

# Christian Parents Need to Yield



## 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 fifth Foundational Faith Perspective we all need is this: **Christian parents need to yield to God's Spirit.** There are two controlling influences Christians can yield to: the flesh or the Spirit. Jesus said He would send the Holy Spirit to be our Helper, that is, to reproduce His character in us. There are three reasons we need to yield to God's Spirit.



*"The Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things, and bring to your remembrance all that I said to you." (John 14:26)*

**There are three reasons we need to yield to God's Spirit.**

### 1. The Spirit saves us from the flesh.

*"Those who live according to the flesh have their minds set on what the flesh desires...." (Rom 8:5)*

- What is the flesh? It's our natural state apart from Christ. I am the most important person in any relationship.

*"Now the deeds of the flesh are evident...hostilities, strife, jealousy, outbursts of anger, selfish ambition, dissensions, factions..." (Gal 5:19-21)*

- The Spirit is more powerful than the flesh.

*"So I say, walk by the Spirit, and you will not gratify the desires of the flesh." (Gal 5:16)*

*"...the Spirit helps us in our weakness." (Rom 8:26)*

### 2. The Spirit produces life.

*"And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you." (Rom 8:11)*

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." (Gal 5:22-23)*

### 3. The Spirit produces maturity.

*"I am the vine, you are the branches; the one who remains in Me, and I in him bears much fruit, for apart from Me you can do nothing." (Jn 15:5)*

*"And do not get drunk with wine, for that is dissipation, but be filled with the Spirit." (Eph. 5:18)*

### Four Quick Tips for Yielding to God's Spirit

- *Check Your Dashboard* - Watch your emotional gauges for anger, control and exasperation.
- *Look Ahead* - Identify what situations around your home tend to trigger your fleshly reactions.
- *Slow Down* - As you approach emotionally charged intersections, slow down. Ask God for help.
- *Yield* - Respond to your child the way you think the Lord is re-directing you.



# 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 Spirit saves us from the flesh.*
  - How do you respond in the flesh when you are angry, tired, hurt or frustrated?
- *The Spirit produces life.*
  - Do you believe the Spirit is powerful enough to help you become more like Jesus as you keep yielding to Him? Why or why not?
  - How have you seen God's Spirit help your respond well to your kids?
- *The Spirit produces maturity.*
  - Look at the column to the right. Where do you need the Spirit's help with your kids?
  - What keeps you from consciously yielding to the Spirit throughout each day?



## APPLY [5 minutes]

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

1. What "emotional intersections" trigger your flesh with your kids.

\_\_\_\_\_

\_\_\_\_\_

2. Where you need the Spirit's help? (check all boxes that apply)
3. How can you become more aware of your emotional gages?
4. Turn those situations into prayers of yielding to the Spirit:

Lord help me with \_\_\_\_\_

Lord help me with \_\_\_\_\_

Lord help me with \_\_\_\_\_



## 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 for your kids that you wrote down from the last session.

■ **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