



GOSPEL  
CENTERED  
PARENTING

## Summer – 2018

	Practice	Principle
Week 1	What does the Bible say about parenting?	Parenting = Discipleship
Week 2	Capturing kids' hearts for God	Modeling Christlikeness
Week 3	Introducing difficult topics	Creating Intentional Time
Week 4	Monitoring social media	Community and Friendships
Week 5	Parental hypocrisy	Taking Hold of Unplanned Moments
Week 6	When my kid isn't normal	Celebrating Milestones
Week 7	When my kid is enslaved to sin	Healthy Sexuality
Week 8	Multiple kids = Multiple parenting plans	Rebellion and Discipline
Week 9	How do I foster belief in God?	Identity in Christ
Week 10	How do I encourage my kids in school?	Launching

**Teacher: Pastor Jason Wigand**

**FOUNDATION STATEMENT:** At Redwood Chapel we believe that the foundation for a STRONG FAMILY begins with parents who are equipped to disciple their child's heart, soul, mind, and strength to follow Christ. (Deuteronomy 6:4-7; Matt. 22:37; Mark 12:30)

Our role as a church is to both encourage and equip parents to embrace their primary responsibility as well as to supplement their discipleship with age specific ministries.



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# Week 1

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**Parenting is an incredible responsibility, joy, and burden.  
But it is not impossible.  
By the GRACE OF GOD, we can do it. And we'll do it together.**

## **CHALLENGES IN PARENTING:**

1. Specific needs of individual children
2. Strain on marital intimacy
3. Unrealistic expectations on the parent and the kid
4. The impending launch
5. Sin

**Only by the grace of God can we overcome these challenges.**

## **Genesis 2:18-24**

(text)

(notes)

<sup>18</sup>Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him." <sup>19</sup>Now out of the ground the LORD God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. <sup>20</sup>The man gave names to all livestock and to the birds

-God made mankind to be and live in community; we best reflect and experience the nature of God in the context of community rather than as individuals (family, church, neighbors, etc);

-Adam needs more than the animals

<p>of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. <sup>21</sup> So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. <sup>22</sup> And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. <sup>23</sup> Then the man said, "This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man."</p> <p><sup>24</sup> Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. <sup>25</sup> And the man and his wife were both naked and were not ashamed.</p>	<p>-When Adam cannot find a helper, God steps in</p> <p>-Taking a rib (from the middle) signified that neither man nor woman would be worth more than the other</p> <p>-Adam cannot help but singing love songs to his new wife when he sees her for the first time</p> <p>-The husband and wife form the foundational unit of the family -Outside of God's grace, it is one of the most important elements to a successful, Gospel-centered family. -Parents need to continually work on their marriage, communication, and intimacy.</p>
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### **PRINCIPLES LEARNED:**

1. The PARENTS form the foundational unit of the family
2. Husbands and Wives ought to 'hold fast' to each other before and after the arrival of children.

### **Deuteronomy 6:4-9 (the Shema)**

(text)

(notes)

<p><sup>4</sup> "Hear, O Israel: The LORD our God, the LORD is one. <sup>5</sup> You shall love the LORD your God with all your heart and with all your soul and with all your might. <sup>6</sup> And these words that I</p>	<p>-God's official statement on monotheism; His people were going to be different than every other culture on earth -Loving God is the foremost command</p>
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<p>command you today shall be on your heart. <sup>7</sup> You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup> You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup> You shall write them on the doorposts of your house and on your gates.</p>	<p>in all of scripture; Love leads to devotion, affection, and obedience  -The first significant command regarding parenting in the Bible; The implication is that the commands, knowledge, and devotion to God are a part of the everyday life of a family and that it is the responsibility of parents to impart these things.  -The child will learn from/emulate his parents when he observes their devotion</p>
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### **PRINCIPLES LEARNED:**

1. Parents have a primary responsibility to impart the knowledge of God to their children.
2. Parents will be most successful in imparting the knowledge of God to their children when they themselves express their devotion.

### **FINAL WORD:**

Our kids' first and regular exposure to the knowledge of God and to the Gospel should be from us, parents. They should see it modeled and lived out in our lives as a reference, example, and encouragement.

# Week 2

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## Practice of the Week: Capturing our kids' hearts for Jesus

-->Helping them understand devotion to and identity in Jesus as a way of life.

(from the table discussion)

- Choosing to listen to Gospel-centered music in the car or at home
- Pointing out spiritual moments to the kids when they occur
- Talking with kids when hard decisions need to be made or difficult circumstances arise
- Asking the question, "What would God say about 'this'?"
- Constantly reminding the kids of God's unconditional love
- Asking the question, "What is truth?"
- Giving examples of how the Bible speaks about different issues in life
- Pray in the moment as the need arises
- Encourage individual and family service

## Principle of the Week: Modeling Christ-centered devotion

### Deuteronomy 6:4-9 (the Shema)

Deut 6:4-6 (text)

(notes)

<sup>4</sup> "Hear, O Israel: The LORD our God, the LORD is one. <sup>5</sup> You shall love the LORD your God with all your heart and with all your soul and with all your might. <sup>6</sup> And these words that I command you today shall be on your heart.

-God's official statement on monotheism; His people were going to be different than every other culture on earth  
-Loving God is the foremost command in all of scripture; Love leads to devotion, affection, and obedience

Conclusions:

1. **You do not do by what you understand to be right and wrong. You do by what you love.**

- You'll eat food that's bad for you.
- You'll spend money on worthless things

2. **God is not calling Israel into a code of ethics so that the parents will be able to raise their children to follow those ethics.**

It doesn't say, 'Follow the 10 commandments'

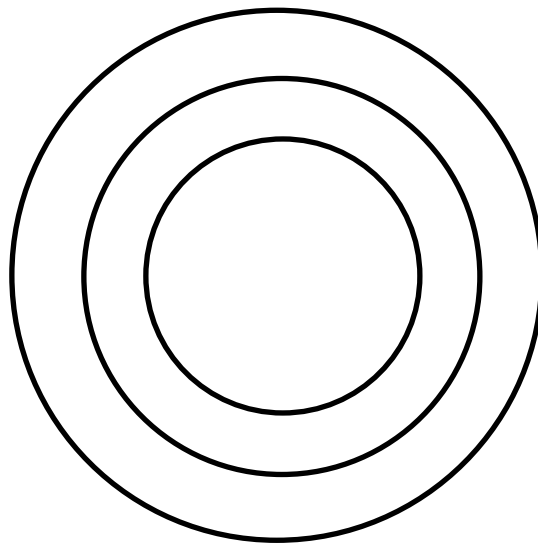
→**He's calling them to stir up their affections for God** in order that those affections spill over into the lives of their children.

- Prayer, the Word, Meditation
  - Fellowship, Stewardship, Service
  - Humility, Confession, Forgiveness
  - Walking in the Spirit
- 
- Our kids need to see our affections for the Lord.
  - We can't cultivate their hearts for the Lord if ours aren't that way.
  - We are discipling our kids. But discipling them into what?

**Verses 7-9**

**The Concentric Circles of Family Discipleship**

- Start at the center
- But move in and out



1. Personal devotion to and affection for God (vs 4-6)
2. Modeling and teaching those devotions and affections in a way that is a part of the normal rhythm of life. (7-8)

<p><sup>7</sup> You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.</p>	<p>Teach the way of God (<i>The Lord our God, the Lord is one</i>) to your children.</p> <ol style="list-style-type: none"> <li>1. When you sit... like at a meal</li> <li>2. When you walk... like when you're all in the car</li> </ol> <p>When you lie down... like at bedtime</p>
<p><sup>8</sup> You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> century Jews took this command way too far and way too literally</li> <li>• Everything we do and see has the feel of and goes through the lens of our affection for God</li> </ul>

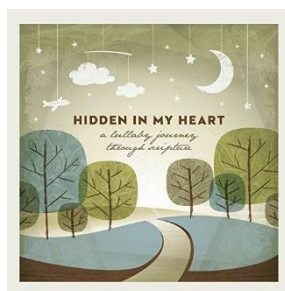
### PRINCIPLES LEARNED:

1. Modeling an affection for Jesus Christ is the **start** of family discipleship.
2. Family discipleship should live and breathe within the **rhythm** of everyday life.
3. The everyday rhythm of family discipleship should spill out into **public** life.

### FINAL WORD:

- Nothing that we're talking about in this elective is intended to be a drive-by guilt.
- You don't have to be the perfect parent.
- You've ruined nothing. Today is a new day.

### RESOURCE OF THE WEEK:



#### Hidden In My Heart: A Lullaby Journey Through Scripture

~ Scripture Lullabies

[View on Amazon](#)

# Week 3

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## Practice of the Week: Introducing difficult topics

## Principle of the Week: Creating intentional time

**INTENTIONAL TIME:** How do we create intentional time built into the rhythm of the family's life for the purpose of thinking about, talking about, and living out the gospel?

### **TWO TYPES OF TIME:**

- 1) Rhythm: designating the times (committed and consistent)
- 2) Intentionality: designing the times (planning and purpose)

#### **1) Rhythm**

- The normal patterns and events of the week (meals, practice, school, car rides, church, bedtime, etc)
- The things that happen every week that don't need to be put on your calendar.
- In what ways are you using those rhythms to your advantage?
  - Kids are stuck in the car... they have to hear/listen.
  - Kids gotta eat... you got 'em.
  - Using the events and circumstances at school or sports to address spiritual issues.

#### **2) Intentionality**

- More difficult
- Involves planning and preparation
- Often times involves hijacking one of those rhythmic moments for something special.

Example: Meal

- Rhythmic = How was your day? High and Low
- Intentionality = Tonight, Daddy is going to talk about what he read in the Bible this morning.

## **EPHESIANS 5:16**

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil.

## **FOUR THINGS THAT WILL HELP YOU MAKE THE BEST USE OF THE TIME**

### **1. Consistency**

- Don't deflate when things don't work
- No human being has ever only needed to be 'told' once.
- Spiritual conversations are not one-offs
- Be cautious about locking down a specific time because the universe will set it's face against you
- Be consistent about setting aside 10-12 minutes each week to gather as a family, read the Bible, and have a conversation

### **2. Clarity**

- What's being said is not what's always being heard
- "Repeat to me what I just said."
- There is no "one size fits all" with raising children.
- Ask open-ended questions.
- Focus on conversations that address the heart before the behavior
- Make sure it's a safe place for questions and doubts

### **3. Creativity**

- It can't be the same thing all the time
- Build a fort to explain God being a fortress
- Go camping and talk about God's creative nature
- Highs and Lows
- Create a culture of conversations in your house

### **4. Counsel**

- That's where outside voices and influences come into the picture
- Who are the spiritual parents who can speak into your parenting... you become an open-book
- The place of Redwood Chapel coming alongside you

#### **Children's Ministry:**

- Sunday classes 9:30am
- Kids Church
- LIFE summer camp 2019 (formerly VBS)
- Saturday Night LIFE
- Discipleship training
- RCKids family events
- Parent emails

- Private facebook page
- Homefront weekly sent home with kids
- Club XL (AWANA)
- Kids Worship
- Early Childhood training (Nurseries, PreK)
- Encouragement letters from teachers

#### **Student Ministry:**

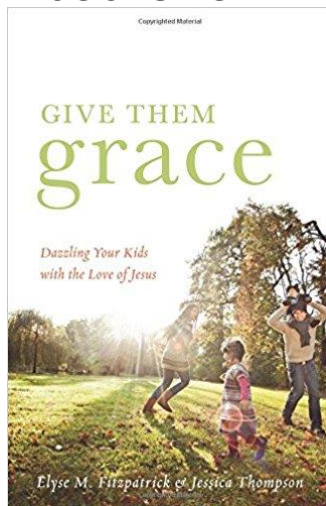
- Wed youth group
- Sun Sunday school
- Weekly emails
- Parent seminars
- Parent meetings

**Redwood Chapel is constantly evaluating what we are doing so we can serve you better.**

#### **FINAL WORD:**

Parents must both use the rhythm of everyday life to infuse and model spiritual principles to their kids as well as make intentional time to have spiritual conversations.

#### **RESOURCE OF THE WEEK:**



#### **Give Them Grace: Dazzling Your Kids with the Love of Jesus**

by Elyse M. Fitzpatrick et al.

[View on Amazon](#)

# Week 4

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## **Practice of the Week: Monitoring social media**

- ➔ Social Media – In what ways are we coaching our kids to understand the benefits and hazards of this medium in our digital age?

## **Principle of the Week: The value of a Godly community and the influence of friends.**

Social Media Discussion:

Children under the age of 18 are faced with challenges that did not exist for previous generations. Parents need to give accountability to what their children have access to on the internet and social media.

Topics:

- Raising Awareness: Pornography addiction is higher than it ever has been in history among boys and girls ages 11-18.
- Under protective Parenting: Many parents are giving their children full access to smartphones without boundaries. We need to walk alongside our children when it comes to allowing them access to a smartphones and internet access. Set up guidelines.

## **RESOURCES:**

- ➔ [www.challies.com](http://www.challies.com) (Christian blogger) – Look up articles on ‘technology’ and ‘social media’
- ➔ [www.rootedministry.com](http://www.rootedministry.com) – One of the best sites for parents and youth pastors. Tons of great content, articles, and resources.

## **NOTES FROM PARENTAL PANEL**

Slow down. Be present. Be intentional.

Our parent panel reminded us of something we have all heard – these child-rearing years go fast – so be careful not to overload your schedule. Take pictures and videos as keepsakes for your kids to look back on. Do the best you

can to be present at school performances and sporting events. Make memories that are significant by doing unique things with your child around an activity that they enjoy. Let them see your flaws and use opportunities to point them to Jesus.

# Week 5

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**Practice of the Week: Parental Hypocrisy – When what I say is not what I do.**

**Principle of the Week: Taking hold of God-ordained moments to teach, affirm, and correct our kids' hearts.**

**Deut 6:4-9 (the Shema) – How God instructed the Jews to live and run their families**

**“Stirring your affections for God”** - “Stirring up our affections for God” is simply taking what we know about God (his goodness, kindness, grace, justice, etc) and using those things as our motivation and joy to serve and be devoted to Him.

**Moments = Capturing and leveraging opportunities in the course of everyday life for the purpose of gospel-centered conversations.**

- ➔ You're not adding anything. This is what's already happening for the purpose of gospel-centered conversation.
- ➔ What we're looking for is opportunity in the normal flow of life to turn conversation toward the gospel, to turn the conversation toward the things of God.

**Examples from Jesus:**

- Luke 21:1-4 – The Widow's Small Copper Coins  
Christ points to something happening right around His disciples to teach about kingdom economics.
- Luke 13:1-5 – The Tower of Siloam  
Christ points to current events to answer “why bad things happen.”
- Mark 10:17-27 – The Rich Young Ruler  
Christ teaches His disciples about a right view of wealth after seeing a man saddened by being asked to give it all up.

- Mark 10:35-45 – James' and John's Desire to Be Great  
Christ uses a dispute among His disciples to teach them about true servanthood and humility.

### **How to be ready for those moments...**

- 1) Be observant
- 2) Be prepared
- 3) Be genuine

#### **1. Be observant**

- Know their sensitivity levels – Are they super sensitive or the Lord of stoicism? What sets them off? What brings them down?
- Know how the world affects them. – Media, playground gossip, current events.  
→ They know more about the world than we think they do.
- Know how they relate to others. – Are they dominant, followers, loaners, groupies
- Know how they relate to themselves – What do they think of themselves? How do they see themselves?

#### **2. Be prepared**

- **Know something of the attributes of God** (Who he is. What he's done. What he's doing. What he's like.)

##### 5 to start with

- 1) God made everything
- 2) God is in charge of everything
- 3) God is good
- 4) God wants to talk with us
- 5) Jesus came to save sinners

##### From there...

- Wise
- Generous
- Loving
- Holy
- Merciful
- Provider
- Compassionate
- Sovereign

- **Know something of Godly character**
  - Joy
  - Peace

- Patience
- Love
- Goodness
- Kindness
- Gentleness
- Self control

**These things aren't just out there in the air... they meet us on the ground where we are.**

### **3. Be genuine**

- Many Christian parents use the Bible and religion to control their children.
- Love the kids you have, not the kids you want.
- Don't use the Bible as a hammer on your kids.
- The Law is an MRI, not a cure. It's an X-ray, not the surgery.

**Genuine: Regardless of how much or how little we have to correct and/or discipline our kids, they are confident that we love them no matter what.**

One way to reinforce this (from Diana Baumrind):

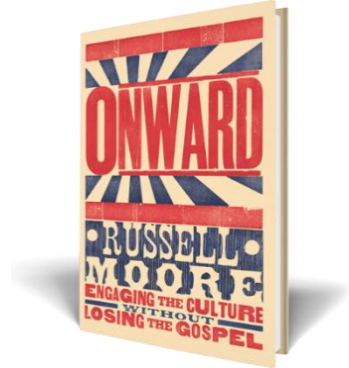
<b>Authoritarian Parenting</b>	<b>Authoritative Parenting</b>
<ul style="list-style-type: none"> <li>• Strict rules on behavior and performance</li> <li>• No dialogue with the child regarding rules</li> <li>• Punitive measures when rules not followed</li> <li>• High value on conformity</li> </ul>	<ul style="list-style-type: none"> <li>• High expectations on behavior and performance</li> <li>• Regular dialogue with the child</li> <li>• Appropriate measures taken and assessment made when expectations are not met</li> <li>• High value on growing autonomy and responsibility</li> </ul>

One shows value to order while the other shows value to the child.

### **FINAL WORD:**

All of us can think of big moments that shaped our lives.  
 But those happen in maybe .1% of the time that we're alive.  
 What about the other 99.9% of the time?  
 It was the little moments that had a bigger and lasting effect.

## RESOURCE OF THE WEEK:



**Onward: Engaging the Culture without Losing the Gospel**

by Russell D. Moore

[View on Amazon](#)

# Week 6

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**Practice of the Week:** What to do when my kid isn't normal.

**Principle of the Week:** Milestones and Expectations

Deut 6:4-9 (the Shema) – How God instructed the Jews to live and run their families

- Parents are to be discipling their kids through modeling.
- We must use and create intentional time to bring up gospel conversations.
- We must be mindful of the community they are engaged with.
- We must use the unplanned moments of the day to share the gospel.

→The Shema addresses these things and gives us focus.

→See these things through the lens of “LOVING” God

## Milestones

Marking and making occasions to celebrate and commemorate significant spiritual milestones of God's work in the life of the family and child.

1. Marking
2. Making (overlap with week 10)

### 1. Marking Milestones

-God has wired us to be people who remember

-That's why we love stories

-That's why social gatherings, if they last long enough, will always lead to storytelling (embellishment, exaggeration, etc)

→One of the evidences that something is wrong with our hearts is what we choose to forget.

God's people had a habit of forgetting his goodness

- Constant refrain of the OT
- Cycle of God's power and goodness leading to the people's forgetfulness
- Judges, Kings, Chronicles, Nehemiah

Marking = Remembering

- Building things into our lives in order to remember what God has done.

Examples from scripture:

- Genesis 9:12-17 – **The Rainbow**  
God gave His people a sign for all time to remind them of His wrath and His promise.
- Genesis 8:20, 12:7-8, 35:1; Exodus 17:15; Joshua 8:30; Judges 6:24; 1 Samuel 7:17; 2 Samuel 24:25 – **Building Altars**  
God's people built altars in order to honor God and commemorate what He had accomplished and to remind the people of what God was like.
- Exodus 12:1-20; Leviticus 16 – **Festivals and Holy Days**  
God initiated several Holy Days (holidays) and festivals to remind His people of His goodness, power and history of faithfulness.
- Exodus 16:31-33 – **Jar of Manna**  
God commanded Moses to fill a jar with manna so that future generations would be able to see the keepsake and be reminded of how God cared for His people in the wilderness.
- Exodus 20:2; Deuteronomy 7:18, 26:8 – **The Rescuer**  
Throughout the Old Testament, God reminded His people time and time again of how He had rescued them from slavery in Egypt.
- Joshua 4 – **The Stones of Remembrance**  
God instructed Joshua to place 12 stones (for the 12 tribes of Israel) next to the Jordan River so that the people would be reminded of how God provided a way into the Promised Land. This also provided a way to tell the next generation about God's provision.
- 1 Samuel 7:12 – **Ebenezer**  
Samuel placed a stone near a battlefield to remind the people that God is their help and wins their battles for them.
- Matthew 1:20-21 – **Jesus Gets His Name**  
Names, name changes and even nicknames often have meaning in the Bible. They commemorated some change in a person's life or pointed toward God's mission.
- 1 Corinthians 11:23-26 – **The Last Supper**

Jesus instituted a ritual meal in which His people would be reminded of His broken body and shed blood on the cross.

- Acts 11:25-26 – **The People of God Are Called Christians**  
To designate the disciples as those who follow Christ, they were given the title “Christians.”
- Acts 16:25–34 – **Baptizing the Jailer**  
In response to the Lord saving him and adopting him as His son, the jailer was baptized and cooked a meal to celebrate with his household.

#### **Examples for us:**

- Birthdays
- Holidays
- Anniversaries
- Family Adventures
- Rites of Passage

**After your child crosses a milestone, you may decide to give them new responsibilities.**

- As responsibilities increase, so should the opportunity for freedom.

## **2. Making Milestones**

If marking milestones is about looking back then making milestones is about looking ahead.

→ Kids need something to aim for.

→ Don't kid yourself, they're already aiming at something.

Al Molher:

“In 1960, the vast majority of young adults had, by the time they reached 30, accomplished the five standard milestones used to measure adult status.

1. Completed school
2. Leaving home
3. Marriage
4. Having a child
5. Financial independence”

US Census 2000:

- Less than 1/2 females hit that marker by 30
- Less than 1/3 males hit that marker by 30

What does that tell you?  
We're not giving our kids something to aim for.

Our culture is ever-expanding childhood and adolescence.

- Low expectations
- Parents make their worth about their kids' happiness and proximity

**The problem with kids not making milestones lies in our fault and not theirs.**

Milestone Examples (objective and subjective):

Objective:

- Passing a class
- Getting a job
- Getting a driver's license
- Opening a savings account

Subjective:

- Becoming a follower of Jesus
- Committing to healthy sexuality
- Becoming a man/woman

### **Milestone Ideas and Examples**

- **Birth:** Choose a verse to pray over your child nightly as you put them to bed and share that verse with your community.
- **1 year old:** Throw a birthday party with your family, close friends and neighbors. Testify to the goodness of God that you've seen in your child's life, reaffirm your commitment to raising them in the way of the Lord and invite some friends to pray for specific things you'd like to see in your child's life.
- **2 – 4 years old:** Get your child their first Bible. The Jesus Storybook Bible is a good first choice.
- **5 – 10 years old:**
  - 1) Take your child on annual family adventures where you explore, serve and talk about God.
  - 2) Involve them in annual birthday and holiday celebrations to bless them and cultivate a love and fear of God.
- **11 – 14 years old:**
  - 1) Have a more substantial talk about purity and sexuality.
  - 2) Give them their first study Bible.
  - 3) Find an opportunity for them to serve in the church.
  - 4) Add significant responsibilities.
  - 5) Hope and pray to celebrate their salvation in baptism.
  - 6) Consider having them join the family in taking communion.
  - 7) Send them or go with them on their first mission trip.

- **15 – 17 years old:**

- 1) Organize a “rite of passage” ceremony/adventure.
- 2) Celebrate them getting their driver's license.
- 3) Add responsibilities that build the independence they will need after high school.

- **18 years and up:**

Celebrate their graduation/college acceptance/job placement/launch into independence.

**Parents have a responsibility to make the opportunity for success a reality for their kids.**

- We don't ask them to make their beds because the house might blow up.
- We don't encourage them to get good grades because it will guarantee them a better life.
- We do those things hard work and discipline are required for any kind of success in life.
- Setting goals and making milestones with **our kids** gives **our kids** something to aim for and us to join with them.

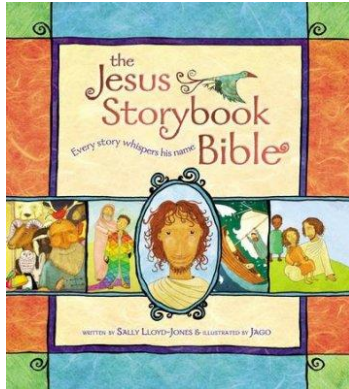
**Ideas to Address Habitual Sin**

- Intentional punishment
  - Take away the 'like'
  - Do the 'not like'
- The Jar
- Incentive
- Provide opportunity for positive behavior/outlet

**FINAL WORD:**

- Parenthood is about getting your kids to adulthood.
- **Be joyful when your kid marks or makes a milestone!**
- Marking a milestone for an older child is making a milestone for a younger child.
- Discipleship is slow and inefficient... and it lasts a lifetime.
- Love the kids you have, not the kids you want.
- You can do this!

## RESOURCE OF THE WEEK:



### **The Jesus Storybook Bible: Every Story Whispers His Name**

by Sally Lloyd-Jones et al.

[View on Amazon](#)

# Week 7

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**Practice of the Week: What to do when my kid develops a proclivity towards a specific sin.**

## **QUESTIONS TO ASK**

- Where did the sin start?
- Do I/we (parents) exemplify this sin?
- Have I prayed with my child in regards the sin?
- Does my child understand forgiveness and repentance?
- Does my child know about the Holy Spirit?

**Principle of the Week: God created human sexuality to be best expressed and received in the context of a husband and wife union**

**DIRECTIVE: Teaching and nurturing a Biblical ethic and perspective on sexuality.**

This falls under the command in Deuteronomy 6

- To love God means we love what He has created and given to us (which includes sex)
- To love God means we obey him in relation to his commands (this includes sex)
- Part of Gospel parenting means helping our kids understand the nature of sexuality
- And yet... talking to and teaching our kids about sex is one of the most neglected practices. Both religious and unreligious people fail at this.

## **ASSUMPTIONS**

- 1) The physical, spiritual, and emotional act of sex/making love were and remain one of God's best ideas.
- 2) Sex is **best** expressed and received in the context of heterosexual, monogamous marriage.
- 3) Sex, like fire, can either be used to forge something beautiful or incinerate something precious.

**Discussions and sermons on these topics can be found online, in books, and archived sermons.**

**→ Jason's sermon from Summer 2015 – "What is healthy sexuality?"**

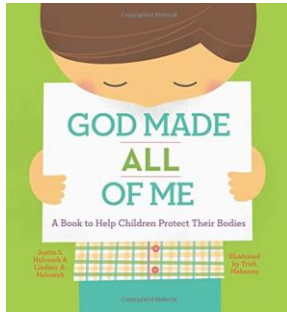
## **TRAJECTORIES FOR THE DIRECTIVE**

1. **Err on too early/too much, not too little/too late.**
  - Sex education is vital
  - Don't assume they believe our assumptions (from above)
  - Be the first person to teach your child about sexual intercourse
  - “Sex” is what you are (Lat. *Sexus*- that which is divided), not what you have (what we call 'sex' should be referred to as 'union')
2. **Root the conversation in the biblical context**
  - Show them what it says in the Bible
  - Do they understand the gospel (Gal 2, Eph 2, Rom 12)
  - Do they know sex was God's idea? Do they know God celebrates sex between husbands and wives?
3. **Ask a lot of questions**
  - Clarify their question
  - Make sure you know what they're asking
  - Discern what they know and don't know; most kids' knowledge of sex is not based in reality, truth, or facts
4. **Cultivate a relationship of trust with your kids**
  - Have the first conversation in a familiar place
  - Weekend away (hotel with mom, camping with dad)
5. **Use direct language but avoid being crude or medical**
6. **Give clear action steps**
  - Teach them that boundaries bring freedom and obedience is a blessing
  - Train them how to interact with the opposite sex
  - Guard who you kids spend time with
  - Guard their screen time**
  - React to sexual sin with the gospel and not like a Pharisee
7. **Be a champion for love and marriage**
  - Let them see your affection for your spouse
  - Work on your marriage
  - Let your kids see you work on your marriage

## FINAL WORD:

- It's never too early to start talking about sex with your kids.
- Age/Maturity appropriate language is crucial.
- If we don't talk to our kids about sex, the world will fill the gap.
- You can do this!

## RESOURCE OF THE WEEK:



### **God Made All of Me: A Book to Help Children Protect Their Bodies**

by Justin S. Holcomb et al.

[View on Amazon](#)

# Week 8

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## **Practice of the Week: Helpful practices for when one kid is very different than the other.**

### ***What makes the difference?***

- Despite the fact that siblings are, on average, 50% genetically similar, are often raised in the same home by the same parents, attend the same schools and have many other shared experiences, siblings are often only as similar to each other as they are to children who are growing up across town or even across the country. So, what is it that makes two siblings from the same family so different?
- Research of sibling and family relationships show that, at least in some families, siblings try to be different from one another, and seek to establish a unique identity and position in their family.
- From a child's perspective, if an older brother excels at school, it may be easier to attract her parents' attention and praise by becoming a star athlete than by competing with her brother to get the best grades. In this way, even small differences between siblings can become substantial differences over time.
- But parents may also play a role. For instance, when parents notice differences between their children, children may pick up on parents' perceptions and beliefs about those differences. This, in turn, can increase sibling differences.

### ***From the scriptures:***

- **Psalm 139:14 ESV**  
I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.
- **Jeremiah 1:5 ESV**  
"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."
- **Genesis 1:27 ESV**  
So God created man in his own image, in the image of God he created him; male and female he created them.
- **Ephesians 2:10 ESV**  
For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

**PRINCIPLE OF THE WEEK: Gospel-centered parenting involves correcting and disciplining sinful, rebellious, or misguided behavior.**

**What do the scriptures say about disciplining our children?**

**Hebrews 12:7-11**

*<sup>7</sup> It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup> If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup> Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup> For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup> For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.*

**Discipline is more about the long-term effect than the short-term benefit.**

- The temptation can be to discipline our kids to stop a behavior and get an immediate response.
- Discipline can and does elicit a response from the kids, but its purpose is to work towards a long-term goal.
- Discipline is about putting practices into our lives that will produce a long term goal (e.g., exercise and eating healthy to get physically fit; early morning prayer and meditation to grow closer to the Lord)

**Proverbs 13:24**

*<sup>24</sup> Whoever spares the rod hates his son,  
but he who loves him is diligent to discipline him.*

**Discipline should always come from a place of love; never hate or indifference.**

- This is not a scriptural allowance to beat (instead of spank) your kids.
- My dad: "If I didn't love you, I wouldn't care."
- Spankings and Time-outs need to be coupled with hugs and affirmation.

## Ephesians 6:1-4

<p><sup>1</sup> Children, obey your parents in the Lord, for this is right. <sup>2</sup> "Honor your father and mother" (this is the first commandment with a promise), <sup>3</sup> "that it may go well with you and that you may live long in the land." <sup>4</sup> Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.</p>	<p><b>Discipline is a <u>partnership</u> between kids and their parents.</b></p> <ul style="list-style-type: none"><li>• Both children and parents have a role to play</li><li>• If overemphasis is given to the child's obedience and negligible emphasis is given to <b>HOW</b> a parent disciplines, the balance will be off</li><li>• Parents can provoke their kids to anger when they discipline for discipline's sake; out of hate or indifference; and without emotional support</li><li>• "Bringing up kids in the discipline of the Lord" is equally about correcting behavior, conditioning the heart, and teaching good decision-making</li></ul>
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## Proverbs 5 and 7

	<p><b>Discipline is not just <u>reactionary</u> but also <u>preparatory</u></b></p> <ul style="list-style-type: none"><li>• Companion passages on adultery; Solomon giving instruction to his son(s).</li><li>• It would appear that Solomon is instructing his sons BEFORE their possible folly.</li><li>• He's probably speaking from his place of experience.</li><li>• Your sin in an area that you are instructing your kids does not negate your ability or responsibility to communicate truth and wisdom.</li></ul>
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## Joshua 4:20-24

<sup>20</sup> And those twelve stones, which they took out of the Jordan, Joshua set up at Gilgal. <sup>21</sup> And he said to the people of Israel, "When your children ask their fathers in times to come, 'What do these stones mean?' <sup>22</sup> then you shall let your children know, 'Israel passed over this Jordan on dry ground.' <sup>23</sup> For the Lord your God dried up the waters of the Jordan for you until you passed over, as the Lord your God did to the Red Sea, which he dried up for us until we passed over, <sup>24</sup> so that all the peoples of the earth may know that the hand of the Lord is mighty, that you may fear the Lord your God forever."

– Discipline is about remembering past mistakes and failures... while holding onto God's faithfulness and mercy.

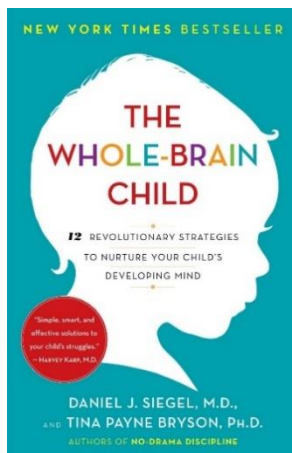
- This comes after Israel has been disciplined for 40 years in the Sinai wilderness
- God wants his people to remember His faithfulness...in the midst of their unfaithfulness.
- The discipline of Israel was the draw them close to God as well as be a testimony to Gentiles (24)

Discipline with our kids should tell a story of 1) Our love for our kids; that we have their best interests in mind, and 2) God's love for our kids; that he has their best interests in mind (above ours)

## FINAL WORD:

- Disciplining our kids is a necessary way we show them love.
- Disciplining our kids is for the long-term.
- What works for one kid may not work for another.
- The discipline we give ought to reflect the discipline we've received.

## RESOURCE OF THE WEEK:



### The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

by Daniel J. Siegel et al.

[View on Amazon](#)

# Week 9

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**Practice of the Week:** How to approach tough questions that lead to robust faith and an ever-growing maturity.

**Principle of the Week:** Part of our role in discipling our kids is helping to understand, find, and thrive in an identity in Jesus Christ.

From the discussion: How do you help your kids get/find answers?

- Books
- Youtube
- Experts
- Bible
- Prayer
- Google
- Watch me

**What do we mean by 'identity'?**

- How we describe our existence.
- How we quantify our worth.
- How we define our purpose.

John Piper: "Christian selfhood is not defined in terms of who we are in and of ourselves. It's defined in terms of what God does to us and the relationship he creates with us and the destiny he appoints for us. God made us who we are so we could make known who he is. Our identity is for the sake of making known his identity."

**Why identity matters.**

1. Every human being will take some measure to define their own existence.
2. Left to ourselves, we will find an identity is something or someone that will lead to our destruction.

**Identity Origins** (Where does our identity come from?)

1. God's image (Gen 1:19-20)
2. God's holiness and character (1 Sam 2:2; Psalm 34:15-18)
3. God's blessing (Eph 1:3)
4. God's redemption (Eph 1:17)

## 5. God's work (Eph 2:10)

### **Identity Distortions** (What errors do we make in forming our identity?)

1. I am what I do
2. I am what has been done to me
3. I am my roles, relationships, and responsibilities

### **Identity Reminders** (things to work into our vernacular)

1. Value and Worth  
-Tied to what God believes about us
2. Unconditional Love
3. Forgiveness and Redemption
4. Scripture

## **HOW DO WE TEACH IDENTITY?**

### **Preschool Activity**

Have a contest to see who can create the best family pet. Give everyone Play-Doh and set a timer. Keep your children working by talking about what you're observing. When the timer rings, let your children show what they have made and tell about their creations. Make encouraging comments, such as how carefully they worked on their creatures. But then ask each child, "Why isn't your pet alive?"

Remind your family that God is the only one who can give life to something or someone, and everything God makes is carefully and beautifully created.

Explain that God knew what He was doing when He formed your child.

Therefore, your child was carefully and beautifully made. Explain the words carefully (not hurried or sloppy) and beautifully (it makes your heart happy and not sad). Then plan to use those words frequently in the days ahead.

### **School-age Activity**

Have your child close his eyes as you apply several dots of color to his face using washable markers or eyeliner pencils. Put away the markers and ask him to tell you what colors are on his face and where. Of course, he can't, but it'll be fun watching him try. Now, place him in front of a mirror and ask him to tell you what colors he sees.

Explain to your child that we cannot see our own face; we can only see a reflection of what we look like. This is called an image. When God made us, He made an image, or reflection of himself. We're different than any of God's other creations because we alone are made like Him.

When we look in a mirror, we see a reflection of ourselves. The mirror shows us who we are on the outside, but God made us to be a reflection of His nature and image on the inside.

Because of this, He wants us to imitate who He is to others. Although a mirror reflects our physical image, when we love others we reflect who God is. In this way, others see one part of His character through us. The more we love God and other people, the more we are a true reflection of Him.

### Teen Activity

(this gets tricky as their level of independence and exploration increases)

Rules

- Safe, Open, Regular communication
- No topic is off limit

### Activity – Mind Mapping

Give your teen several sheets of paper and a pen and have them write “Who am I?” in the center of each of the pages.

Get them to do a series of mind maps where they write down who they perceive themselves to be in various areas of life. Spend a few minutes on each of the following mind map topics:

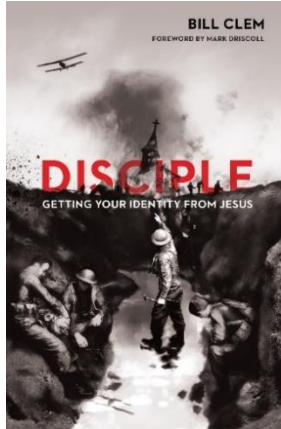
- **Relationships** – List all the different relationship roles that they have, such as brother, son, grandson, nephew, student, employee, boyfriend, etc.
- **Cultural** – List cultural aspects of their life like religion / faith, ethnicity, language, nationality, etc.
- **Likes** – List their favorite activities, hobbies, music, sports, TV shows, etc.
- **Dislikes** – List the activities, music, sports, TV shows, etc. that they don't care for
- **Hopes** – List things that they want to do in the future, such as jobs, how many kids they want, going skydiving, etc.

You do the activity as well. Compare your results and take note of the similarities and differences. Note that though he/she comes from you, he/she is his/her own person, created by God to pursue His plans for him/her.

### All the Time Reminders

- Who does God say you are? *His child*
- What does God say about you? *He loves you and created you to be a reflection of him.*
- You are not your mistakes and successes.

## RESOURCE OF THE WEEK



### **Disciple: Getting Your Identity from Jesus**

by Bill Clem

[View on Amazon](#)

# Week 10

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**PRACTICE OF THE WEEK: How do we encourage our kids in the school context in which we've placed them?**

Different school contexts have different advantages and challenges. There is not a 'perfect' option unless Jesus was the teacher.

- Public school
- Private school
- Private Christian school
- Home school

**From the Discussion:**

School Challenges		
Public	Private	Home
<ul style="list-style-type: none"><li>• Uncontrolled Influences</li><li>• Other kids/friends not having a Christian background</li></ul>	<ul style="list-style-type: none"><li>• Isolated to Christian things</li><li>• Pad answers</li><li>• Naive</li></ul>	<ul style="list-style-type: none"><li>• Balance of School vs. Home time</li><li>• Perception of others</li><li>• Time management</li></ul>

## **TAKE AWAYS**

- Whatever the context, parents have the best interests of the child in mind. Deciding on such can be a difficult process.
- Whatever the context, each comes with its own unique challenges.
- There is no one 'right way' or 'Godly' form of education.
- We ought to be encouraging to other parents and the choices they make.

**PRINCIPLE OF THE WEEK – As parents, our primary responsibility is to prepare and launch our kids into responsible, self-sufficient adulthood as well as create a spiritual environment during their childhood that prepares them for their own robust faith in Jesus Christ.**

Both of those are what this class has been all about.

Your goal should not be:

- To create miniature versions of yourself.
- To foster a dependency

#### **4 Weeks Ago**

Al Molher:

"In 1960, the vast majority of young adults had, by the time they reached 30, accomplished the five standard milestones used to measure adult status.

1. Completed school
3. Leaving home
4. Marriage
5. Having a child
6. Financial independence"

US Census 2000:

- Less than ½ females hit that marker by 30
- Less than 1/3 males hit that marker by 30

What does that tell you?

We're not giving our kids something to aim for.

Now that statistic is a **sociological** one.

Here's a **theological** one:

- **59% of kids leave and abandon their faith after the age of 15 (Barna, 2011)**

**Result:**

- 1. Kids aren't launching into adulthood**
- 2. Kids aren't launching into personal faith**

#### **SO WHAT ARE WE DOING WRONG?**

##### **11 Reasons**

- 1-5: What secular experts say about failure to launch.
- 6-11: What Christian experts say about kids leaving the church.

## **Secular Experts**

Source: Psychology Today – 2016 Article

(<https://www.psychologytoday.com/us/blog/nation-wimps/201612/the-failure-launch-epidemic>)

- 1. We (parents) are putting the needs of the child first before the needs of the adult. They become our idol.**
  - they rule the roost
  - happy kid = happy life
  - schedules, sports, and school dictate the rhythm of the family
- 2. We (parents) are willfully letting our kids do things that we know are harmful but we don't want to come off as squares to our kids.**
  - screens
  - not screening their friends properly
  - eating habits
- 3. We (parents) are putting less and less demands on our children believing them to either be incompetent to fulfill the task or that it will cause unnecessary stress.**
  - it's easier if I do it
  - low expectations
- 4. We (parents) believe our children should be able to have every opportunity to do and experience everything. We believe that they are capable on their own to make their own wise choices in choices of schools, careers, and family.**
  - no wisdom or advice given
  - "I don't want to squash their dreams"
  - Disney approach
  - adults are adults because they've survived longer than kids... and thus know better
  - Studies show that vast opportunities does not = success; it causes more stress
- 5. We (parents) fear the bored child. Thus, we fill their minutes with activities, devices, etc.**
  - expectation that a bored child will rot
  - non-bored kids never learn to use their imagination

## **Christian Experts**

Source: Barna Group – 2016

(<https://www.barna.com/research/six-reasons-young-christians-leave-church/>)

### **Reason #1 – Churches seem overprotective.**

A few of the defining characteristics of today's teens and young adults are their unprecedented access to ideas and worldviews as well as their prodigious consumption of popular culture. As Christians, they express the desire for their faith in Christ to connect to the world they live in. However, much of their experience of Christianity feels stifling, fear-based and risk-averse. One-quarter of 18- to 29-year-olds said "Christians demonize everything outside of the church" (23% indicated this "completely" or "mostly" describes their experience). Other perceptions in this category include "church ignoring the problems of the real world" (22%) and "my church is too concerned that movies, music, and video games are harmful" (18%).

*What do we do?*

- *We must teach our kids how to be "in the world" without being "of the world."*
- *It's better if our kids learn about new, truth-contrary ideas from us than the world.*

### **Reason #2 – Teens' and twentysomethings' experience of Christianity is shallow.**

A second reason that young people depart church as young adults is that something is lacking in their experience of church. One-third said "church is boring" (31%). One-quarter of these young adults said that "faith is not relevant to my career or interests" (24%) or that "the Bible is not taught clearly or often enough" (23%). Sadly, one-fifth of these young adults who attended a church as a teenager said that "God seems missing from my experience of church" (20%).

*What do we do?*

- *We must show our kids how our faith is relevant in every sector of life. Which means we need to engage our faith into every sector of life.*
- *If kids are bored in church, it's not necessarily their fault.*

### **Reason #3 – Churches come across as antagonistic to science.**

One of the reasons young adults feel disconnected from church or from faith is the tension they feel between Christianity and science. The most common of the perceptions in this arena is "Christians are too confident they know all the answers" (35%). Three out of ten young adults with a Christian background feel that "churches are out of step with the scientific world we live in" (29%). Another one-quarter embrace the perception that "Christianity is anti-science" (25%). And nearly the same proportion (23%) said they have "been turned off by the creation-versus-evolution debate." Furthermore, the research shows that many science-minded young Christians are struggling to find ways of staying faithful to their beliefs and to their professional calling in science-related industries.

*What do we do?*

- *We must show our kids that science is not the enemy. God created scientific reasoning and understanding and it ought to be used to show God's creativity.*
- *Don't be afraid of ideas or theories that contradict a God-centered worldview.*
- *Stop believing that if your kids hate evolution that they'll go to heaven.*

#### **Reason #4 – Young Christians' church experiences related to sexuality are often simplistic, judgmental.**

With unfettered access to digital pornography and immersed in a culture that values hyper-sexuality over wholeness, teen and twenty-something Christians are struggling with how to live meaningful lives in terms of sex and sexuality. One of the significant tensions for many young believers is how to live up to the church's expectations of chastity and sexual purity in this culture, especially as the age of first marriage is now commonly delayed to the late twenties. Research indicates that most young Christians are as sexually active as their non-Christian peers, even though they are more conservative in their attitudes about sexuality. One-sixth of young Christians (17%) said they "have made mistakes and feel judged in church because of them." The issue of sexuality is particularly salient among 18- to 29-year-old Catholics, among whom two out of five (40%) said the church's "teachings on sexuality and birth control are out of date."

*What do we do?*

- *Teach our kids a Biblical sex-ethic.*
- *Live a Biblical sex-ethic.*
- *Teach our kids that those who do not follow a Biblical sex-ethic are not the enemy.*

#### **Reason #5 – They wrestle with the exclusive nature of Christianity.**

Younger Americans have been shaped by a culture that esteems open-mindedness, tolerance and acceptance. Today's youth and young adults also are the most eclectic generation in American history in terms of race, ethnicity, sexuality, religion, technological tools and sources of authority. Most young adults want to find areas of common ground with each other, sometimes even if that means glossing over real differences. Three out of ten young Christians (29%) said "churches are afraid of the beliefs of other faiths" and an identical proportion felt they are "forced to choose between my faith and my friends." One-fifth of young adults with a Christian background said "church is like a country club, only for insiders" (22%).

*What do we do?*

- *Teach our kids how to be friends with unbelievers.*
- *Teach a proper inclusive-exclusive understanding of Christianity.*

### **Reason #6 – The church feels unfriendly to those who doubt.**

Young adults with Christian experience say the church is not a place that allows them to express doubts. They do not feel safe admitting that sometimes Christianity does not make sense. In addition, many feel that the church's response to doubt is trivial. Some of the perceptions in this regard include not being able "to ask my most pressing life questions in church" (36%) and having "significant intellectual doubts about my faith" (23%). In a related theme of how churches struggle to help young adults who feel marginalized, about one out of every six young adults with a Christian background said their faith "does not help with depression or other emotional problems" they experience (18%).

*What do we do?*

- *Stop believing that doubt = unbelief.*
- *Stop teaching our kids that doubt = sin.*
- *Start teaching our kids that doubt can lead to robust faith.*

### **FINAL WORD**

**YOU CAN DO THIS!**

# Useful Articles & Links

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**Parenting that is awesome because God is awesome!**

<http://www.parentingisawesome.org.info.com>

**Talking about sex with your kids: 5 things I'm learning**

<https://erlc.com/resource-library/articles/the-birds-and-the-bees-the-gospel-and-your-childs-sexuality-part-1>

**The birds and the bees: The gospel and your child's sexuality (Part 2)**

<https://erlc.com/resource-library/articles/the-birds-and-the-bees-the-gospel-and-your-childs-sexuality-part-2>

**Raising Kids in a Pornified Culture**

<https://www.thegospelcoalition.org/article/raising-kids-in-a-pornified-culture/>

**How Do I Talk To My Kids About Sex?**

<https://www.thegospelcoalition.org/course/difficult-questions-about-children-parenting/#how-do-i-talk-to-my-kids-about-sex>

**Six Reasons Young Christians Leave Church**

<https://www.barna.com/research/six-reasons-young-christians-leave-church/>

**The "Failure to Launch" Epidemic**

<https://www.psychologytoday.com/us/blog/nation-wimps/201612/the-failure-launch-epidemic>

**The Reason Youth Leave the Church**

[https://www.youtube.com/watch?v=UGnCClqf\\_x0](https://www.youtube.com/watch?v=UGnCClqf_x0)

**Family Discipleship**

<https://www.tvresources.net/resource-library/sermons/by-series/family-discipleship>

**Resources on Family Discipleship**

<https://www.tvresources.net/resource-library/topic-index/family-discipleship>

**Family Discipleship Guide**

<https://www.tvresources.net/resource-library/guides/family-discipleship-guide>

**Parenting**

<https://www.thegospelcoalition.org/topics/parenting/>