

The Plan of Christian Parenting



Getting our kids to follow Christ and flourish as God’s image is no small task. As a matter of fact, it’s impossible apart from His help. How do we partner with God to work in our kids’ hearts? God’s over-arching plan for parents to influence their children for Christ is for parents to keep developing a sincere faith and good relationship with their kids.

The plan for Christian parenting is **To walk with our God and walk with our kids.**

1. Walking with our God involves modeling a sincere faith to our kids.

The word “sincere” means, “without hypocrisy.” The Pharisees demonstrated their hypocrisy in 5 ways.

- *The Pharisees were Dutiful (Mt. 15:7-8). They made faith all about religious performance.*
- *The Pharisees were Attention-Seeking (Matt 23:5). They made faith all about impressing people.*
- *The Pharisees were Legalistic (Mark 7:5). They had made faith all about rules.*
- *The Pharisees were Self-Righteous (Luke 18:11-13). They believed that faith was about perfection.*
- *The Pharisees were Judgmental (Luke 6:7). They made faith all about looking down on others.*

As Christian parents we are not to be hypocrites in our faith. but genuine examples (2Tim 4:12).

- Genuine **humility** to accept God’s view of myself - a sinner saved by grace.
- Genuine **love** of God for what He’s given us - creation, salvation, family and friends.
- Genuine **trust** in God: Taking Him at His word. Believing that He will take care of us.
- Genuine **respect** for God: choosing His morals and perspectives versus my own.
- Genuine **example** of Christ’s love, acceptance, patience, compassion, forgiveness and integrity.

2. Walking with our kids involves treating them in ways that build connections with them.

Ways we connect with our kids...

- Listening to them
- Apologizing to them
- Laughing with them
- Touching them
- Cooperating with them
- Empathizing with them
- Encouraging them
- Hugging them
- Playing with them
- Saying we love them

Ways we disconnect from our kids...

- Yelling at them
- Judging them
- Comparing them
- Nagging them
- Lecturing them
- Criticizing them
- Shaming them
- Neglecting them
- Threatening them
- Withdrawing from them

*When we are building connections with our kids it brings unity, which is very important to God.



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 just heard. We cannot improve as a parents without reflection.

■ Walking with our God...

- Which expression of the Pharisees hypocrisy bothers you the most?
- Which expression do you fall into most often?
- How does it affect your closeness with your kids?
- Who do you consider a good example of a sincere faith?
- How are you doing in your own sincere faith in Christ?

■ Walking with our kids...

- Are you treating your kids in ways that are hurting your unity them?
 - Are you treating your kids in ways that are building your unity with them?
 - How would you asses your relationship with each child this past week?
- Close Peaceful Cooperative Strained Tense Distant



APPLY [5 minutes]

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

Memorize the plan of Christian parenting or write and memorize your own.

Which expression of sincere faith do you want to work on?

Genuine... humility love trust respect example

What ways of disconnecting from your kids do you want to do less of?

What ways of connecting with your kids do you want to do more of?



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