



Week 4: Coaching Years

Self-control not self-indulgence.

- **To see what is—REALITY**

Like a city whose walls are broken through is a person who lacks self-control. Proverbs 25:28

- **To project what might be—CONSEQUENCES**

A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied. Proverbs 13:4

- **To imagine what could be—POSSIBILITIES**

Teach your kids to work hard and to make hay while the sun shines! Teach them that work comes before play, and teach them to do something useful. The wise mom and dad say to their son: "Whoever works his land will have plenty of bread, but he who follows worthless pursuits lacks sense." Proverbs 12:11 ESV

- **To do what should be—CREDIBILITY**

Better a patient person than a warrior, one with self-control than one who takes a city. Proverbs 16:32

"Whoever oppresses a poor man insults his Maker, but he who is generous to the needy honors him." Proverbs 14:31 ESV

Source: 12Stone



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6 A's of Good Parenting

edited from article by Josh McDowell

Being a good parent is all about relating. The better our relationship with our children, the better our chances at effective parenting. Youth expert Josh McDowell believes there are six factors that play into good parenting. He calls them the 6 "A"s.

Affirmation—When we affirm a child's feelings it gives them a sense of authenticity. Have you ever heard the old saying, "Laugh with those who are happy and cry with those who are sad?" It means that when our child is sharing his feelings or opinions, they want us to listen and affirm them.

It would go something like this. Your son comes home and says, "Man! My math teacher made me so mad today, he said I wasn't trying." Well, your instinct might be to try to downplay the situation like this, "Oh son, he probably didn't mean anything by it. Let it go." Or you might say before you even address his feelings "Now son, were you trying? Maybe he had a point." Or, "You're a big boy now, you can't get so upset about things."

Those are all attempts to control or fix the situation.

Instead try, *"Son, I am so sorry that happened. How do you feel about it now."*

Even when we don't agree with our children, we can still affirm them as individuals.

Acceptance—When you give unconditional acceptance you give a child a sense of security.

This basically comes down to one principle that must be conveyed to our children: *I don't love you because of what you do or achieve, I love you because you're my child.* Our love and

affection should not be based on grades, behavior or achievements.

Appreciation—When we express appreciation it gives a child a sense of significance.

Appreciation is one of the most powerful motivations for right behavior. So, the more we "catch" our children doing things right, and we express our appreciation, the more motivated they will be to behave better.

Availability—When we are available to our children it gives them a sense of importance.

We can say all we want about how important our children are to us. But if we're not giving them our time, our words will ring hollow.

Our children should come before our texting, social media, screen watching, TV-watching, our hobbies and our desire to make money.

Children spell love T-I-M-E.

Affection—When we show our children affection it gives them a sense of lovability.

All children want to feel like they are lovable. Josh McDowell says not only that, but every child is going to prove they are lovable. If they don't get love from you they will get it somewhere else.

Accountability—When we hold children accountable it gives them a sense of responsibility and self-control.

Children need the disciplines of responsibility and self-control to function successfully in life. As parents, we must create a context for rules and boundaries. Once those guidelines are set, we must be consistent in enforcing them.