

A close-up photograph of a young child with curly brown hair, wearing a white shirt, holding a small white lamb. The child's hands are gently cradling the lamb, which is looking directly at the camera. The background is a soft, out-of-focus green field.

*Children*  
Our Heritage

# PARENTING CLASS

*Jesus Cares Ministries*

Behold, children are a heritage from the Lord.

The fruit of the womb is a reward.

Psalms 127:3

**Jesus Cares Ministries**

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**Video Series available: [www.jesuscares4u.org/parenting-class](http://www.jesuscares4u.org/parenting-class)**

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# Parenting Series Introduction

The ideal parent.:

1. always has a solution to whatever problem arises, as well as the means and ability to apply that solution.
2. is acutely aware of each child's need, juggling their schedule to meet those needs and prioritizing their time, thereby having a proper balance of work, rest, and playtime.
3. has the ability to lead by example, always supporting advice, counsel, and discipline with appropriate actions.
4. is affable (approachable) at all times, never selfish, and never allows emotions or mood swings to affect stability of home or ability to parent effectively.
5. disciplines consistently and always by biblical standards.
6. never breaks a promise.
7. never makes a mistake.

***Do you know anyone  
with all of these qualities???***



These seven qualities of the ideal parent are only found in \_\_\_\_\_!

God is the ultimate \_\_\_\_\_.

The only complete manual for effective parenting is the \_\_\_\_\_ (2 Timothy 3:14-17).

The only dependable counselor upon whom we should have complete dependence is the \_\_\_\_\_  
\_\_\_\_\_.

God's parenting is \_\_\_\_\_.

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# The Lord is my Shepherd - Part One

## PSALM 23

*The LORD is my shepherd, I shall not want. He makes me lie down in green pastures;  
He leads me beside quiet waters. He restores my soul;  
He guides me in the paths of righteousness for His name's sake.*

### (Provision)

*Even though I walk through the valley of the shadow of death, I fear no evil;  
for You are with me; Your rod and Your staff, they comfort me.*

### (Protection)

*You prepare a table before me in the presence of my enemies;  
You have anointed my head with oil; My cup overflows.  
Surely goodness and lovingkindness will follow me all the days of my life,  
And I will dwell in the house of the LORD forever.*

### (Preparation)



### The three P's of parenting are:

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**EXCESSIVE:** exceeding the usual proper limit or degree, unreasonable

When basic needs are not met it will cause \_\_\_\_\_.

**deficiencies** —————> **excessive behavior**

*But seek first his kingdom and his righteousness; and \_\_\_\_\_  
shall be added to you. Matthew 6:33 (New American Standard)*

# Homework - Breakout Session

John chapters 13-17 contain our Shepherd's last words to His followers before He would depart and leave them. How did Jesus give examples of the 3 P's of parenting in these chapters?

Site specific passages throughout this Bible text and describe in your own words which of the 3 P's are being demonstrated by Christ. (Try to find at least 10 examples)

Scripture	Describe which of the 3 P's is being demonstrated by Christ
John 13:1-15 (foot washing)	<b>Preparing</b> for serving in the body
John 14:1-3	<b>Prepare</b> a place
John 15:9-11	<b>Protect</b> by abiding in His love
John 14:15-18	<b>Provision</b> with the sending of the Holy Spirit



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# The Lord is my Shepherd - Part Two Sheep and Shepherds

## Turn to Appendix A.

The job of a shepherd is to make sure the pastures are \_\_\_\_\_ and \_\_\_\_\_.

Sheep get restless. Sheep that do not have green pastures or fresh water are prone to \_\_\_\_\_. A sheep that feels threatened or unsafe will be in danger of straying (Jeremiah 23:3-4). Similarly, a child who doesn't have his/her basic needs met will be in a constant condition of \_\_\_\_\_ or \_\_\_\_\_.



Our job as a parent is to discern the root causes of our children's excessive behavior and evaluate the possible deficiency.

- We trust the Holy Spirit, our Counselor, to help us in evaluating.
- There are \_\_\_\_\_ major areas of focus to consider in evaluating our child's needs.

## I. SPIRITUAL:

What is their spiritual \_\_\_\_\_?

Is their environment \_\_\_\_\_ or \_\_\_\_\_ their spirit?  
(social media, movies, books, peers, music, fellowship, T.V., atmosphere of home)

## Suggestions:

1. Children need a steady diet of the \_\_\_\_\_.  
(devotion books, character studies, Bible reading, Christian movies and music)

2. Teaching our children about the plight of others can be a very rewarding investment:
  - Have a map of the world handy and do a craft project making maps of different countries where others might be experiencing hunger and deprivation. Hang the maps on the fridge as a reminder to pray for that nation.
  - Subscribe to the “Voice of the Martyrs.” They send out a monthly magazine with many materials available and suggestions for projects that your children can do for the persecuted church.
  - “On Mission” digital or hardcover magazine which explores other cultures: [www.gentleclassical.com](http://www.gentleclassical.com)
  - Visit a local nursing home or make a meal for an elderly neighbor or widow.
3. Make sure that you and your children are active and consistent in a healthy and caring body of believers. (Support your leadership; no complaining!)
4. Prayer investments ACTS version of prayer, template on Appendix E.

## II. EMOTIONAL:

Don't ever assume that what your child is asking for is what he or she really\_\_\_\_\_.

Walking your children through challenges, not eliminating them, is essential for their emotional maturity. (Psalm 23:4)

### entering into your child's world vs. bringing them into yours

#### Suggestions:

1. Find out what is special and unique to each child. Give them time to express their needs and teach them how to express their needs in an appropriate way.



2. A visit to the local library can be turned into an inexpensive date with your children. Having their own library card can help them learn good stewardship principles as they check out books. You can also teach them discernment during these library outings. Set designated reading times to connect with your child using the books he/she checked out.

3. Find other free activities that you can enjoy. City websites will inform the public of events in their community. Individual cities have web sites that will also list events in their city.

4. Children love to do things with their family. Even cleaning time can be made into a family activity.

5. Lengthy car rides can be a great time to sing/talk/laugh/pray when time is short.

6. Meal times/bedtimes are a great time to connect!

### III. PHYSICAL:

What are you \_\_\_\_\_ your children?

Avoid processed/fast food as much as possible. More processing means fewer vitamins. Learn to read \_\_\_\_\_.

Clothing should be clean, and "in style" without compromising convictions.

#### Suggestions:

1. Clothing can be traded with friends or found at a good second-hand shop if there is a financial burden - prayer works great!
2. Set aside an hour a week cleaning and/or chopping veggies for the coming week. Chopped veggies keep better in glass rather than plastic. Grill some chicken patties and individually wrap in freezer for salads, Alfredo, or sandwiches. Beans freeze well and can be made in a crock pot weekly and placed in portions to be frozen.
3. Teach your children the principle of honoring the Lord with their bodies (1 Co. 6:19-20). Making "investments" into your child's life - spirit, soul and body - creates a wonderful bond between parent and child. It is a vital key!



- Find a balance in meeting your child's \_\_\_\_\_.
- Discern between their \_\_\_\_\_ and their \_\_\_\_\_.

Give into constant demands → **Create dependent, immature spirit**

Don't meet basic needs → **Nurture independent spirit (false sense of security)**

Basic needs met → **Security (Psalm 16:5-6)**

*LORD, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. Psalm 16:5-6 (NIV)*



Click the link and take the quiz. Bring results to class.

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# Do You Know Where Your Children Are?

The rod and rebuke give wisdom, But a child \_\_\_\_\_  
brings shame to his mother. Proverbs 29:15 (NKJV)



"The cowbird succeeds in shirking its responsibilities and in the process fails its young. While the negligent \_\_\_\_\_ abandons its egg to enjoy a carefree life with others of its kind, the embryonic life of the one she was serving was \_\_\_\_\_." (Character Sketch, Volume II, page 30)

Our society has become good at shirking its responsibilities. Crime among young children is on the \_\_\_\_\_.

Criminogenic behavior - (of a system, situation, or place) causing or likely to cause criminal behavior.

- struggle with authority figures
- sense of entitlement
- no acceptance of responsibility
- involvement in pleasure-seeking activities

**Bad news:** We are all born criminals.

**Good news: He came to set the prisoner free!**

Don't drop off your responsibility when you drop off your child:

- Pray with them
- Stay informed

Is your discipline consistent? (public vs. private, busy day vs. normal, etc.)

Young children have a lower nature that constantly needs to be tempered until that child has matured in Christ. They will usually, when given opportunity, make a choice that can bring danger or harm.

- Leaving a child to himself can trick him into believing that there are times when we will not face \_\_\_\_\_ for our sinful behavior.

### **BIBLICAL WATCHMAN - ISAIAH 56:10-12**

God has given us a way to "watch" over our children in prayer.

*...praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.* Ephesians 6:18 (ESV)

This word, "watching" has special meaning: to be circumspect, attentive, ready. The Hebrew word for watch: **Tsaphah**; spy, observe closely, behold and wait for.



Eli – A biblical example of a father that did not "watch" over his sons. (I Samuel 2:12-17, I Samuel 2:22-24)

### **What's wrong with this picture?**

- Failing to discipline, or disciplining with wrong motives, in anger, or harsh and unreasonable ways \_\_\_\_\_ the image of God to our children.

Result of Eli's unfaithfulness in parenting: DEATH (I Samuel 2: 27-36, I Samuel 4: 17-21)

*The wages of sin is \_\_\_\_\_.* Romans 6:23 (KJV)

*Children will die for lack of \_\_\_\_\_.* Proverbs 5:23a



- What specific styles listed do you relate to in your own parenting?
- How might your parenting style relate to your view of your Heavenly Father?

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# Thy Rod and Thy Staff They Comfort Me

*Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. Hebrews 12:11 (NKJV)*

Two essential elements characteristic of effective discipline:

1. It brings pain
2. It brings righteousness → peace → assurance

For the child (Isaiah 32:17)

For the parent (Proverbs 29:17)

The rod and staff of the shepherd are used to \_\_\_\_\_ and \_\_\_\_\_.

*Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Galatians 6:1 (NKJV)*

\*Restore - Strong's Concordance definition:

(katartizo) to complete thoroughly, repair, adjust, fit, frame, join together

Hebrews 12:13

Those "turned out of the way" must be directed back. The Greek word indicates the dislocation of a limb. It is used also of turning aside from the ways of God.

Contrast this with harsh discipline in 2 Chronicles 28:9-11. The kingdom of Judah was delivered by God into the hands of the king of Israel (Pekah), to discipline them for their idolatry.

*...He has delivered them into your hand; but you have killed them in a rage that reaches up to heaven verse 9b*

James 1:20 - man's anger does not produce God's \_\_\_\_\_. Harsh discipline can breed mere compliance and/or internalized anger.

## TRANSITION FROM EXTERNAL TO INTERNAL

- The law shows us how \_\_\_\_\_ we are. (Romans 3:20)
- The law is used externally for sinners. (I Timothy 1:8-10)
- The law is the \_\_\_\_\_ to lead us to Christ. (Galatians 3:19-25)



*Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.*  
Proverbs 22:15 (KJV)

When do we apply the "rod?" Proverbs 26:3

What defines a fool? Matthew 7:24-27 A fool hears, but doesn't \_\_\_\_\_.

The concept of **Sh'ma**: to understand; to listen, give heed; to hear with attention.

Goal for discipline is to drive out \_\_\_\_\_ and \_\_\_\_\_.

*Now the purpose of the commandment is love from a pure heart, from a good conscience,  
and from sincere faith.* I Timothy 1:5

Be patient as you travail in birth for your children! (Galatians 4:18-20)

*Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our  
Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he  
work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.*

Hebrews 13:20-21 (NIV)



Optional homework: Fill out and complete **Wise Words**, Appendix F

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## CHILDREN: OUR HERITAGE

# Is that You, God?

God's sheep will \_\_\_\_\_ Him because they know His \_\_\_\_\_. (John 10:1-5)

### TALK TO GOD ABOUT YOUR CHILDREN. TALK TO YOUR CHILDREN ABOUT GOD.

This balance can very easily get upset. We can spend lots of time talking to our children about God. This can get very "preachy" if we don't talk to God about what He wants us to tell them. To effectively teach our children about God we must effectively listen to what God is saying.

Children respond to what is \_\_\_\_\_ to them. Remember show and tell?

In Judges 2:6-12 the nation went astray. This can be traced back to the failure of the older generation to pass on the mighty acts of God to the younger generation. A generation arose that did not \_\_\_\_\_ God.



### THREE OBSTACLES TO HEARING GOD'S VOICE:

Noise

Negative Circumstances

Ignoring God's Voice

1. **NOISE** - constant clutter with the three most common distractions (T.V., music and phone/computer).

How much time do we spend with these noisemakers? How much time do our children spend with these things?

Noise is a \_\_\_\_\_ to the voice of God.

Be \_\_\_\_\_ and know that I am God. Psalm 46:10 (NKJV)

**SOLUTION:** Teach a daily quiet time.

## 2. NEGATIVE CIRCUMSTANCES

Negative circumstances → doubt → unbelief

Judges 6:1-17 Gideon doubted that God would even speak to him because of the negative condition of his life and family.

**Israel was in the hands of Midian | Weakest clan | Least in his family**

God wants us to respond to His voice rather than a voice of \_\_\_\_\_ and \_\_\_\_\_.

Bondage and addiction can \_\_\_\_\_ us from understanding the freedom we have in Christ.  
(Exodus 6:6-9)

**SOLUTION:** Teach our children to be diligent seekers of God. (Hebrews 11:6) If they have already failed, remind them of Isaiah 30:18-21. Cry out to God and wait. Raise them on the altar of God. Teach them to always be on that journey growing nearer to Him. (Psalm 84)

## 3. IGNORING GOD'S VOICE

Eli ignored God's warnings concerning his sons. Why would his sons take God seriously?

*They did not \_\_\_\_\_ to their father's rebuke...*  
1 Samuel 2:25 (NIV)

When we do not follow through with consequences with our children, they will get used to ignoring our voice and God's voice.



**NO CHARACTER = NO STRENGTH = NO RESPONSE**

Eli had poor character which affected his strength when he finally tried to discipline. The result is that they \_\_\_\_\_ their dad.

**SOLUTION:** The best way to get our children to hear and follow God is by setting the example in our own lives. The shepherd/rabbinical role model is our best example:

- Jesus led by example. He did what the Father told Him to do. (John 5:19)
- The Shepherd gives His life, the hired hand is concerned about pay. My sheep know Me as I know the Father. (John 10:11-15)

The devil's voice is similar to a high pressure \_\_\_\_\_.

The devil's PROMISE always involves our comPROMISE.

**Stand on God's promises for your children. Teach them to stand on the promises of God.**



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# Homework - Breakout Session

Lies	Biblical Truth
God punishes me harshly for bad decisions	<b>God's mercies are new every morning</b> (Lamentations 3:22-24)
You will never be a good parent	<b>New creation in Christ</b> (2 Corinthians 5:17)
I'm not loveable	<b>While we were sinners Christ died</b> (Romans 5:8)

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# *Is the Boogey Man Real?*



**One of the three P's of parenting is preparation.**

**Are we successfully preparing our children for the giants of our day?**

The boogey man is not real but there are plenty of giants!

## **Societal challenges | Generational iniquity**

Numbers 13 gives an account of the 12 spies sent to explore the Promised Land. They would face various battles before they could inherit this blessing and enjoy the land of milk and honey. Our children will have to face various struggles in order to receive the blessings God has for them. We must teach our children to fight the good fight of faith (I Timothy 6:12) that they may win the battle over temptation in our culture and walk in the blessings and promises of God.

Numbers 14:6-9 (NIV) –The Lord promised to be with them as they faced these giants.

As a Good Shepherd, Jesus prepared His disciples for the dangers they would encounter. We need to be there for our children to prepare them for the giants of our day.

## **What are the dangers that our society presents to children?**

There has been a drastic increase in divorce/children raised in a single-parent home. This can put our children at grave risk - emotional needs are difficult for one parent to meet. A child who has a deficiency in the area of emotional development can be at risk for various dangers:

- gang behavior
- violence and related criminal behaviors
- peer pressure
- prey to pedophiles
- addictive behaviors
- sexual promiscuity, etc.

There are many other risk factors. What are some of the challenges that you see in society that can present a danger to our children?

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## Reference Appendix D

Our high speed, fast food mentality is in general conducive to poor health:

- Stress and anxiety can lead to heart disease and strokes.
- Poor eating habits and our “toxic” society has led to an increase in cancers and other diseases that can debilitate and cause premature deaths.



In many cases, the parents defer the day-to-day care and training of children to institutions that may or may not represent the values you want your children to live by (moral values, sex education, life skills, independent living, domestic skills). (See Appendix C for character building ideas)

**Do not be a cowbird and depend on someone else to do the job God has commanded you to fulfill!**

**Who should be the primary influence?** Ephesians 6:4 (NLT), Deuteronomy 6:6-7 (NLT)

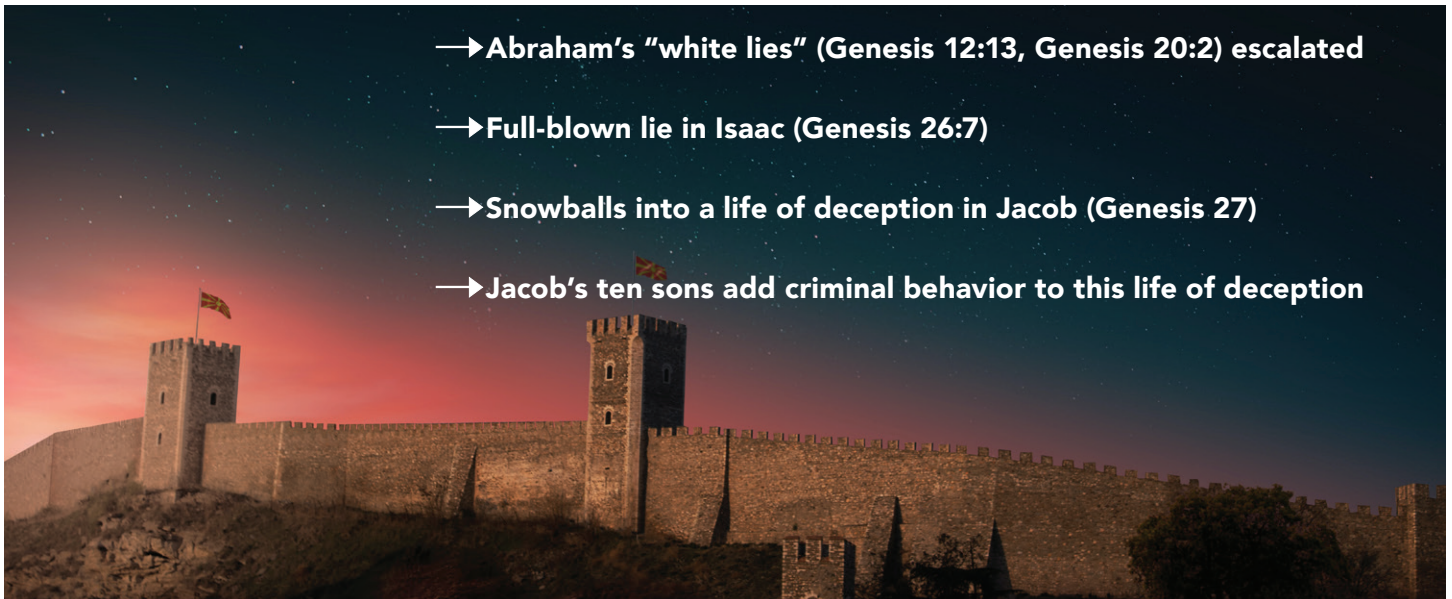
Society's progressive influence: Lot is a Biblical example of society's powerful influence creeping into our family. (Genesis 19)

**Outskirts of the city (Genesis 13:8-12) → Inside the city (Genesis 14:12) → Compromise (Genesis 19)**

1 Corinthians 10:11-13 (NLT) - Prepare them to endure temptation.

Conflict builds character and makes us stronger. It will not magically go away!

The giant of \_\_\_\_\_ is real! The Bible describes generational iniquity in Numbers 14:18. We see it demonstrated in the life of Abraham, Isaac, and Jacob.



Examine your own life: Whatever giants we fail to conquer, we leave for our children. When we face the giants in our life and overcome, we are leaving a legacy of victory. We can share our common weaknesses and at age-appropriate opportunities share our personal struggles such as past drug involvement, etc. in order to become approachable should our children be faced with the same struggles.

Make sure the \_\_\_\_\_ is not too heavy to carry!

**Sensitivity is important as you relate to your children in their various struggles.**

**They can be conquerors instead of being conquered!**

Psalms 78:70,72 David was taken from the sheep pen to lead the people of Israel. He started out fighting the giants that preyed upon his flocks and went on to face the giants that were enemies of Israel. The Lord provided for him, protected him, and prepared him for the task. He will do the same for you!

*So he shepherded them according to the \_\_\_\_\_ of his heart,*

*And guided them by the \_\_\_\_\_ of his hands. Psalm 78:72 (NKJV)*

**Do not fear the giants of our day!**

**Being part of a vibrant fellowship can help to provide positive fellowship opportunities for connection.**

Parents need to check in with the Lord frequently. A better together principle helps provide the balance we need for raising a healthy family. Connection and communication is vital.

Some of the last words Jesus spoke to His disciples included preparing them for the struggles they would face. We can take comfort in these words as we prepare our children for a future filled with hope:

*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, **I have overcome the world.*** John 16:33 (NKJV)





# Theology of the Family - Laying a Foundation

**Definition of theology: the study of the nature of God and religious belief**

**The Bible teaches that the family is the basic cell of society.**

## **Theological overview of a family:**

- What is God's purpose for life and family?
  - be successful (more toys, education, get rich) vs. be a light to the world (Matthew 5:16)
- God placed Adam and Eve in the Garden to care for it and multiply (Genesis 1:28)
  - BE FRUITFUL
  - MULTIPLY
  - FILL and GOVERN the Earth.

## **FAMILY - DO YOU SEE IT?**

## **Satan's plot to destroy the family:**

- Adam and Eve (Fall of Man) - beginning of the decay of the individual/family (Genesis 3)
- Cain and Abel - *If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.* Genesis 4:7 NIV
- "If we do what is right...?" - Helps us to develop a proper theology of parenting.

**This means we now have the responsibility  
to teach our children what is right and wrong.**

## **With the lapse of time, everyone goes their own way before God calls out a people:**

- Abraham's family worshiped idols. (Joshua 24:2)
- God called them out! *The LORD had said to Abram, 'Leave your native country, your relatives, and your father's family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you.'* Genesis 12:1-3



**Building upon the concept of family, God wants to set apart a community dedicated to Him and His ways:**

- God wants to gather His children, free them from slavery, and show them that He and He alone is GOD ALMIGHTY.
- God revealed Himself to these people at Mt. Sinai by establishing principles to guide them: Laws of Moses - birthrights, obligations, responsibilities, rules to follow.
- He calls these families out to become a distinct community and a nation: *I will claim you as my own people, and I will be your God. Then you will know that I am the LORD your God who has freed you from your oppression in Egypt.* Exodus 6:7
- God's desire is to use the family to bring His message to the world.  
*'You have seen what I did to the Egyptians. You know how I carried you on eagles' wings and brought you to myself. Now if you will obey me and keep my covenant, you will be my own special treasure from among all the peoples on earth; for all the earth belongs to me. And you will be my kingdom of priests, my holy nation.'* This is the message you must give to the people of Israel. Exodus 19:4-6

**Now we have a purpose or foundation to build upon!  
The 3 P's make more sense in light of God's overarching purpose for the family.**



**We are God's "kingdom of priests," a "holy nation" (1 Peter 2:9):**

- Therefore, we must be diligent in raising our families and children to reflect God's Glory
- The family is the unit God created to reveal His purposes!
- Families are mini congregations
- Families joining together create community (Colossians 3:12-20)
- Communities joining together create nations
- Nations joining together to honor and reflect His glory (Revelation 7:9-10)

**THIS REPRESENTS THE KINGDOM OF GOD  
THAT WILL EXTEND FOR ETERNITY**

# Theology of the Family - Worksheet

## Family Mission Statement:

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## Supporting Scriptures:

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## Intentional steps we can take towards this mission:

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## Appendix A

### CHARACTERISTICS OF SHEEP

1. Timid, fearful, easily panicked
2. Dumb, stupid, gullible
3. Very vulnerable to fear, frustration, pests, hunger
4. Easily influenced by a leader, by the shepherd
5. Stampede easily, vulnerable to mob psychology
6. Little or no means of self-defense; can only run
7. Easily killed by enemies
8. The shepherd is most effective, calming influence
9. Jealous, competitive for dominance
10. Constantly need fresh water, fresh pasture
11. Have very little discernment in choosing food or water
12. Best water source is early morning dew
13. Perverse, stubborn - will insist on their own way , even eating poisonous plants or drinking dirty water
14. Easily "cast" - flipped over on their back, unable to right themselves; will die of starvation if not turned over by shepherd; helpless
15. Frequently look for easy places to rest
16. Don't like to be sheared, cleaned
17. Too much wool can cause sheep to be easily "cast"
18. Creatures of habit; get into "ruts"
19. Need the most care of all livestock
20. Need to be "on the move"; need a pre-determined plan, pattern of grazing
21. Totally dependent on shepherd for every need
22. Need "rod and staff" guidance

Source: [wiki.answers.com](http://wiki.answers.com)

## Appendix B

### PARENTING STYLES

**The Permissive Parent:**

**The Overprotective Parent:**

**The Bribing Parent:**

**The Threatening/Repeating Parent:**

**The Absent/Substitute Parent:**

**The Manipulating Parent:**

**The Unapproachable/Discouraging Parent:**

**The Child-Centered Parent:**

Parenting gives us the marvelous opportunity to

\_\_\_\_\_ our own lives.

What are my strengths?

What are my weaknesses?

What values do I want to  
**communicate** and **demonstrate** to my child?



### Take the Parenting Style Quiz

[www.activeparenting.com/Parents-Parenting\\_Style\\_Quiz](http://www.activeparenting.com/Parents-Parenting_Style_Quiz)

Under the heading of this page you will see the words: "It may surprise you! Jump to quiz."

Click the link and take the quiz. Bring results to class.



## Appendix C

### ARE YOU RAISING CAIN?

Dr. C. Thomas Anderson  
*A Basic Character-Building Program to Start Today*

A basic character-building program we as parents should start in our home for our children consists of the following:

1. Start the day with prayer and Bible reading; use workbook activities to keep them excited.
2. Memory verse—you can use a five or ten-cent incentive for each memory verse they learn.
3. Brush teeth, comb hair, wash up (bath) and change of underwear.
4. Get dressed.
5. Clean their room:
  - Make bed.
  - Pick up clothes and be sure everything is put away and room is clean.
6. Greet everyone with a smile and "Good Morning".
7. Always ask to be excused from the table and remove their place setting.
8. Say "please" and "thank you."
9. Think of the good, beautiful and lovely things.
10. Spend the day being kind, helping others, and praising and thanking God for the day.
11. When they come home from school—Mom, come out of your world and go into theirs and enjoy them for half an hour (or more if you have the time).
12. Change their clothes and hang them up.
13. Do their chores—garbage, shoveling snow, mowing, helping in kitchen, or helping Dad.
14. After supper, do homework. Dad, go into their world and enjoy your children.
15. Play a game, whatever God leads.





You, as a parent, should also teach your children:

1. Boys, stand up when a girl enters the room.
2. Boys, take off hats when entering any building.
3. Girls, practice sitting, standing, walking in a graceful, proper manner.
4. Boys, hold doors for girls at every opportunity.
5. Girls, say "thank you" when boys hold door.
6. Address adults as Mr. or Mrs. Or "Yes, Ma'am", "No, Ma'am", "Yes, Sir", or "No, Sir."
7. Stand straight and tall and smile.
8. Boys practice a firm handshake.



## Appendix D

### GUIDING YOUR CHILDREN IN A SOCIAL MEDIA WORLD

Penelope Rivera, Rev., MA, LPC  
Live and Love Free, Counseling Services  
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- When giving your child an electronic device (tablet, cell phone, computer, etc), take into consideration your child's developmental age and maturity.
- Cell phones are not recommended for children under the age of 12
- Be an informed parent. Spend time educating yourself on the different types of Apps and internet websites targeting children and teens. ([www.kidshealth.org](http://www.kidshealth.org), [www.parenting.com](http://www.parenting.com))
- Create an electronic device contract with your child explaining expectations and consequences. (Example [www.sprint.com](http://www.sprint.com) mobile phone parent-child contract)
- Help your children create a healthy balance with their electronic device by setting appropriate boundaries.
  - Set time limits for computer usage/video games.
  - No phones, tablets or computers in the bedrooms (keep all electronic devices in common areas of the home).
  - No electronic devices at the dinner table.
  - Set a time that all electronic devices are turned off and turned in to the parent(s) in the evening (example 8 pm).
- Set parental controls on all devices that allows the parent(s) to view electronic activity such as texting (even deleted text messages), web activity, messaging Apps, etc.
  - Phones have a restriction setting that allows the parent(s) to turn off settings and Apps they do not want the child to have access to.
- Parents need to have the access code to all of their children's devices.
- It is important parents talk to their children about internet safety.
  - Only chat with people they know personally.
  - There is no privacy online.
  - Sending nude pictures is against the law (considered child pornography if child is under the age of 18).
  - Only accept friend requests on social media sites from people they know personally.



- Talk to your children about cyberbullying. Cyberbullying comes in varying forms such as teasing, saying mean things, and publicly embarrassing others.
- Pay attention to changes in your child's mood or demeanor. If you see your child become withdrawn, agitated, or depressed, find a counselor whom your child can talk with. Check their device for signs of bullying or concerning content.
- Set an appropriate example for your child.
  - Parents need to model healthy electronic boundaries. Children learn what they live. If the parent is on his/her device the majority of the time, the child will follow the parent. Many children feel their parent is hypocritical when they restrict the child's electronic use but the parent cannot manage their own usage
  - Follow the boundaries you set for your child. If you do not want your child viewing inappropriate content, you personally don't view inappropriate content.
  - As a parent, be careful of what you are posting on social media.
  - Are you using social media as your daily diary?
  - Are you using social media as a platform to cyberbully those who do not share your same political or spiritual beliefs?
- In today's world, the majority of teens and tweens are connecting more with their friends via social media (texting, Instagram, Snapchat, etc) than face to face contact.
- It is important for parents to be involved in their child's electronic world. I recommend parents put a spyware on their child's phone, computer, and tablet to help monitor their child's activity. It is important the parent(s) communicates to the child that the parent will have access to everything on their device. This will help your child develop an internal boundary so they will be less likely to engage in inappropriate behaviors on their device.
- Many video games and computer games allow the players to chat. Sit with your child and become familiar with the games he/she is playing (content of the game, if chat is available, settings in the game to control chat options). Inform younger players he/she may not necessarily be playing the game with another child, but may be playing with an adult. Discuss with your child the importance of never giving out personal information without parents permission (name, age, address, school where he/she attends). Gaming sites are tools predators can use to access children.
- I recommend parents set a password on their child's device for downloading Apps. Before allowing your child to download an App, investigate the App and what it does. There are several Apps that are disguised as one thing but may actually be a private messaging App (Kik).
- Educate your child on the how predators will use social media and messaging Apps to target young males and females. Be aware that some Apps contain pornographic material (Snapchat, Instagram).
- If a parent finds inappropriate content or communication on their child's device, it is helpful to sit with the child and discuss the findings. Use it as an opportunity to teach and educate your child on healthy boundaries. If the inappropriate content is severe, find a professional who can work with you and your child.
- A few guidelines when trying to determine if your child is ready for their own electronic device (cell phone):
  - Do they currently take care of their personal property? If they do not take care of their personal property, they will have difficulty taking care of a cell phone.
  - Why do I think my child needs a cellphone? Try not to base your decision off of the thought all of his/her friends have a cellphone. Are they going places alone or staying places where he/she needs to be able to contact the parent?
  - Would a talk-text phone be more appropriate for my child (especially children under the age of 12)?
- Most important, parents need to be aware when they hand their child an electronic device in which he/she can access the internet they are handing their child to the world. Unless the parent intentionally sets protection on the child's phone the child is left unprotected and harm can occur.

## Appendix E

A

**Adoration:**

Pouring our love on Him, admiring His character

C

**Confession:**

Taking off sin, putting on Christ-like identity

T

**Thanksgiving:**

Thanking God for what He has done and what He is going to do

S

**Supplication:**

Asking, intercession, and voicing the desires of your heart

# Appendix F

## WISE WORDS

CHILD'S BEHAVIOR	HEART PROBING	REPROOF ("TAKE OFF")	ENCOURAGEMENT ("PUT ON")	ADDITIONAL VERSES
Aggravating Stirring up strife Picking on others	1) Are you purposing in your heart to promote peace or are you stirring up trouble? 2) How can you show love and pursue peace in this situation?	<b>Strife:</b> One of the seven things God hates is one who stirs up trouble among his brothers. Proverbs 6:16-19	<b>Peace Making:</b> God gives joy to those who promote peace. Proverbs 12:20	Proverbs 10:12 1 Peter 3:11

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