

Christian Parents Need to Read



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 third Foundational Faith Perspective we all need is this: **Christian parents need to read.** Like eyeglasses that help us see the world better, the Bible helps us see God and our relationship with Him better. Reading the bible will help us understand God, ourselves and the world.



Paul gives Christian parents two motivations for reading the bible.

"All scriptures is inspired by God and profitable for teaching, for for reproof, for correction and training in righteousness..." (2 Tim 3:16)

1. The bible is the Word of God.

The word "inspired" means God-breathed - every word in the bible is God's word to us. God was revealed Himself to all mankind through the bible so we could know, love, and serve Him.

2. The bible is profitable.

Reading the Bible is profitable, or give us an advantage in life, for four reasons.

a. The bible is profitable for teaching.

The word "teaching" refers to the various truths contained in the bible. The bible teaches us how to flourish in our walk with God.

b. The bible is profitable for reproof.

The word "reproof" means to point out error. The bible teaches us where we err, or sin, in our walk with God.

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." (Heb 4:12)

c. The bible is profitable for correction.

The bible teaches us how to correct our errors, or avoid sin, in our walk with God.

d. The bible is profitable for training in righteousness.

The word "training" here refers to the work that leads to full development. The bible teaches how to grow into full maturity in Christ.

Paul says the results of reading and studying God's Word is that *"the man of God may be adequate and equipped for every good work."* (2 Tim. 3:17)

Five Quick Tips for Bible Reading

- *Keep it simple - Just read one paragraph a day, or every other day.*
- *Use your ears - Listen to the bible on an audio bible app.*
- *Get some help - Use resources, like www.bibleproject.com, to help you understand the bible.*
- *Take your time - The 66 individual books in the bible are all God's word, so don't be in a rush.*
- *Go "old school" - Read from a physical bible, not an app. Let your kids see you reading your bible.*



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.

- *The bible is the Word of God.*
 - As God's Word, do you let the bible comfort you and correct you?
 - What distractions or excuses hinder you from reading your bible?
- *The bible is profitable.*
 - How have you seen the bible give you an advantage in your life?
 - What are some of your favorite bible verses? Are they memorized?
 - What part of the bible would you like to become more familiar with?
- *Bible reading tips*
 - What do you think about reading just one paragraph a day?
 - Have you seen the following bible help websites?
 - www.bibleproject.com (book summaries and articles)
 - www.biblegateway.com (search for words and verses)
 - www.bible.com/reading-plans (reading plans & daily devotionals)
 - Would you consider not using a phone app to read you bible?



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