

UPCOMING EVENTS:

YOUNG MARRIED COUPLES BBQ

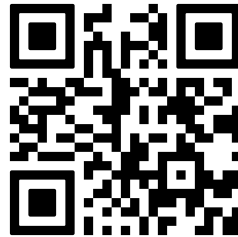
SATURDAY, SEPTEMBER 27TH

Married couples in your 20's & 30's - join us for a great afternoon of BBQ and games, and get to know some other married couples!

DISCOVER WESTBRIDGE CLASS

THURSDAY, OCTOBER 9TH

During our Thursday evening service, discover WHY we do WHAT we do the WAY we do it! Learn how you can be a part of it!



PERSONAL NOTES:

LIFE GROUPS:

NOT TOO LATE TO JOIN!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

Picture Perfect // Week 4

Before you can lead your family, you first must lead YOURSELF.

Guard your heart above all else, for it determines the course of your life. **Proverbs 4:23**

5 commitments every parent should make:

1. Less GUILT.

Direct your children onto the right path, and when they are older, they will not leave it. **Proverbs 22:6**

A wise child accepts a parent's discipline; a mocker refuses to listen to correction. **Proverbs 13:1**

2. Ongoing HUMILITY.

In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves with humility as you relate to one another, for "God opposes the proud but gives grace to the humble." **1 Peter 5:5**

3. Unwavering PERSEVERANCE.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. **Galatians 6:9**

4. A healthy MARRIAGE.

Husbands and wives, submit to one another out of reverence for Christ. **Ephesians 5:21**

Give honor to marriage and remain faithful to one another in marriage. **Hebrews 13:4**

5. Spiritual GROWTH.

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God - truly righteous and holy. **Ephesians 4:21-24**

REMEMBER:

It must be in YOU before it can be in THEM!

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

September 25th / 28th, 2025

1

WARM UP

1. What's a lighthearted parenting "oops" story that still makes you laugh?

2. This weekend's talk used the airplane "oxygen mask" illustration. What drains *your* oxygen most these days - schedule, stress, guilt, something else?

2

KNOW IT

1. Compare **Proverbs 22:6** and **Proverbs 13:1**. How do these verses encourage wise guidance without crushing parents with false guilt?

2. Read **1 Peter 5:5**. Why is a humble apology so powerful for retaining influence with children or anyone you lead?

3. Read **Galatians 6:9**. Where are you tempted to "give up" in parenting or mentoring, and what promise in this verse gives you courage?

4. Read **Ephesians 5:21** and **Hebrews 13:4**. Whether married, single, or remarried, what principles here help create security for the next generation?

5. Read **Psalms 78:4-7**. Why do you think growing spiritually is so important when it comes to the level of influence we have with the next generation?

3

SHARE IT

1. Who modeled these commitments for you growing up? What impact did that have?

2. Which of the five commitments do you feel needs the most attention during this season of your life? (circle all that apply)

Less Guilt

Ongoing Humility

Unwavering Perseverance

A Healthy Marriage

Spiritual Growth

3. Read **Philippians 3:12-14** to help find encouragement as you move forward! While Paul was not speaking specifically about parenting in these verses, they can certainly apply. What encouragement do you find from reading these verses?

4

LIVE IT

1. Identify **one** step this week to strengthen your own "oxygen supply" (spiritual practice, counseling, Sabbath rest, etc.).

2. If married, plan one concrete action to nurture friendship or romance with your spouse. If single, plan one action to nurture key relationships that give life.

3. Choose a spiritual habit your children (or kids you influence) could see - family prayer, serving together, giving, reading Scripture. When and how will you start or refresh it?