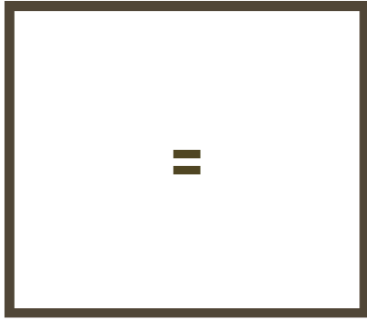
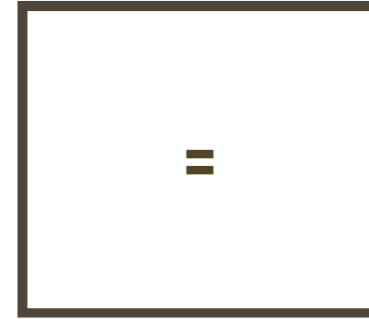

SESSION 1 - LOVING YOUR
KIDS WITH CONSISTENT
DISCIPLINE



What methods of parenting kids have you seen to be more effective or less effective?

How have you seen the distinct roles of a mom and a dad complement each other when navigating through tough behavioral moments in your home?

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What methods of parenting kids have you seen to be more effective or less effective?

How have you seen the distinct roles of a mom and a dad complement each other when navigating through tough behavioral moments in your home?

In what area are you tempted to passively hope that your kids will just “grow out of it” rather than taking active responsibility to train them?

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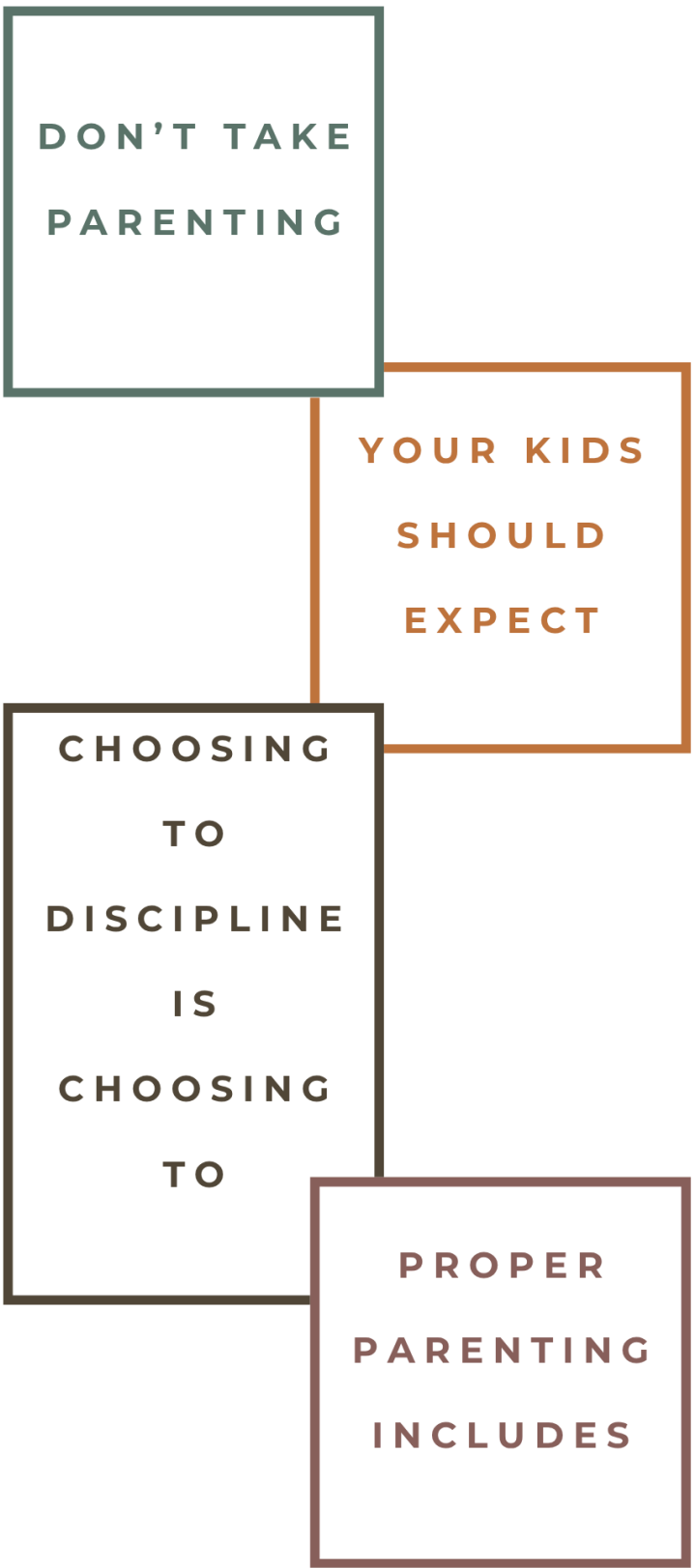
Do your kids currently experience discipline as a predictable structure that they expect or does it come as a shock because your boundaries shift depending on your mood or fatigue?

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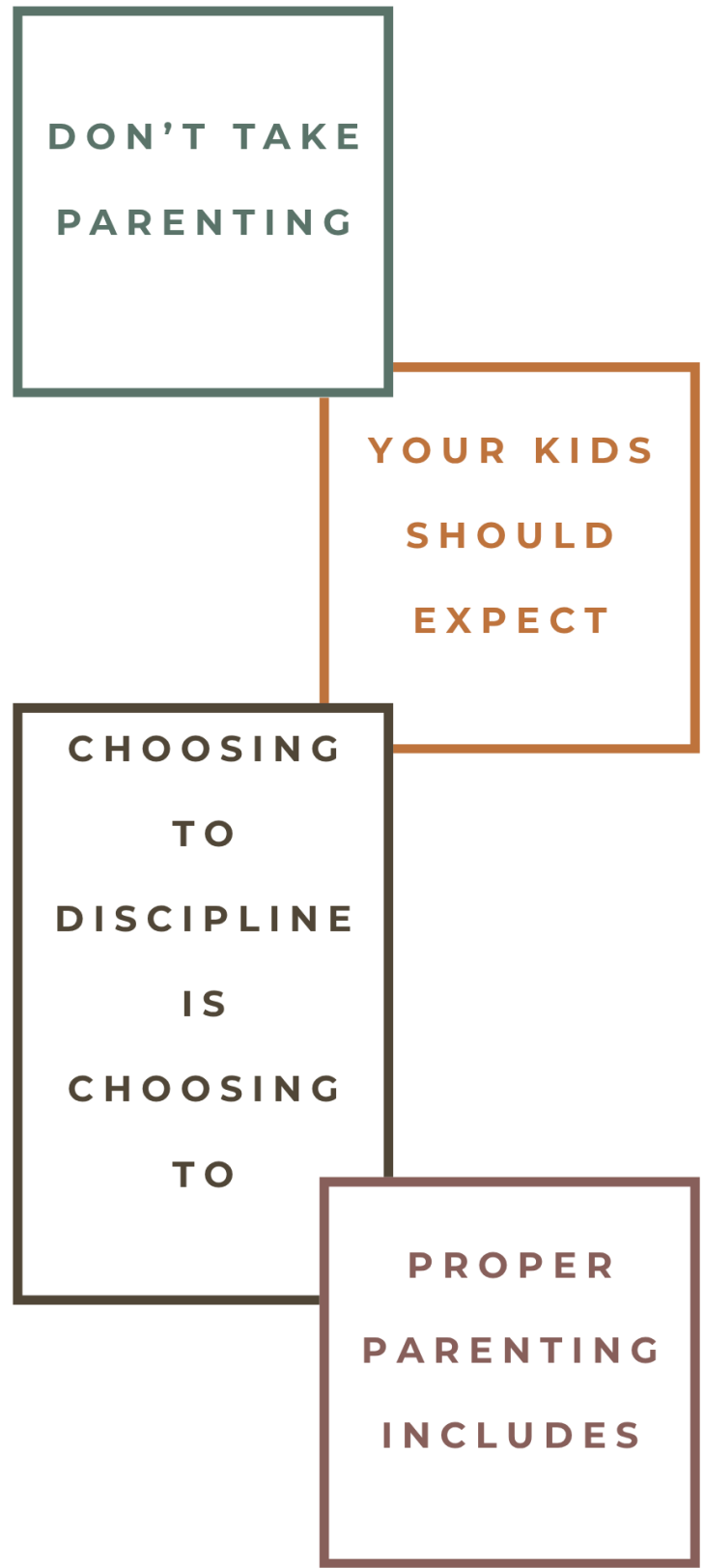
As you look at your own life, how did a season of beneficial “hurt” (consequences, failure or correction) actually produce real personal growth?

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You have forgotten the exhortation which is addressed to you as sons, "My son, **do not regard lightly the discipline of the Lord, nor faint when you are punished by Him;** For whom the Lord loves He disciplines, **and He punishes every son whom He accepts."** - Hebrews 12:5-6



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What are some ways that you think your current parenting choices have been effective at getting the results that you desire to see?



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What are some ways in which, even with the best of intentions, you have not seen the results that you desire to see?

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Do you find your current methods of discipline are effective? Why or why not?

Do you find your current methods of discipline are effective? Why or why not?

SESSION 2 - PARENTING
WITH LOVE

TWO DEFINITIONS OF LOVE

LOVE IS A COMMITMENT OF THE WILL TO DO WHAT IS BEST FOR THE PERSON LOVED.	LOVE IS SEEKING GOD'S WILL FOR THE PERSON LOVED.
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Do you think there are better and worse ways to love your kids? If so, what distinguishes between the two?

When you think about loving your kids well, what comes to mind first—feelings, actions, or outcomes?

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Do you think there are better and worse ways to love your kids? If so, what distinguishes between the two?

When you think about loving your kids well, what comes to mind first—feelings, actions, or outcomes?



What is one way your parents showed love to you that shaped how you love your children?

How do you tend to respond when your child's behavior makes loving them difficult?

What do you think is the difference between loving your child and making your child happy?



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patient

Common parental love says there's a limit to my patience. It is okay if boundaries that are not clearly defined and held accountable to...the boundary is how much I'm willing to put up with for today. It only has a limited amount of patience...and when my patience is at the end is when the hammer comes down.

God's parental love says I'll continue to love through whatever comes. It doesn't base discipline on how I'm feeling...but on what my child needs. It sets clear boundaries and continues to enforce those boundaries even when it's hard. It doesn't give up when it gets too hard but persists until the results come (and even if they don't).

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KIND

Common parental love says be good to me and I'll be good to you. It relies on how we're being treated by our kids...to be the determining factor how we treat them OR it compromises what's good for our child for what is easy or expedient, what keeps the peace, or what makes them happy. Their happiness or keeping the peace in any given moment becomes more important than their growth.

God's parental love says I'll do what's best for you regardless. Even if it makes you unhappy...even if it makes me unhappy...your best is always my goal. Even when my friends and family look at me strangely...because they assume I'm always supposed to be nice...God's love persists because it is right and good. Their growth and development as people is always prioritized over short-term happiness.

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NOT *jealous*

Common parental love is possessive. It wants to be the center of the relationship. It needs my kids to like me more than anyone else, so I'll compromise to make that happen. I need their world to revolve around me...so I do what it takes to keep me at the center.

God's parental love prioritizes the one loved. It chooses imbalance at our own expense, if that is needed. I want the best for you even when it means a lack for me. It's okay with being perceived as the bad guy in order to love well.

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**does not brag/
is not arrogant**

In Common parental love pride and arrogance concerning our kids is allowed...even expected. It needs to be perceived as a good parent. How my child behaves is reflection on me...so I have to maintain a façade with others. It requires that my kid be better than your kid. If my kid is not getting the recognition/attention I feel they deserve, I have to step in and do something about that. The parent-child relationship itself can be a source of pride that puffs up and wants the admiration of others. "Look at how great my relationship is with my kids." If we don't get it, we try to draw more attention to ourselves in an attempt to get the recognition. It allows our kids to become a tool to prop up our ego.

God's parental love is okay with others being admired. It doesn't need to compare my kid with other kids...but celebrates who they are...without needing to see how they stack up. It chooses at times to take the spotlight from our kids to place it on others...and encourages our kids to do the same. Its primary concern is lifting others up. It does not seek recognition...but allows it to come on its own.

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DISGRACEFULLY

Common parental love leaves room for being rude if that's what it takes to get your way or get your point across. Rudeness can be a great manipulation tool for the ones who parent this way. "If you're going to be rude to me...I can dish it right back."

God's parental love does not exasperate our children for our own purposes. It chooses not to manipulate in this way. It chooses being gentle over being a jerk. It does not hold back when love dictates something needs to be said...but it doesn't use destructive language to do so.

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When you strip away its facades, **Common parental love** is essentially self-seeking. It makes parenthood about what I want or need from it. It assumes I'm owed something for all that I do for them. It insists that everyone adjust to me: my mood, my desires, my tastes. It can only give so much before at some point it needs to be about what I need. It compromises what's best for the child for what's easiest for me.

God's parental love sets its rights aside for the sake of their children. It makes the parenting relationship about raising the child, not about making things easier on the parent. Its joy is found in serving their kids...seeking what's best for them. It will always take the harder road for me...if it is what's best for them.

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PROVOKED

Common parental love believes it has the right to be touchy at times. I will have times when I'm irritable and it is your job to tread lightly. There are certain pet peeves that I have about which I'm touchy...you dare not go there or else I have every right to pour out my wrath. It is not about what the child needs for their growth...it is about what I need for my sanity. On certain days...it causes the child to feel like they have to walk on eggshells because they know one wrong word/look/inflection of their voice will cause an explosion. The boundaries set for the child shift based on how I'm feeling on a certain day.

God's parental love let's irritants go. It does not ride on feelings and chooses to respond kindly even when feeling sensitive/hurt/irritable. It sets clearly defined boundaries for the child...and consequences are based on correcting and training their behavior NOT on making life easier on me.

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Common parental love keeps score. It's okay with keeping a list of our kids' failures for ammunition later. It keeps track of the ways we've been wronged by our kids, so that we can play the martyr card when needed. That list can also make us feel superior. It also gives us justification for more extreme responses from us because it is something they "always" do.

God's parental love chooses to let go of the hurts our kids cause us. Its response to wrong behavior is always out of a desire to grow and train the child, never as retribution for the hurt. It chooses not to retaliate by bringing wrongs back up or talking to other parents about them or to even rehearse the wrongs in our minds. When it does talk to others about it, it is to gain wisdom and counsel on how to best train the child.

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DOES NOT REJOICE IN
UNRIGHTEOUSNESS,
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THE TRUTH

Common parental love allows room for justifying wrong behavior as long as it is cute or socially acceptable. It is more concerned about not looking like a stick-in-the-mud or a prude, than addressing wrong behavior. If we decide as a family that it is okay to...talk bad about the neighbors, watch inappropriate media, place our families wants over another family's needs...then it is justified. It is okay with giving in to wrong behavior if it means maintaining a friendly relationship with our kids. It is also willing to cover up a wrong and ignore it if it protects the family image.

God's parental love, instead, chooses to pursue the right things for the child even when it costs us or them something. It wants right things for the other person, not the easy or popular things. It stands for and defends what's true and right, and it allows God to be the one to define the true and right things.

God's word becomes the standard by which all behavior is measured against. It spends time in His Word and encourages training in His Word, so that His truth is well-defined in each child's mind.

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Common parental love is willing to expose the weaknesses of the other to friends and family if there's gain in it for me. It may use embarrassing their kids before others as a way to manipulate behavior or gain sympathy and attention for ourselves. It is willing to expose their kids' weaknesses in front of others if it thinks it can gain an advantage in parenting.

God's parental love is slow to speak up. It does not seek to control but to train up. It does not always have to get its say in or have its opinion heard. It is willing to quietly endure their kid's failures in order to focus on the areas of discipline and training that are most important at this time. It does not ignore destructive behavior, but it doesn't spread it around for others to judge. When behavior must be exposed for the good of the child and others, it doesn't stop exposure because of possible embarrassment. It is willing to expose at times to bring others into the process of loving that child for their good.

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Common parental love encourages suspicion. It uses past behavior to justify almost any assumption. If there have been failures in the past, it assumes there will be failures now even without clear evidence. It assumes the worst possible interpretation of the behavior of the child and justifies it with previous failures.

God's parental love is eager to believe the best. It consistently chooses to believe the one loved until there is evidence otherwise, then it uses that moment to discipline and train the child while looking for every reason to begin to trust again. It is not gullible or oblivious to realities but always gives the benefit of the doubt. It makes it clear that the parent believes the child can be trustworthy and so looks for every opportunity to treat them as trustworthy.

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HOPES

all things

Common parental love gives room to give up on a particular behavior in a child if that area is considered beyond hope. It weighs present realities against future possibilities and chooses to withhold discipline because it likely won't do any good. It believes some things will never change, so why put forth the effort.

God's parental love doesn't give up on any behavior or character molding. It trains and disciplines in the face of overwhelming evidence that things may not change. It looks for new opportunities and strategies to see the desired results in our kids. It sees the potential in our kids not just their present circumstance and chooses to bet on that potential.

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ENDURES ALL THINGS

Common parental love only exists as long as the feelings do. It only lasts as long as the child is keeping up their end of the bargain. It believes there is a logical breaking point, and it always measures current difficulties by that potential. There is always an escape hatch that chooses avoidance instead of discipline if it ever gets too hard.

God's parental love is resilient. It chooses to carry on; it doesn't quit. It never gives up; it never gives in. It chooses to persist in discipline even when the results aren't coming. Throwing in the towel on a behavior is not an option, because the towel doesn't even exist.

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Common parental love will fail you and your child.

Evidence for this can be found everywhere you turn.

God's parental love will not let you down. You can't go wrong choosing His ways of loving. God's love will never fail your kids.

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·Which aspects of God's love do you most need to grow in as a parent? How do you want to respond differently?

·Where are you most tempted to make parenting about your own comfort instead of your child's good?

·If your child described your love 10 years from now, what would you hope they say?



·Which aspects of God's love do you most need to grow in as a parent? How do you want to respond differently?

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SESSION 3 - THE PROPER
PARENT-CHILD RELATIONSHIP

demonstrates that you

about how your kids

Hebrews 12:7-8



Why do you think God entrusted *you* specifically with your children?

How would you define "faithful parenting" in your own words?

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Why do you think God entrusted *you* specifically with your children?

How would you define "faithful parenting" in your own words?

How does understanding your role as a parent (given by God) affect the way you lead your home?

How does understanding your role as a parent (given by God) affect the way you lead your home?

Is there a consistent expectation of obedience in your home? Is there a consistent standard of showing you and other adults respect?

Is there a consistent expectation of obedience in your home? Is there a consistent standard of showing you and other adults respect?

If nothing changed in your parenting over the next 5 years, what concerns would you have?

If nothing changed in your parenting over the next 5 years, what concerns would you have?

BREEDS

Hebrews 12:9

BREEDS

Hebrews 12:9

THE PROPER PARENT-
CHILD RELATIONSHIP

O B E D I E N C E

Ephesians 6:1

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THE “YOU WILL” PRINCIPLE

Deuteronomy 5:6-21

THE “YOU WILL” PRINCIPLE

Deuteronomy 5:6-21



THE PROPER PARENT-
CHILD RELATIONSHIP

HONOR &
RESPECT

Ephesians 6:2-3

THE PROPER PARENT-
CHILD RELATIONSHIP

HONOR &
RESPECT

Ephesians 6:2-3



Are there clear signs of disrespect in your home right now (tone, body language, delay, eye-rolling...)? If so, how will you go about addressing it?

If you had a family meeting tomorrow and instituted a new change in the family dynamic, what would you want it to be?

Where have you unintentionally allowed your kids to negotiate/delay/ignore obedience without consequence?



Are there clear signs of disrespect in your home right now (tone, body language, delay, eye-rolling...)? If so, how will you go about addressing it?

If you had a family meeting tomorrow and instituted a new change in the family dynamic, what would you want it to be?

Where have you unintentionally allowed your kids to negotiate/delay/ignore obedience without consequence?

How might the way in which you give instructions to your child be communicating they have a choice?

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Are you and your spouse presenting a unified front, or is there room for your kids to play one against the other?

Are you and your spouse presenting a unified front, or is there room for your kids to play one against the other?

SESSION 4 - PARENTING FOR RESILIENCE



Are you preparing your kids for the difficulties of this life? If so, how?

What is one difficult experience from your childhood that actually helped shaped you for the better?

SESSION 4 - PARENTING FOR RESILIENCE



Are you preparing your kids for the difficulties of this life? If so, how?

What is one difficult experience from your childhood that actually helped shaped you for the better?

Can over-protection of a child hurt their future resilience? If so, how?


Can over-protection of a child hurt their future resilience? If so, how?

Do you see hard circumstances in your child's life as something to eliminate or as something God can use?

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Do you tend to be driven more by your child's immediate comfort or long term maturity?

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COMPASSION FOR OUR KIDS
SOMETIMES CAUSES US TO FOCUS
ON SHIELDING KIDS FROM
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GOD ALLOWS US TO EXPERIENCE
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Life is _____, and your kids' lives will be _____.

Job 14:1; 1 Peter 4:12-13; Romans 8:18

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Job 14:1; 1 Peter 4:12-13; Romans 8:18

The experiencing of difficulty is the path to _____ and proven _____.

James 1:2-4; Romans 5:3-4

The experiencing of difficulty is the path to _____ and proven _____.

James 1:2-4; Romans 5:3-4

Be a source of _____ and give it

_____.
James 1:5, 13-17

Be a source of _____ and give it

_____.
James 1:5, 13-17

**Neither _____ nor
_____ are the ways to build
up resilient children. Both are ways to
fall off the parenting road.**

**Neither _____ nor
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What are some ways you may be unintentionally shielding your child from necessary challenges?

What are some practical ways you can help your child develop endurance instead of avoiding hardship?



What are some ways you may be unintentionally shielding your child from necessary challenges?

What are some practical ways you can help your child develop endurance instead of avoiding hardship?

Where does your child tend to quit/withdraw/avoid a challenge? How can you begin to encourage perseverance instead of escape?

Where does your child tend to quit/withdraw/avoid a challenge? How can you begin to encourage perseverance instead of escape?

What is one situation right now where you need to stop rescuing and start guiding?

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SESSION 5 - PARENTING
FOR HOLINESS AND
LEAVING ROOM TO FAIL



Hebrews 12:10a



What do you think most parents today believe is the main goal of parenting? Do you think they are right?

Growing up, would you say your parents prioritized your happiness, your character, or something else?

SESSION 5 - PARENTING
FOR HOLINESS AND
LEAVING ROOM TO FAIL



Hebrews 12:10a



What do you think most parents today believe is the main goal of parenting? Do you think they are right?

Growing up, would you say your parents prioritized your happiness, your character, or something else?

How do you typically respond when you realize you've made a parenting mistake?

How do you typically respond when you realize you've made a parenting mistake?

It is easy or hard for you to admit failure to your kids? Why?

It is easy or hard for you to admit failure to your kids? Why?

is about making your kids

not

Hebrews 12:10b

is about making your kids

not

Hebrews 12:10b

How can I help my kids with their propensity to sin?

It's NOT

- to help them be _____ of who they are
- to help them discover _____ truth
- to provide everything possible to help _____ their desires

It IS

- to _____ who they will become
- to help them understand and live in _____ truth
- to help them choose the _____ in spite of their desires

How can I help my kids with their propensity to sin?

It's NOT

- to help them be _____ of who they are
- to help them discover _____ truth
- to provide everything possible to help _____ their desires

It IS

- to _____ who they will become
- to help them understand and live in _____ truth
- to help them choose the _____ in spite of their desires

CHARACTER
before
COMFORT

CHARACTER
before
COMFORT

STANDARDS
over
PERMISSIVENESS

STANDARDS
over
PERMISSIVENESS

GROWTH
trumps
HAPPINESS

GROWTH
trumps
HAPPINESS

building
FOUNDATIONS
before having
FUN

building
FOUNDATIONS
before having
FUN



Why do you think it's so tempting to prioritize our kids' happiness over their holiness?

What is one area where you may be prioritizing your child's happiness over their character?



Why do you think it's so tempting to prioritize our kids' happiness over their holiness?

What is one area where you may be prioritizing your child's happiness over their character?

Is there a parenting mistake you need to own or address this week?

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What is one practical step you can take this week to reinforce standard, growth, or character in your child?

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SESSION 6 - PARENTING YOUR CHILD'S IDENTITY



When you were growing up, who shaped how you saw yourself the most?

How do you usually respond when your child is feeling anxious, sad or insecure?

SESSION 6 - PARENTING YOUR CHILD'S IDENTITY



When you were growing up, who shaped how you saw yourself the most?

How do you usually respond when your child is feeling anxious, sad or insecure?

What are some words your child might use right now to describe themselves that are not helpful?

What are some words your child might use right now to describe themselves that are not helpful?

Do you think parents play a major role in shaping their child's identity or is it mostly influenced by culture and peers? Why?

Do you think parents play a major role in shaping their child's identity or is it mostly influenced by culture and peers? Why?

**You are shaping your child's
_____, so be careful how you
_____ it.**

**You are shaping your child's
_____, so be careful how you
_____ it.**

**God focuses on _____ to do and
_____ to go.**

**God focuses on _____ to do and
_____ to go.**

**God focus on who we are as defined by
____ not ____.**

**God focus on who we are as defined by
____ not ____.**

**God encourages us to dwell on the
_____ and the _____.**

**God encourages us to dwell on the
_____ and the _____.**

**Feeling anxious
about my looks**



**You are awesomely
and wonderfully
made. (Psalm 139:14)**

**Feeling anxious
about my looks**



**You are awesomely
and wonderfully
made. (Psalm 139:14)**

**Feeling crushed by
guilt and shame**



**You are not
condemned.
(Rom. 8:1)**

**Feeling crushed by
guilt and shame**



**You are not
condemned.
(Rom. 8:1)**

**Feeling unloved and
unwanted**



**You are a loved and
cherished child of
God. (1 John 3:1)**

**Feeling unloved and
unwanted**



**You are a loved and
cherished child of
God. (1 John 3:1)**

**Feeling like I don't
have real value or
purpose**



**You are God's
workmanship,
created to do good
works.(Eph. 2:10)**

**Feeling like I don't
have real value or
purpose**



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Who I Am in Christ

1. I died, was buried, and have been raised together with Jesus. (Rom. 6:1-10)
2. I am predestined to become conformed to the image of Jesus. (Rom. 8:29)
3. I have been called, justified, and glorified.(Rom. 8:30)
4. I have been redeemed. (Rom. 3:24)
5. I have been reconciled to God. (I Cor. 5:19)
6. I am God's ambassador. (I Cor. 5:20)
7. I am the righteousness of God. (I Cor. 5:21)
8. I am a child of God. (I John 3:1)
9. I am regenerated and renewed. (Titus 3:5)
10. I am a new creature. (2 Cor. 5:17)
11. I am washed and sanctified. (I Cor. 6:11)
12. I am perfected. (Hebrews 10:14)
13. I am qualified to share in God's inheritance.(Col. 1:12)
14. I am close to God. (Eph. 2:13)
15. I have been delivered from darkness and transferred to the kingdom of Jesus. (Col. :13)
16. I am God's field, and His building. (I Cor. 3:9)

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Who I Am in Christ (cont'd)

17. I am God's temple. (I Cor. 3:16)
18. I am a chosen race, a royal priesthood, a holy nation, and God's own possession. (I Pet. 2:9)
19. I am a citizen of heaven. (Phil. 3:20)
20. I have access to God. (Eph. 2:18)
21. I am saved from wrath. (Rom. 5:9)
22. I am God's workmanship, created to do good works.(Eph. 2:10)
23. I have peace with God. (Rom. 5:1)
- 24.The Holy Spirit intercedes for me.(Rom. 8:26)
- 25.Jesus intercedes for me. (Hebrews 7:25)
26. I am not condemned. (Rom. 8:1)
27. I am in the Spirit, and the Spirit of God dwells in me. (Rom. 8:9)
28. I have been baptized (placed into) into the body of Christ. (I Cor. 12:13)
29. I have received at least one Spiritual Gift.(I Cor. 12:7-11)
30. I have been sealed by the Spirit. (Eph. 1:13)
31. I have been made complete. (Col. 2:10)

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Rumination

- Focuses solely on how the child is feeling in the moment and serves no purpose in learning how to adapt to how they are feeling.
- Isolates the negative experience and deepens emotional distress, making it a prominent risk factor for maintaining anxiety and depressive cycles.

Reflection

- Involves looking back at an event to learn, grow or find a solution
- Forward-focused and constructive on how to take the next step from/with those feelings

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How can we validate emotions without reinforcing unhelpful identity statements?

What truths about who your child is (from God's perspective) do you want to speak more consistently into their life?



How can we validate emotions without reinforcing unhelpful identity statements?

What truths about who your child is (from God's perspective) do you want to speak more consistently into their life?

Are there any negative identity statements your child tends to believe that need to be challenged with truth?

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What is one practical way you can help your child respond to their emotions instead of being defined by them?

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Do you tend to help your child process emotions in a way that leads to action (reflection), or do you sometimes get stuck in focusing on the feeling itself(rumination)?

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SESSION 7 - CONSISTENT,
EFFECTIVE, GOAL-
ORIENTED DISCIPLINE



Hebrews 12:11a



What shaped your view of discipline growing up -
and how does that influence your parenting today?

Do you tend to think of discipline more as
punishment or as training? Why?

SESSION 7 - CONSISTENT,
EFFECTIVE, GOAL-
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Hebrews 12:11a



What shaped your view of discipline growing up -
and how does that influence your parenting today?

Do you tend to think of discipline more as
punishment or as training? Why?

How confident are you that your current approach is preparing your child for adulthood (authority, responsibility, consequences)?

How confident are you that your current approach is preparing your child for adulthood (authority, responsibility, consequences)?

What traits define the adult you hope your child becomes?

What traits define the adult you hope your child becomes?

If discipline is uncomfortable for both parent and child, why might it still be necessary?

If discipline is uncomfortable for both parent and child, why might it still be necessary?

**MAKE
DISCIPLINE**

Hebrews 12:11b

**MAKE
DISCIPLINE**

Hebrews 12:11b

2 Corinthians 7:8-9

For though I caused you sorrow by my **DISCIPLINE**, I do not regret it; though I did regret it - for I see that that **DISCIPLINE** caused you sorrow, though only for a while - I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us.

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on

Hebrews 12:11c

on

Hebrews 12:11c



Which of these three principles (unpleasant, consistent, outcome-focused) is hardest for you personally? Why?

How might your current parenting approach prepare (or fail to prepare) your child for their real world future?

In what situations do you find it hardest to follow through with discipline?



Which of these three principles (unpleasant, consistent, outcome-focused) is hardest for you personally? Why?

How might your current parenting approach prepare (or fail to prepare) your child for their real world future?

In what situations do you find it hardest to follow through with discipline?

If you wanted to focus on just one behavior change in each of your kids at this time, what would it be for each? What do you think is needed to see that change?

If you wanted to focus on just one behavior change in each of your kids at this time, what would it be for each? What do you think is needed to see that change?

What is one practical step you can make to ensure that your discipline actually costs something (without causing HARM)?

What is one practical step you can make to ensure that your discipline actually costs something (without causing HARM)?

What are some ways you can help keep each other accountable to consistent and unpleasant punishments?

What are some ways you can help keep each other accountable to consistent and unpleasant punishments?

SESSION 8 - QUESTION AND
ANSWER TIME



SESSION 8 - QUESTION AND
ANSWER TIME

