

# Parenting Class

## Children: Our Heritage





# Children: Our Heritage

Behold, children are a heritage from the Lord.  
The fruit of the womb is a reward.  
*Psalm 127:3*

# PARENTING SERIES INTRODUCTION

## THE IDEAL PARENT...

1. always has a solution to whatever problem arises, as well as the means and ability to apply that solution.
2. is acutely aware of each child's need, juggling their schedule to meet those needs and prioritizing their time so as to have a proper balance of work, rest, and playtime.
3. has the ability to lead by example, always supporting advice, counsel, and discipline with appropriate actions.
4. is affable (approachable) at all times, never selfish, and never allows emotions or mood swings to affect stability of home or ability to parent effectively.
5. disciplines consistently and always by biblical standards.
6. never breaks a promise
7. never makes a mistake.

*Do you know anyone with all of these qualities???*

These seven qualities of the ideal parent are only found in \_\_\_\_\_ !

God is the ultimate \_\_\_\_\_.

The only complete manual for effective parenting is the \_\_\_\_\_.

The only dependable counselor upon whom we should have complete dependence is the \_\_\_\_\_.

God's parenting is \_\_\_\_\_.

# THE LORD IS MY SHEPHERD I SHALL NOT WANT - PART I

## PSALM 23

*The LORD is my shepherd, I shall not want. He makes me lie down  
in green pastures; He leads me beside quiet waters. He restores  
my soul; He guides me in the paths of righteousness for His name's sake.* (Provision)

*Even though I walk through the valley of the shadow of death, I fear  
no evil; for You are with me; Your rod and Your staff, they comfort me.* (Protection)

*You prepare a table before me in the presence of my enemies;  
You have anointed my head with oil; My cup overflows. Surely  
goodness and lovingkindness will follow me all the days of my life,  
And I will dwell in the house of the LORD forever.* (Preparation)

The 3 P's of parenting are: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

**EXCESSIVE:** *exceeding the usual proper limit or degree, unreasonable*

When basic needs are not met it will cause \_\_\_\_\_.

deficiencies-----> excessive behavior

*“But seek first his kingdom and his righteousness; and \_\_\_\_\_  
\_\_\_\_\_ shall be added to you.” Matt.6:33 (New American Standard)*

**HOMEWORK/BREAKOUT SESSION:**

**John chapters 13-17 contain our Shepherd's last words to His followers before He would depart and leave them.**

*How did Jesus give examples of the 3 P's of parenting in these chapters?*

*Site specific passages throughout this Bible text and describe in your own words which of the 3 P's are being demonstrated by Christ. (Try to find at least 10 examples)*

## THE LORD IS MY SHEPHERD I SHALL NOT WANT - PART II SHEEP AND SHEPHERDS

Turn to Appendix A.

The job of a shepherd is to make sure the pastures are \_\_\_\_\_ and \_\_\_\_\_.

Sheep get restless. Sheep that do not have green pastures or fresh water are prone to \_\_\_\_\_. A sheep that feels threatened or unsafe will be in danger of straying (Jeremiah 23:3-4). Similarly, a child who doesn't have his/her basic needs met will be in a constant condition of \_\_\_\_\_ or \_\_\_\_\_.

Our job as a parent is to discern the root causes of our children's excessive behavior and evaluate the possible deficiency.

- We trust the Holy Spirit, our Counselor, to help us in evaluating.
- There are \_\_\_\_\_ major areas of focus to consider in evaluating our child's needs.

### I. SPIRITUAL

What is their spiritual \_\_\_\_\_?

Is their environment \_\_\_\_\_ or \_\_\_\_\_ their spirit?

(movies, books, peers, music, fellowship, T.V., atmosphere of home)

#### Suggestions:

1. Children need a steady diet of the \_\_\_\_\_. (devotion books, character studies, Bible reading, Christian movies and music)
2. Teaching our children about the plight of others can be a very rewarding investment:
  - Have a map of the world handy and do a craft project making maps of different countries where others might be experiencing hunger and deprivation. Hang the maps on the fridge as a reminder to pray for that nation.
  - Subscribe to the "Voice of the Martyrs." They send out a monthly magazine with many materials available and suggestions for projects that your children can do for the persecuted church.
  - Visit a local nursing home or make a meal for an elderly neighbor or widow.
3. Make sure that you and your children are active and consistent in a healthy and caring body of believers. (Support your leadership; no complaining!)

## II. EMOTIONAL

Don't ever assume that what your child is asking for is what he or she really \_\_\_\_\_.

Walking your children through challenges, not eliminating them, is essential for their emotional maturity. (Psalm 23:4)

- entering into your child's world vs. bringing them into yours

### Suggestions:

1. Find out what is special and unique to each child. Give them time to express their needs and teach them how to express their needs in an appropriate way.
2. A visit to the local library can be turned into an inexpensive date with your children. Having their own library card can help them learn good stewardship principles as they check out books. You can also teach them discernment during these library outings. Set designated reading times to connect with your child using the books he/she checked out.
3. Find other free activities that you can enjoy. Most libraries have newspapers that will inform the public of events in their community.
4. Children love to do things with their family. Even cleaning time can be made into a family activity.
5. Lengthy car rides can be a great time to sing/talk/pray when time is short.
6. Meal times are a great time to connect!

## III. PHYSICAL

What are you \_\_\_\_\_ your children?

Avoid processed/fast food as much as possible. More processing means fewer vitamins. Learn to read \_\_\_\_\_.

Clothing should be clean, and "in style" without compromising convictions.

### Suggestions:

1. Clothing can be traded with friends or found at a good second-hand shop if there is a financial burden - prayer works great!
2. Set aside an hour a week cleaning and/or chopping veggies for the coming week. Chopped veggies keep better in glass rather than plastic. Grill some chicken patties and individually wrap in freezer for salads, Alfredo, or sandwiches. Beans freeze well and can be made in a crock pot weekly and placed in portions to be frozen.
3. Teach your children the principle of honoring the Lord with their bodies (I Co. 6:19-20).

**Making "investments" into your child's life - spirit, soul and body - creates a wonderful bond between parent and child. It is a vital key!**

*“For where your treasure is, there will your \_\_\_\_\_ be also.” Matthew 6:21 (KJV)*

- Find a balance in meeting your child's \_\_\_\_\_.
- Discern between their \_\_\_\_\_ and their \_\_\_\_\_.

Give into constant demands -----> create dependent, immature spirit

Don't meet basic needs -----> nurture independent spirit (false sense of security)

Basic needs met-----> security (Psalm 16:5-6)

*“LORD, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.” Psalm 16:5-6 (NIV)*

**HOMEWORK/BREAKOUT SESSION:**

## DO YOU KNOW WHERE YOUR CHILDREN ARE?

*“The rod and rebuke give wisdom, But a child \_\_\_\_\_  
brings shame to his mother.” Proverbs 29:15 (NKJV)*

The cowbird is an example of negligent parenting from the avian world:

"The cowbird succeeds in shirking its responsibilities and in the process fails its young. While the negligent \_\_\_\_\_ abandons its egg to enjoy a carefree life with others of its kind, the embryonic life of the one she was serving was \_\_\_\_\_." (Character Sketch, Volume II, page 30.)

Our society has become good at shirking its responsibilities. Crime among young children is on the \_\_\_\_\_.

Criminogenic behavior - *(of a system, situation, or place) causing or likely to cause criminal behavior.*

- struggle with authority figures
- sense of entitlement
- no acceptance of responsibility
- involvement in pleasure-seeking activities

Bad news: We are all born criminals. Good news: He came to set the prisoner free!

Don't drop off your responsibility when you drop off your child:

- Pray with them
- Stay informed

Is your discipline consistent? (public vs. private, busy day vs. normal, etc.)

Young children have a lower nature that constantly needs to be tempered until that child has matured in Christ. They will usually, when given opportunity, make a choice that can bring danger or harm.

- Leaving a child to himself can trick him into believing that there are times when we will not face \_\_\_\_\_ for our sinful behavior.

Eli – A biblical example of a father that did not "watch" over his sons. (I Sam. 2:12-17, I Sam. 2:22-24) What's wrong with this picture?

- Failing to discipline, or disciplining with wrong motives or in harsh and unreasonable ways \_\_\_\_\_ the image of God to our children.

Result of Eli's unfaithfulness in parenting: DEATH (I Sam. 2: 27-36, I Sam. 4: 17-21)

*“The wages of sin is \_\_\_\_\_.” Romans 6:23 (KJV)*

Turn to: Proverbs 5:22-23

*“Children will die for lack of \_\_\_\_\_.” Proverbs 5:23a*

**HOMEWORK/BREAKOUT SESSION:**

**Turn to Appendix B.**

**Define the parenting styles listed in the appendix.**

**Questions for group discussion:**

- **What specific styles listed do you relate to in your own parenting?**
- **How might your parenting style relate to your view of your Heavenly Father?**

## THY ROD AND THY STAFF THEY COMFORT ME

*“Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.” Hebrews 12:11 (NKJV)*

Two essential elements characteristic of effective discipline:

1. It brings pain
2. It brings righteousness ---> peace -----> assurance

■ *For the child (Isa. 32:17)* ■ *For the parent (Proverbs 29:17)*

The rod and staff of the shepherd are used to \_\_\_\_\_ and \_\_\_\_\_.

*Hebrews 12:13* Those “turned out of the way” must be directed back. The Greek word indicates the dislocation of a limb. It is used also of turning aside from the ways of God.

*“Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.” Galatians 6:1 (NKJV)*

*\*Restore - Strong’s Concordance definition: (notarization) to complete thoroughly, repair, adjust, fit, frame, join together*

Contrast this with the story in II Chronicles 28:9-11. The kingdom of Judah was delivered by God into the hands of the king of Israel (Pekah), to discipline them for their idolatry.

*“...He has delivered them into your hand; but you have killed them in a rage that reaches up to heaven.” vs. 9b*

*James 1:20* - man’s anger does not produce God’s \_\_\_\_\_. Harsh discipline can breed mere compliance and/or internalized anger.

### TRANSITION FROM EXTERNAL TO INTERNAL

- The law is the \_\_\_\_\_ to lead us to Christ. (Gal. 3:19-25)
- The law is used externally for sinners. (I Timothy 1:8-10)
- The law shows us how \_\_\_\_\_ we are. (Romans 3:20)

External tutor -----> Internal compass

*“Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.” Proverbs 22:15 (KJV)*

Goal for discipline is to drive out \_\_\_\_\_.

**Purpose** - associate pain with sin. In the case of a young child, we are helping them to identify selfish and sinful behavior through the pain it causes.

- When do we apply "the rod"? (Proverbs 26:3)
- What defines a fool? (Matt 7:24-27) A fool hears, but doesn't \_\_\_\_\_.

Goal for discipline is to make \_\_\_\_\_.

*“Now the purpose of the commandment is love from a pure heart, from a good conscience, and from sincere faith.” 1 Timothy 1:5*

**Be patient as you travail in birth for your children! (Galatians 4:18-20)**

*“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.” Hebrews 13:20-21 (NIV)*

**Suggestion:** Read the Proverbs. List the benefits of wisdom and the consequences of folly. This exercise can be done over time. Try reading a proverb a day and add to your list daily. This study will encourage you to be faithful and consistent in your discipline.

## IS THAT YOU, GOD?

(John 10:1-5) God's sheep will \_\_\_\_\_ Him because they know His \_\_\_\_\_.

**TALK TO GOD ABOUT YOUR CHILDREN. TALK TO YOUR CHILDREN ABOUT GOD.**

This balance can very easily get upset. We can spend lots of time talking to our children about God. This can get very "preachy" if we don't talk to God about what He wants us to tell them. To effectively teach our children about God we must effectively listen to what God is saying.

Children respond to what is \_\_\_\_\_ to them. Remember show and tell?

In Judges 2:6-12 the nation went astray. This can be traced back to the failure of the older generation to pass on the mighty acts of God to the younger generation. A generation arose that did not \_\_\_\_\_ God.

### THREE OBSTACLES TO HEARING GOD'S VOICE

1. **NOISE** - constant clutter with the three most common distractions (T.V., music and phone\computer).

How much time do we spend with these noisemakers? How much time do our children spend with these things?

Noise is a \_\_\_\_\_ to the voice of God. "*Be \_\_\_\_\_ and know that I am God.*" *Psalm 46:10 (NKJV)*

**SOLUTION:** Teach a daily quiet time.

2. **NEGATIVE CIRCUMSTANCES**

Negative circumstances -----> doubt -----> unbelief

Judges 6:1-17 Gideon doubted that God would even speak to him because of the negative condition of his life and family.

■ Israel was in the hands of Midian ■ weakest clan ■ least in his family

God wants us to respond to His voice rather than a voice of \_\_\_\_\_ and \_\_\_\_\_.

**SOLUTION:** Teach our children to be diligent seekers of God. (Heb.11:6) If they have already failed, remind them of Isa. 30:18-21. Cry out to God and wait. Raise them on the altar of God. Teach them to always be on that journey growing nearer to Him. (Psalm 84)

3. **IGNORING GOD'S VOICE**

Eli ignored God's warnings concerning his sons. Why would his sons take God seriously?

*"They did not \_\_\_\_\_ to their father's rebuke..." I Sam. 2:25 (NIV)*

When we do not follow through with consequences with our children, they will get used to ignoring our voice and God's voice.

**NO CHARACTER = NO STRENGTH = NO RESPONSE**

**Eli had poor character which affected his strength when he finally tried to discipline. The result is that they \_\_\_\_\_ their dad.**

**SOLUTION: The best way to get our children to hear and follow God is by setting the example in our own lives.**

**The shepherd/rabbinical role model is our best example:**

- **Jesus led by example. He did what the Father told Him to do. (John 5:19)**
- **The Shepherd gives His life, the hired hand is concerned about pay. My sheep know Me as I know the Father. (John 10:11-15)**

**The devil's voice is similar to a high pressure \_\_\_\_\_.**

**The devil's PROMISE always involves our comPROMISE.**

**Stand on God's promises for your children. Teach them to stand on the promises of God.**

## IS THE BOOGEY MAN REAL?

**What are the dangers that our society presents to children?**

**There has been a drastic increase in children raised in a single-parent home.** This can put our children at grave risk - emotional needs are difficult for one parent to meet. A child who has a deficiency in the area of emotional development can be at risk for various dangers:

■ *gang behavior* ■ *peer pressure* ■ *addictive behaviors* ■ *violence and related criminal behaviors* ■ *prey to pedophiles* ■ *sexual promiscuity, etc.*

**Schools and educational facilities have become the primary influence for young children.** In many cases the parents defer the day-to-day care and training of children to institutions that may or may not represent the values you want your children to live by (moral values, sex education, life skills, independent living, domestic skills).

**The increase in readily available pornographic materials and encounters through the net and various influences in the media increases their risk to exposures that can be life-threatening:**

■ STD's ■ promiscuity ■ unhealthy dating relationships that are shallow ■ breakups that can desensitize children to the pain of divorce ■ emotional immaturity ■ lack of resiliency

**Our high speed, fast food mentality is in general conducive to poor health:**

■ stress and anxiety can lead to heart disease and strokes ■ poor eating habits and our "toxic" society has led to an increase in cancers and other diseases that can debilitate and cause untimely deaths

**There are many other risk factors. What are some of the challenges that you see in society that can present a danger to our children?**

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**One of the 3 P's of parenting is preparation. Are we successfully preparing our children for the giants of our day?**

*“All these things happened to show us something. They were written to teach us that the end of the world is near. So watch yourself! The person who thinks he can stand against sin had better watch that he does not fall into sin. You have never been tempted to sin in any different way than other people. God is faithful. He will not allow you to be tempted more than you can take. But when you are tempted, He will make a way for you to keep from falling into sin.” I Corinthians 10:11-13*

The giant of \_\_\_\_\_ is real! The Bible describes generational iniquity in Numbers 14:18. We see it demonstrated in the life of Abraham, Isaac, and Jacob. Abraham's "white lies" (Genesis 12:13, Genesis 20:2) escalated into a full-blown lie in Isaac (Genesis 26:7) and then snowballed into a life of deception in Jacob (Genesis 27).

This is something we can prepare our children for by "knowing our sheep" as the shepherd knew the condition of his and prepared them for life's experiences. We can share our common weaknesses and at age-appropriate opportunities share our personal struggles such as past drug involvement, etc. in order to become approachable should our children be faced with the same struggles.

In sharing make sure the \_\_\_\_\_ isn't too heavy to carry! Sensitivity is important as you relate to your children in their various struggles.

Numbers 13 gives an account of the 12 spies sent to explore the Promised Land. There were various battles they would face before they could inherit this blessing. Our children will have to face various struggles in order to receive the blessings God has for them. We must teach our children to fight the good fight of faith (I Timothy 6:12) that they may win the battle over temptation in our culture and walk in the blessings and promises of God. Whatever giants we fail to conquer, we leave for our children. When we face the giants in our life and overcome, we are leaving a legacy of victory.

David was taken from the sheep pen to lead the people of Israel. (Psalm 78:70-72) He started out fighting the giants that preyed upon his flocks and went on to face the giants that were enemies of Israel. The Lord provided for him, protected him, and prepared him for the task. He will do the same for you!

*"So he shepherded them according to the \_\_\_\_\_ of his heart, And guided them by the \_\_\_\_\_ of his hands." Psalm 78:72 (NKJV)*

Some of the last words Jesus spoke to His disciples included preparing them for the struggles they would face. We can take comfort in these words as we prepare our children for a future filled with hope:

*"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." John 16:33 (NKJV)*

## Appendix A

### CHARACTERISTICS OF SHEEP

1. timid, fearful, easily panicked
2. dumb, stupid, gullible
3. very vulnerable to fear, frustration, pests, hunger
4. easily influenced by a leader, by the shepherd
5. stampede easily, vulnerable to mob psychology
6. little or no means of self-defense; can only run
7. easily killed by enemies
8. the shepherd is most effective, calming influence
9. jealous, competitive for dominance
10. constantly need fresh water, fresh pasture
11. have very little discernment in choosing food or water
12. best water source is early morning dew
13. perverse, stubborn - will insist on their own way , even eating poisonous plants or drinking dirty water
14. easily "cast" - flipped over on their back, unable to right themselves; will die of starvation if not turned over by shepherd; helpless
15. frequently look for easy places to rest
16. don't like to be sheared, cleaned
17. too much wool can cause sheep to be easily "cast"
18. creatures of habit; get into "ruts"
19. need the most care of all livestock
20. need to be "on the move"; need a pre-determined plan, pattern of grazing
21. totally dependent on shepherd for every need
22. need "rod and staff" guidance

Source: [wiki.answers.com](http://wiki.answers.com)

## Appendix B

### PARENTING STYLES

**THE PERMISSIVE PARENT:**

**THE OVERPROTECTIVE PARENT:**

**THE BRIBING PARENT:**

**THE THREATENING/REPEATING PARENT:**

**THE ABSENT/SUBSTITUTE PARENT:**

**THE MANIPULATING PARENT:**

**THE UNAPPROACHABLE/DISOURAGING PARENT:**

**THE CHILD-CENTERED PARENT:**

Parenting gives us the marvelous opportunity to \_\_\_\_\_ our own lives.

- What are my strengths?    ■ What are my weaknesses?
- What values do I want to communicate and demonstrate to my child?

**Take the Parenting Style Quiz**

[http://www.activeparenting.com/Parents-Parenting\\_Style\\_Quiz](http://www.activeparenting.com/Parents-Parenting_Style_Quiz)

Under the heading of this page you will see the words: “It may surprise you! Jump to quiz.”

Click on there and take the quiz. Bring results to class.

## Appendix C

### ARE YOU RAISING CAIN?

Dr. C. Thomas Anderson

#### *A Basic Character-Building Program to Start Today*

A basic character-building program we as parents should start in our home for our children; consists of the following:

1. Start the day with prayer and Bible reading; use workbook activities to keep them excited.
2. Memory verse—you can use a five or ten-cent incentive for each memory verse they learn.
3. Brush teeth, comb hair, wash up (bath) and change of underwear.
4. Get dressed.
5. Clean their room:
  - a. Make bed.
  - b. Pick up clothes and be sure everything is put away and room is clean.
6. Greet everyone with a smile and “Good Morning”.
7. Always ask to be excused from the table and remove their place setting.
8. Say “please” and “thank you.”
9. Think of the good, beautiful and lovely things.
10. Spend the day being kind, helping others, and praising and thanking God for the day.
11. When they come home from school—Mom, come out of your world and go into theirs and enjoy them for half an hour (or more if you have the time).
12. Change their clothes and hang them up.
13. Do their chores—garbage, shoveling snow, mowing, helping in kitchen, or helping Dad.
14. After supper, do homework. Dad, go into their world and enjoy your children. Play a game, whatever God leads.

You, as a parent, should also teach your children:

1. Boys, stand up when a girl enters the room.
2. Boys, take off hats when entering any building.
3. Girls, practice sitting, standing, walking in a graceful, proper manner.
4. Boys, hold doors for girls at every opportunity.
5. Girls, say “thank you” when boys hold door.
6. Address adults as Mr. or Mrs. Or “Yes, Ma’am”, “No, Ma’am”, “Yes, Sir”, or “No, Sir.”
7. Stand straight and tall and smile.
8. Boys practice a firm handshake.

## Jesus Cares Ministries

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