



Godly Parenting | Session #4

How to Discipline Properly & Biblically

Prep: Read Chapter 4

Group Kick-Off (start with any or all of these)

Break the Ice:

- Share a funny story or lesson learned for you or one of your kids through a time of discipline.
- What is one takeaway that you highlighted or that stood out to you in this chapter?

Set the Stage: (Review from Session #3):

Establishing control early is like laying a firm foundation to build upon for years to come. It's always easier to get the foundation right from the start than it is to try patching it up for years to come. As one person said, "It's a whole lot easier to build strong boys than it is to repair broken men."

Key Verse:

Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul. -Proverbs 29:17

BIG IDEA:

Discipline is the unmistakable tool that God has given parents to establish control. Consistency is the key.

Identifying your goal:

If we're being honest, we don't naturally like things that are difficult or painful, yet it's through pain that some of life's greatest gifts come from. The pain of exercise produces the result of a healthier and longer life. The pain of financial restraint produces the gift of financial freedom rather than bondage. The pain of life's trials often produces the sweetness of God's presence in new ways. In all areas of life, including parenting, the immediate pain of discipline helps us avoid the longterm pain of regret. While we'd like to help our children avoid pain as much as possible, godly parents understand that temporary pain now will prevent greater pain later. And according to Proverbs 3:12 & 13:24, disciplining your child is one of the most loving and godly things you can do for them as a parent.

To Discipline or Not to Discipline (That is the question)

The excuses for why many parents don't discipline their children are many. Which of the excuses on pages 63-64 have you personally seen, or hit home personally, for you the most?

The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. -Proverbs 29:15

Small Group Study

Discuss the two forms of discipline mentioned in the Scripture and what practical discipline measures could be included under each:

- Physical discipline: the rod (page 65)
- Corrective discipline: reproof (page 66)
- Physical discipline (spanking) is a hot button topic in our culture and even within the church today. What are your thoughts about it's appropriateness? (Scriptures to help: Proverbs 13:24, 19:18, 22:15, 23:13-14, 29:15, 29:17)
 - Read Proverbs 13:24. According to this verse, is it possible to love *and* discipline your child at the same time? Is it possible not to?
 - If there are two forms of discipline clearly mentioned in Scripture, how can parents find the right balance to take advantage of both without neglecting either? How do parents sometimes fail at this?
- What form of discipline did your parents primarily use?
- Do you feel your parents handled discipline in a balanced and biblical way or not? How has that affected your own views of discipline as a parent either positively or negatively?

Two traps to avoid:

- Reverting by default to what your own parents did regardless of whether right or wrong.
- Going to the opposite extreme of whatever your parents did.
- Which of these two traps might you be tempted to lean towards the most?

What Balanced & Biblical Discipline Looks Like

Balanced and biblical discipline in your home requires that you reject passivity and embrace intentionality.

Discuss the four C's of balanced and biblical discipline (Calm, Consistent, Controlled, Compassionate, pages 66-71).

- Which of these four do you personally find the most difficult and why?
- What are some of the dangers of disciplining out of anger?
- What are some of the benefits of consistency in parenting? Why do you think consistency is so hard?

Punishment: repaying an offender for his wrongs.

Discipline: enforcing consequences for wrong actions with the intent of helping and training the offender.

- Which of these two best describes what discipline looks like in your home?
- How does compassion in our discipline reflect to our kids how the Heavenly Father deals with us as his children? (Refer to page 79 for additional scripture and discussion on how to imitate the Father in discipline.)

Discuss the 3-step follow-up plan starting on the bottom of page 71.

- What are some of the negative results of discipline not balanced with love?

“Discipline balanced with love leads to respect, but discipline without love leads to rebellion.”

- How can following these three simple steps help win your child’s heart rather than lose it through times of discipline?
- Should our children feel shame and ongoing judgment, or peace and reassurance of our unconditional love following times of discipline?
- What is one of the primary goals of discipline according to Proverbs 23:13-14?

As time allows, discuss these thoughts:

One of the best ways to give your children a proper perspective of who God is is by holding them accountable for their actions and misbehavior. If kids grow up with parents who can be persuaded and manipulated out of ever enforcing their rules through discipline, those same kids will grow up without a real belief in having to be held accountable before God someday.

Kids who lack respect for authority will naturally lack respect for the ultimate authority of God, and consequently, will have more difficulty recognizing the wickedness of their own sinful heart and their need for personal salvation. One of the greatest avenues that parents have for revealing their child’s sinful condition to them is during times of discipline. Consistent consequences and regularly showing them how their sin is truly against God opens their hearts for grace. And the ultimate end is found in “delivering their soul from hell.”

Simply put... *“Children who are biblically disciplined by loving parents are many steps ahead towards receiving God’s grace through salvation.”*

- Do you agree, disagree, or have questions? Discuss

Which “Helpful How-to Heart Hack” on pages 83-84 is the best practical takeaway for you from this chapter?

As time allows, finish by discussing any “Heart of the Matter” questions on page 84.

EXTRA NOTES:
