

Christian Parents Need to Believe



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.

There are Foundational Faith Perspectives we all need to keep walking with God. The first one is this: **Christian parents need to believe.** What we believe about Jesus makes all the difference in our relationship with God, ourselves and our kids.



There are three things we need to believe about Jesus.

1. Jesus is fully God and fully human.

"looking for the Blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus." (Titus 2:13)

"For we do not have a high priest [Jesus] who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin." (Heb 4:15)

2. Jesus is the Savior.

- He save us from God's Judgment and given us eternal life.

"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life." (Jn 3:16)

- He saved us from guilt because He has forgiven us of all of our sins.

"Of Him [Jesus] all the prophets bear witness that through His name everyone who believes in Him receives forgiveness of sins." (Acts 10:43)

"As far as the east is from the west, So far has He removed our transgressions from us." (Ps 103:12).

- He saved us from the slavery of sin.

"Jesus replied, 'Very truly I tell you, everyone who sins is the slave to sin... So if the Son sets you free, you will be free indeed.'" (John 8:34, 36)

"Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come." (2 Cor 5:17)

3. Jesus is the Good Shepherd.

- He knows everything we're going through as a parent and cares very much for us.

"I am the good shepherd; the good shepherd lays down His life for the sheep." (John 10:11)

- He has my best interest at heart and promises to help us.

²⁸ "Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For My yoke is easy and My burden is light." (Mt 11:28-30)



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 cannot improve as a parents without reflection.


- *Jesus is fully God and fully human.*
 - How does knowing that Jesus is God help you as a parent?
 - How does knowing that Jesus is human help you as a parent?
- *Jesus is the Savior.*
 - Jesus secured eternal life for us. Do you have the joy of your salvation?
 - If Jesus has saved you from God’s judgment, why are you judging yourself?
 - If Jesus has completely forgiven you, can you forgive yourself for your sins and shortcomings as a parent?
- *Jesus is the Good Shepherd*
 - Do you believe God really sees your situation and cares about you?
 - Think about the phrase, “Good Shepherd”. What comes to your mind?



APPLY [5 minutes]

What can you do this week as a result of what you heard today?

Read Matt. 11:28-30 each day and tell Jesus how you’re doing.



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 for all that Jesus has done for you.
- **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