

# Christian Parents Need to Follow



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 second Foundational Faith Perspective we all need is this: **Christian parents need to follow.** Following Christ is something we choose to do. In world of messages contrary to God, it's important who we follow because our kids are following us.



There are three reasons why we should follow God.

## 1. We follow God because He is the Creator.

*“In the beginning God created the heavens and the earth.” (Gen. 1:1)*

*“God created man in His own image, in the image of God He created him; male and female He created them.” (Gen 1:27)*

*“For You formed my inward parts; You wove me in my mother’s womb. <sup>14</sup>I will give thanks to You, for I am fearfully and wonderfully made.” (Ps 139:13-14)*

## 2. We follow God because He is Lord.

- He is sovereign - He is in charge.

*“God...who is the blessed and only Sovereign, the King of kings and Lord of lords, <sup>16</sup>who alone possesses immortality and dwells in unapproachable light, whom no man has seen or can see. To Him be honor and eternal dominion! Amen.” (1 Tim 6:15)*

## 3. We follow God because He loves us.

God shows us His love in three ways...

- He gave us physical life - He brought us into existence.
- He gave us eternal life - He brought us into His family.

*“See how great a love the Father has bestowed on us, that we would be called children of God.” (1Jn 3:1)*

- He gave us family life - He made us moms and dads.

*“Behold, children are a gift of the Lord, The fruit of the womb is a reward. <sup>4</sup>Like arrows in the hand of a warrior, So are the children of one’s youth. <sup>5</sup>How blessed is the man whose quiver is full of them.” (Psalm 127:3-5)*



# 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.*


- **God is the Creator**
  - It is the kindness and grace of God that you brought you to life.
  - You have tremendous worth because you are “fearfully and wonderfully” made in God’s image.
- **God is the Lord**
  - If God is “in charge” what is your experience of submitting to Him?
  - Is it hard for you to trust His leadership in your life? Is so, why?
  - How does God being a good and smart leader give you hope?
- **God loves us**
  - Do you think of each heartbeat and breath as a loving gift from God?
  - How does it make you feel to know that through Jesus you are loved as a child of God and as a part of His family?
  - Do you see your role as a mom or dad as a blessing of God?



## APPLY [5 minutes]

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

- 1.
- 2.
- 3.



## 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