

## It's Just a Phase Small Group Session 6

Pastor Gary

Warm Up Questions:

- 1) What is something that drives you crazy at work?
- 2) Was there ever a time that you got really mad at your parents when you were a kid? Share the story.

*"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."  
(Ephesians 6:4, NIV84)*

How We Exasperate Our Kids:

- 1) Unclear \_\_\_\_\_.
  - Are my directions specific enough?
  - Are the consequences clear enough?

2) Inconsistent \_\_\_\_\_.

3) Unbalanced \_\_\_\_\_.

It takes ten words of praise to balance 1 negative word of criticism.

4) Unreasonable \_\_\_\_\_.

Sometimes an unreasonable demand is really an unspoken expectation.

Do you feel like your child is getting out of control, not listening to you, withdrawn, or that maybe you have lost voice with them? Or are you afraid things are headed in this direction? Think through this list. Ask yourself:

Have I really made the boundaries clear?

Am I being consistent in my discipline?

Am I balancing criticism with affirmation 10 to 1?

Am I making unreasonable demands or holding on unspoken expectations?

Maybe as a parent we can be a part of the solution.

Discussion Questions:

- 1) Between making boundaries clear, being consistent in discipline, offering unbalanced criticism, and making unreasonable demands- which do you think you should work the most on personally.
- 2) What circumstances happen in your life that make it the hardest for you to be successful in these four areas?