Mommy Talks

October 7, 2026

~Back to the Basics God's Way~

Ephesians 6:1–4: 1 Children, obey your parents in the Lord, for this is right. **2** Honor your father and mother (which is the first commandment with a promise), **3** so that it may be well with you, and that you may live long on the earth. **4** Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

1. Train Your Children to Obey (verse 1).

We teach our children to obey us the way God wants us to obey Him.
Sin is never a laughing matter.

2. Train Your Children to Honor You (verses 2-3).

This command is so important that God addresses Himself specifically to children,
and it's repeated three times in the Bible.
This is significant.
There are consequences for a child who does not obey and honor his parents.
That's why it's so important that we as parents teach our children how to obey and honor us.

3. Train Yourself to Parent God's Way (verse 4).

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Not provoking your children to anger is talking about a pattern of behavior in us that goes beyond a single episode.
The patterns and habits of our lives should not create anger and resentment.
Verse 4 is a call for greater godliness in our lives.
We must consider if there are hold-out patterns and sinful responses that are not honoring to the Lord—and then deal with them, so we can be the most godly, humble, Bible-seeking, and Bible-applying parents we can be.

First, we ask, "What does the Bible say?"
Then we live within that framework.
We don't change it.
We don't disbelieve it.
We don't tweak it. We live within it.

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Panel and Group Discussion Questions:

1. What are some of your favorite verses for parenting?

2. Help! I don't really know anything the Bible teaches about parenting, but I want to honor the Lord and start obeying Him—and I want my kids, who are 5, 7, and 9 to learn to obey me so they can learn to obey the Lord. We have lots of bad habits to change. To get them to obey, we yell, threaten, bribe, repeat and count to ten and then get mad and yell. And yet, after all that, there still isn't any real obedience happening. What should I do to begin to parent biblically and bring order to our chaotic home?

3. My 10-year-old can't seem to control his words or his temper. I feel like I'm walking on eggshells and almost plead with the other kids not to set him off, just so we can have peace in the house. I know it's wrong, but I don't know what to do next so we can begin to be more biblical in our responses. What is your counsel?

4. My 1 ½ year old flat out refused to eat the 3 green beans I gave him for dinner. And he usually loves them! My husband and I both feel strongly that we don't want to have picky eaters and to learn to eat what they've been given. We didn't expect a lot from him…just eat 3 green beans, but when I heard myself pleading with my little one to eat the green beans, I knew there had to be a better way of handling this. I know that people have different ideas about dealing with the whole food issue with their kids, but I need some

wisdom for what we desire for our kids when it comes to eating what we've given them. What are some ways I can train my little one in this scenario?

5. "I want my daughter to obey, but she is unhappy and angry about it. Yet, I also feel that if I hold her to the standard of first-time obedience 'against her will,' then I am not considering her feelings. I think to expect *first-time or right away* obedience is unreasonable. I think I need to make sure I hear her feelings and give her time to obey." There are a few things going on in this scenario. What would you counsel this mommy? Then, what counsel would you give about how to listen to your children while still holding them to a biblical standard of obedience?