

Christian Parents Need to Apologize



Training Time

Our influence for Christ will come as we walk with God and walk with our kids. Before we can shape our kids spiritually we need to take care of our faith first. (Remember the airline oxygen masks?) As Christian parents we need to own our faith and keep growing spiritually if we're going help our kids follow Christ and flourish as the image of God.

The sixth Foundational Faith Perspective we all need is this: **Christian parents need to yield to apologize.** When we sin against our kids we need to make it right. Our apology models to them how to apologize to others. Plus, it makes our faith feel real to them. Apologizing to our kids and others becomes easier when we practice apologizing to God first. There are three reasons we need to apologize to God.



We apologize to God because...

1. Our sin disrespects Him.

- When we act how we want instead of how God wants, the bible calls that sin.
- When we sin, we're not submitting to the morals and values of God's kingdom.
"Thy kingdom come, Thy will be done, on earth as it is in heaven...." (Matt. 6:10)
- Our sin affects our fellowship with God.
"...the wages of sin is death" (Rom 3:23)
"Your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear...." (Isa. 59:2)
- I shouldn't expect God to answer my prayers until I acknowledge my sin.

2. Our sin is forgiven.

- We don't beg for forgiveness. We thank Him for the forgiveness He's already given us in Christ.
"But God demonstrates his own love toward us, in that while we were yet sinners, Christ died for us." (Rom 5:8)
"When you were dead in your transgressions and the uncircumcision of your flesh, he made you alive together with him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and he has taken it out of the way, having nailed it to the cross." (Col. 2:13-14)

3. Our forgiveness restores us.

- If we don't apologize for our sin, it weighs us down.
"When I kept silent about my sin, my body wasted away through my groaning all day long." (Ps. 32:2)
- When we apologize to God, His forgiveness restores us to peace with Him.
"How blessed is he whose transgression is forgiven, whose sin is covered!" (Ps. 32:1)
"You are a God of forgiveness, gracious and compassionate, slow to anger and abounding in lovingkindness." (Neh. 9:17)

Four Quick Tips to Apologizing to God

- *Name it* - Sin is offensive to God because it disrespects Him. Call sin what it is – disrespectful.
- *Claim it* - God's forgiveness belongs to you in Christ! Thank Him with a deep heart of gratitude.
- *Tame it* - Ask the Spirit to help you become less controlled by your sin each time you apologize.
- *Reclaim it* - Put God back in charge and restore the peace of mind and joy of His good leadership.



Workout Time

This is your guided workout plan. Take 15 minutes on your own and respond to the session you just watched. You will be surprised at how just spending 15 minutes of thoughtful time will help your relationship with your kids.



REFLECT [5 minutes]

Think about what you learned. We can't improve as a parents without reflection.


- *Our sin disrespects God.*
 - How do you feel when your spouse or child disrespects you? Why?
- *Our sin is forgiven.*
 - What would you feel about all your financial bills if you had an unlimited bank account?
 - How grateful do you feel that Christ died a torturous death to forgive all your sins?
- *Our forgiveness restores us.*
 - Have you ever felt self-condemnation for your sin?
 - If ALL of your sins are forgiven, what would keep you from apologizing to God and returning to the joy of your salvation?



APPLY [5 minutes]

- *Is there any sin you need to apologize to God for? Take a moment and do that now.*

“If we confess our sins, he is faithful and righteous to forgive us our sins and cleanse us from all unrighteousness.” (1 Jn 1:9)
- Ask the Holy Spirit to help you in this area of your life.



PRAY [5 minutes]

- **Give thanks.** This kind of prayer expresses our faith that God is control and that He is good. When we tell God “thank you” He becomes more real to us.
 - Take a few minutes and thank God for your kids, your role as a parent and pray the prayer that you wrote down for your kids from session 4.
- **Seek help.** This kind of prayer humbles and reminds us that we need God's help in our parenting. When we ask God for help, He begins to feel more real to us.
 - Take a few minutes and ask for God's help with the particular challenges you are facing with your kids right now.

WEEKLY PARENTING CHECK-IN

Where are you struggling as a parent this week?

- anger
- impatience
- yelling at my kids
- shaming my kids
- blaming others
- apathy
- saying hurtful words
- not emotionally present
- low emotional energy
- on my phone too much
- low spousal support
- unsure what to do
- frustration
- comparison
- self-doubt
- avoiding my kids
- reacting, not leading
- low physical energy
- other

Where do you need the Spirit's help this week?

- love
- joy
- peace
- patience
- kindness
- goodness
- gentleness
- faithfulness
- self-control
- wisdom
- courage
- humility
- physical energy
- emotional energy