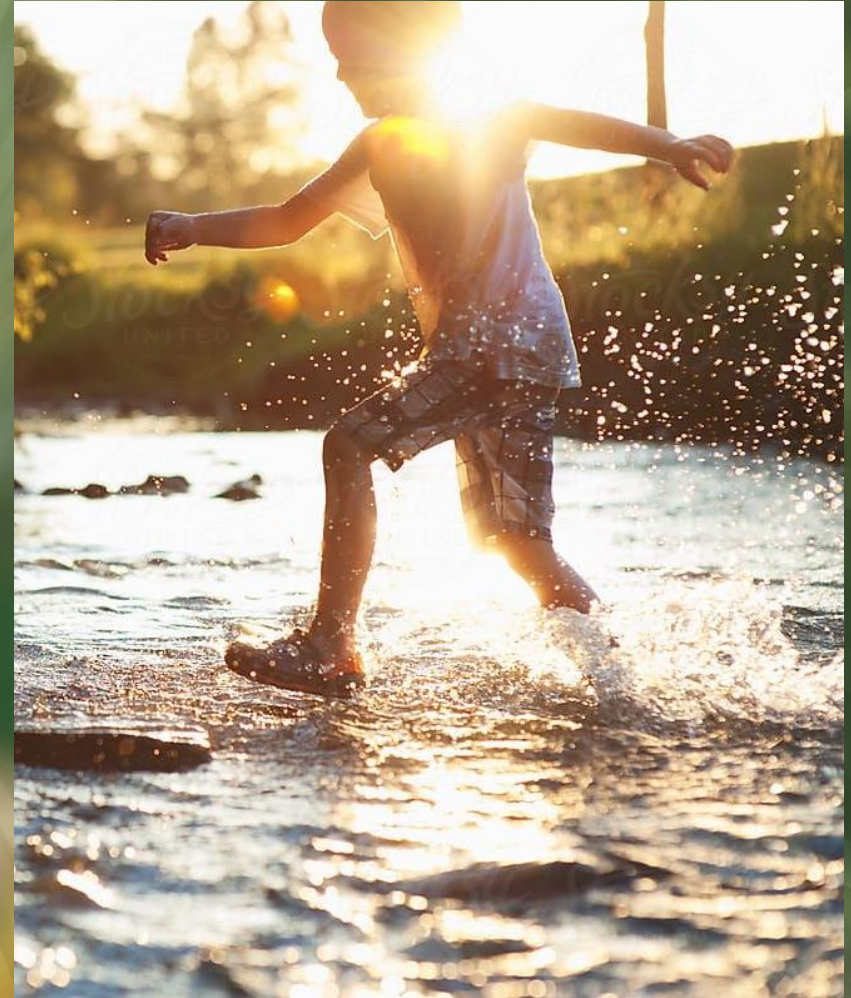
## John 15 ESV

**<sup>9</sup> As the Father has loved me, so have I loved you. Abide in my love. <sup>10</sup> If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> These things I have spoken to you, that my joy may be in you, and that your joy may be full.**

**<sup>6</sup> These words that I am giving you today are to be in your heart.**

Deuteronomy 6 CSB

Keep my commandments...that your joy may be full.  
John 15:10-11 ESV



**Family rhythms bring a sense of stability and consistency to the whole family, especially the children. It's part of what creates "home." – David Wade**



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**Deuteronomy 6 CSB**





What I said: Please, go brush your teeth.  
What my boys heard:



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**Deuteronomy 6 CSB**

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**Deuteronomy 6 CSB**

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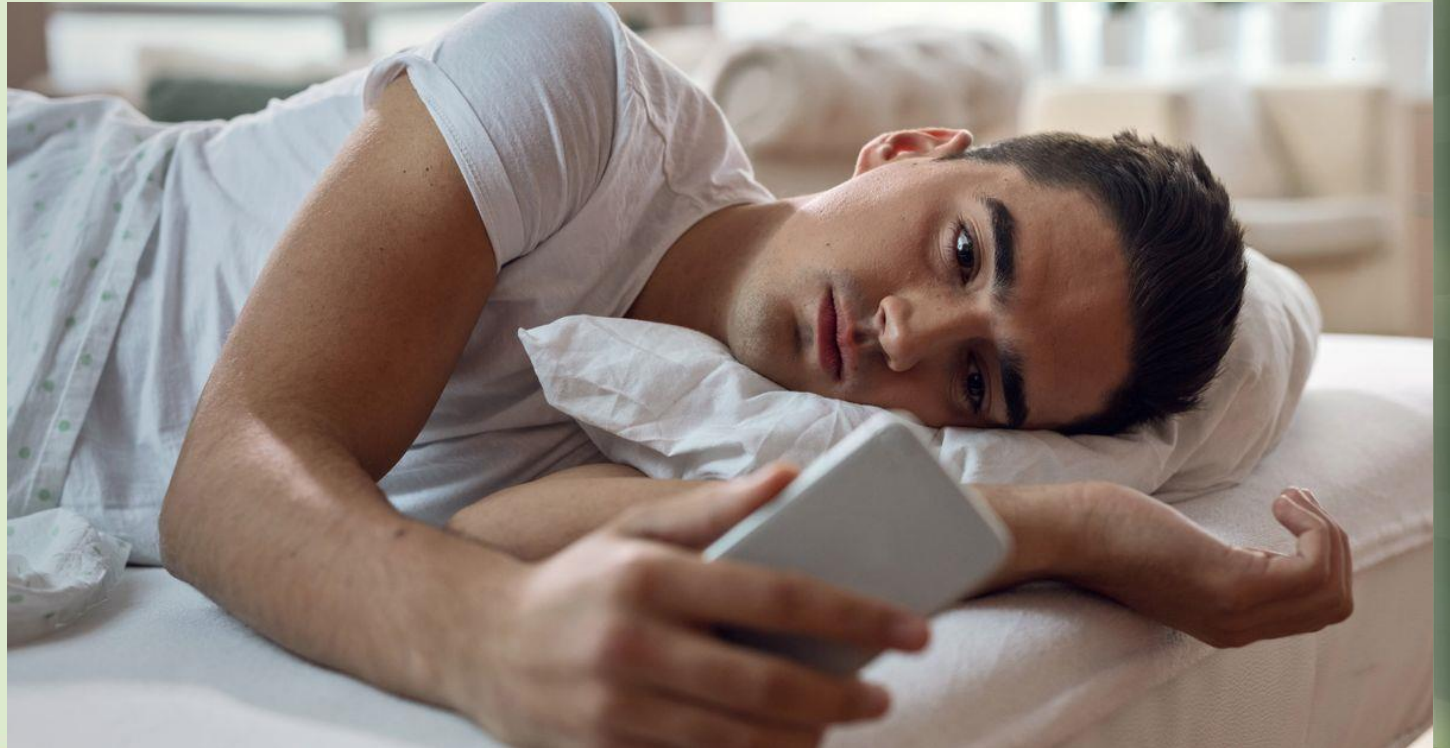
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courtesy knowit

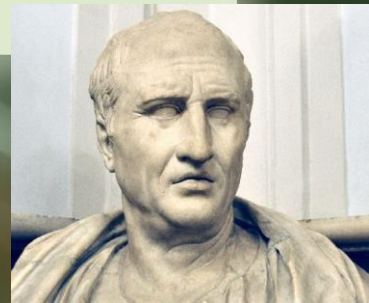
**Starting my day with a phone is as unwise as beginning a marathon from a dead sleep. It's like sewing without threading the needle or diving off the scuba launch without attaching an air tank & respirator.**





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courtesy storyblocks

**The clamoring for your attention is at least in part based on your family's desire to know where the fences are. They find more strength in your refusal to be compelled.**





courtesy youtube

**Coming to the table is the keystone habit of forming relationships. When we make the table the center of gravity,**



**it not only helps order the household, it pulls others in, turning strangers into friends.**

**– Justin Whitmel Earley, *Habits of the Household***

## To establish *regula* at mealtimes:

- Pray on a rotation basis before eating.
- Have rotation of supper questions all answer, like “Name one good thing and one bad thing from today.”
- Have brief devotions at the table.
- Have a set night where guests are regularly invited.
- Light a candle and all say, “Christ is the light of the world.”



courtesy mompreneur

## To establish *regula* for screen time:

- **No phones at the table.**
- **Use locking software and curate the sites you will open for access.**
- **Decide hours of use and times of day for screentime.**
- **Limit solo videogame time; use multiplayer ones for interaction instead.**
- **Turn off autoplay.**
- **Decide how much you can and will pay for quality content.**
- **When a person is isolated (e.g., alone in bedroom), screens go off.**
- **Have regular movie nights, favorite cartoons to share, go-to sick day marathons.**

# Story Time





## **To establish *regula* in devotions:**

- **Choose a couple of nights or mornings a week for brief devotions.**
- **Don't worry about having all answers or preparing long lessons.**
- **Serve in kid's ministry and discuss your weekly lesson in preparation.**
- **Memorize a short verse together.**
- **Read a Children's Bible together.**
- **Memorize small parts of catechisms like the Westminster Shorter Confession.**



courtesy logicpublishers



courtesy followlists

## To establish *regula* in work:

- **Whenever possible, let kids help or do work themselves.**
- **Give appropriate responsibilities and hold each other accountable.**
- **Praise hard work and smart work.**
- **Read kid books that show nobility of work.**
- **Take kids to work with you.**
- **Be honest about the pains of hard work, underemployment, and unemployment.**



***Creationem* was to cause something to come into being.**

***Recreationem* meant to invigorate or refresh, depending on the need of the moment.**



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## To establish *regula* in recreation:

- **Regular worship in the redeemed community.**
- **New, made-up games.**
- **Classic family games.**
- **Vacations, which do not have to be expensive.**
- **Naps.**
- **Reading time for individuals and family.**

## To establish *regula* in conversation:

- Create spaces that are conducive to longer chats.
- Grab opportunities on car drives, bike rides, walks.
- Take captive the lie that a child's interruptions are always bad.
- Teach kids to respect other conversation and not interrupt [outside of emergencies].
- Build conversation-promoting experiences like backyard campfires, picnics after church, etc.
- Develop great starter questions like, "What do you notice in the world that you think other people miss?"
- Be certain that your spouse gets the same opportunities! Have date nights, ask open-ended questions, etc.





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**Deuteronomy 6 CSB**



courtesy logicpublishers



courtesy adviceandaid



courtesy William Twohig



courtesy altetia

## A Short Blessing for Littles When You Are Frustrated

**God the Father loves you. Jesus died for you. And the Holy Spirit is with you. Goodnight.**

***Pause for a deep breath and a gentle touch.***

**So I too will love you. I too will sacrifice for you. And I too will never leave you.**



JUSTIN WHITMEL EARLEY



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PRACTICING THE STORY OF GOD  
IN EVERYDAY FAMILY RHYTHMS

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# SEX AND MARRIAGE

Unlocking and Restoring the Power of Sex  
through Biblical and Psychological Insight

Chris Legg, LPC, and Mark Legg

FORWARD BY SHAUNTI AND JEFF FELDHAIN

**Chris Legg, LPC**  
*Lead Pastor, South  
Spring Baptist Church*







# FINDING JOY IN LOVING PEOPLE