



IT'S JUST A PHASE

(SO DON'T MISS IT)



IT'S JUST A PHASE, PART 1: DON'T MISS IT

No matter what phase your family is in, you've discovered one thing—*though the days can feel long, the years really are short*. From sleepless nights to managing screen time to an empty nest, figuring out family life isn't easy and the truth is that every phase seems to be different. How do you thrive in the phase you are in today and be sure that you are headed in the right direction in the long-term? In this series, we'll be talking about strategies to navigate the pressures of family, timeless principles that apply to parenting, and discover the hope that, no matter your phase of life, God may be writing a bigger story in your family than you think.

BIG IDEA: You have less time than you think, but more influence than you realize.

DISCUSSION QUESTIONS

Time flies. One day your kids are taking their first steps, the next day it seems they are going off to high school and then college. Where does the time go, and what should you do with the time you've been given? While you may eventually run out of time as a parent, we'll show you how you never run out of influence, and what to do with it.

1. Of all the phases of your childhood, which one was the most memorable and why?
2. When it comes to family, Chris shared the phrase "You have less time than you think and more influence than you realize". Do you think it's easier to forget the time you have or the influence you have?
3. Chris shared the 4 general phases of kids, and what they need in each phase.
 - Birth-Age 4 Embrace Their Physical Needs
 - Ages 5-9 Engage Their Interests
 - Ages 10-12 Affirm Their Personal Journey
 - Ages 13-18+ Mobilize Their Potential

As you look at your own kids or the kids around you in your life, where do you see this in action?

4. No matter your stage, or what phase your family is in today, what do you hope they don't miss about God? If you have kids, at the stages they are in, what do you want them to know about God?
5. *With your Bible or YouVersion, read Psalm 39:4-6.*

"Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand. My entire lifetime is just a moment to you; at best, each of us is but a breath." We are merely moving shadows, and all our busy rushing ends in nothing. We heap up wealth, not knowing who will spend it. *Psalm 39:4-6 (NLT)*
6. Does time seem to move more quickly as you've gotten older?
7. Has the quick passing of time had any impact on your approach to parenting? If so, how?
8. Chris said every parent is on a journey from control to influence. What stage do you find yourself in on that continuum?



A parent has 936 weeks between a child's birth and graduation.

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9. Moving forward, could a better understanding of the brevity of time help you use your time differently? How?
10. When you were growing up, who used their time in ways that allowed them to have a lasting influence in your life? How did it help?
11. What is one specific way you could use time differently today to help you establish a healthier influence in the life of your children tomorrow?
12. Chris shared the importance of the family value of imagining the end by focusing your priorities on what matters most. Do you find focusing on your top priorities around faith and family easy or hard? Why?
13. How does knowing that “100 years from now the only thing that will matter is your child’s relationship with God” change the way you parent or how you see your parent(s)?

MOVING FORWARD

Take some time to reflect on the phase each of your kids (or your family) are in. How can you leverage that phase to focus on the priorities that matter most in life? Looking for more help with the phases your kids are in? Be sure to check out www.justaphase.com and the www.theparentcue.org.

This week set a time to create a one on one memory with one of your children. Do something today (a walk, an activity, a hobby, a day trip) that will help pave the way for continued influence in their life tomorrow. If you’re not sure how to include a spiritual component in the conversation, use one of the tools that you receive from our family ministry team each month, or download the [Parent Cue App](#) for [iPhone](#) or [Android](#) for ideas.

CHANGING YOUR MIND

“Lord, remind me how brief my time on earth will be. Remind me that my days are numbered— how fleeting my life is.” Psalm 39:4

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