

# Practical Parenting





# Challenges of Parenting Young Children

- Sleep deprivation
- High energy - wear us down
- Constant sacrifice
- Repeat Offenders
- Manipulation tactics
- Small frustrations that stack up

But it is all worth it!

# Class Structure

Today:

- Teaching
- Group discussion

Next Week:

- Panel of four couples
- Answering your questions
- *QR code for your questions as we talk today*

# Table Discussion: What Are We Aiming for?

Introduce yourself

By the time our kids are teenagers, what are things we hope for?

How do you define success in parenting?

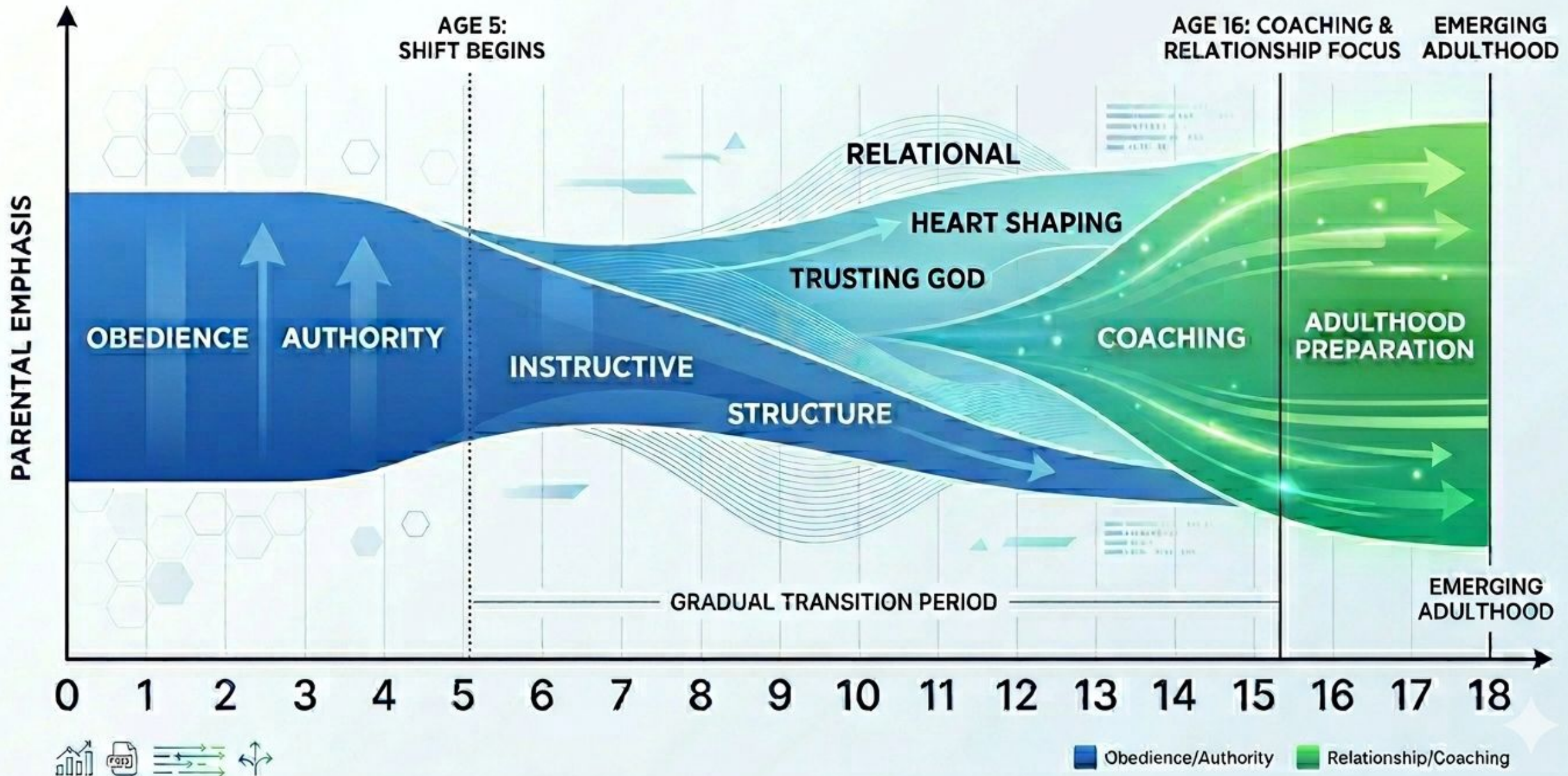


# Topics to Cover

- Truth - the Biblical model
- Grace - the motivation
- Discipline – the method
- Heart – the target
- Worldly vs. Biblical parenting

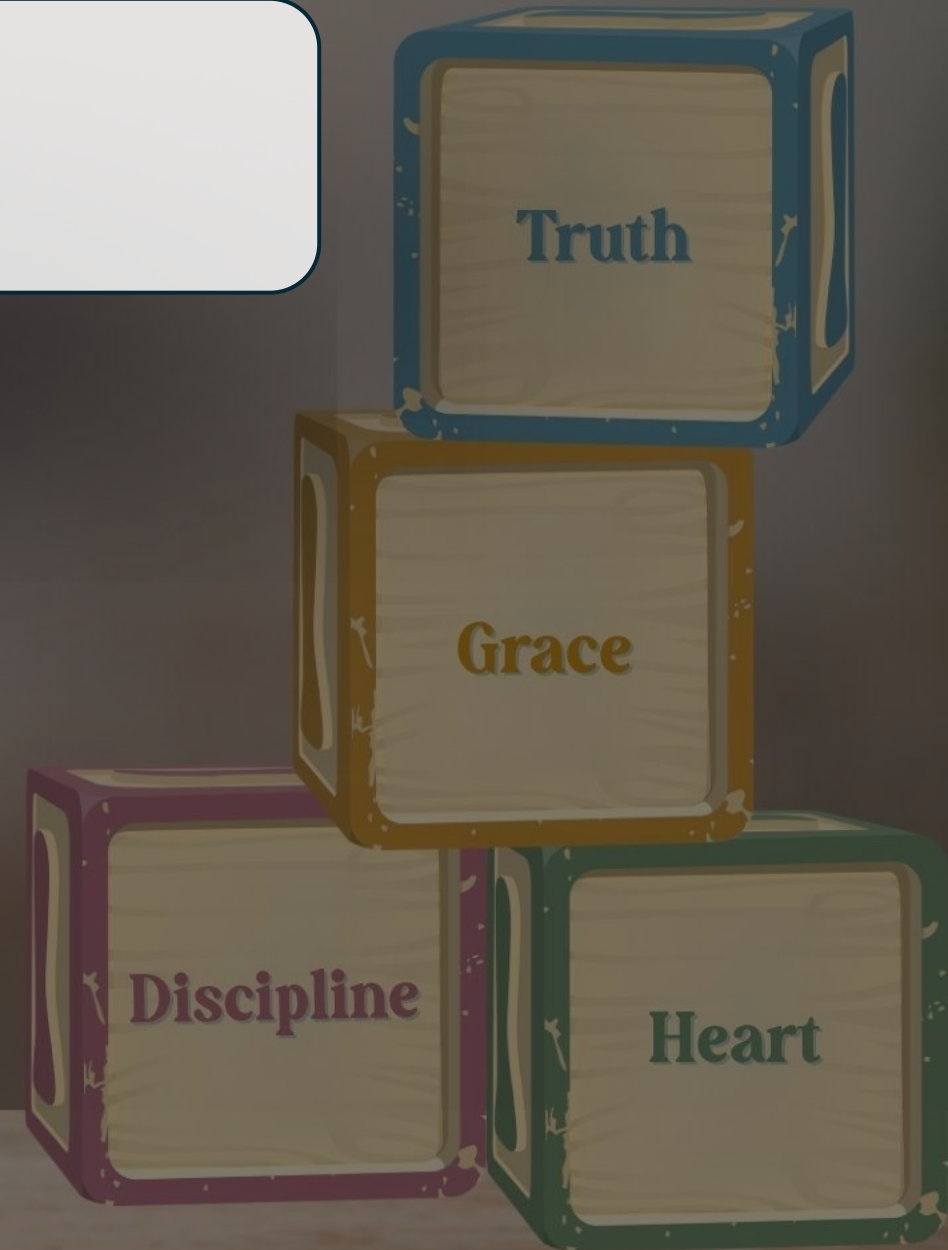


# Parenting Through the Years: From Authoritative to Coaching



# Truth: Biblical

## Pillars



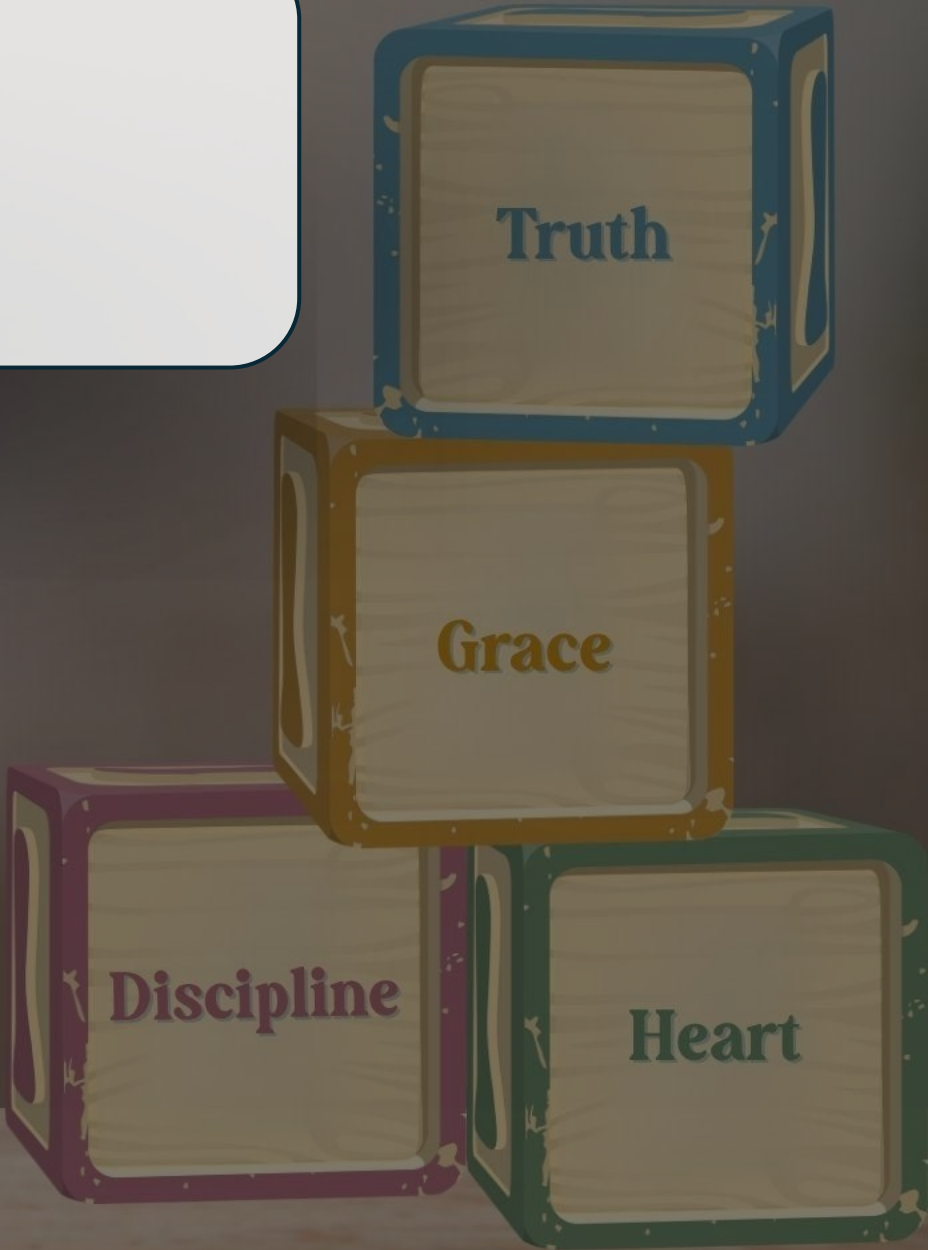
# Biblical Pillars

- Gospel—God's rescue story
- Sovereignty—His hand controls everything; he has an eternal plan
- Identity—Our new nature changes everything
- Sanctification—Becoming like Christ
  - Heart transformation – You and the kids at the same time!

# Biblical Pillars

- Stewardship—Children belong to God
- Dependency—Holy Spirit changes us
- Prayer—Parenting drives us to our knees
- Restoration—Sin is an invitation to draw near
  - Enemy uses mistakes to drive us to shame – instead run to the cross
- Ministry—Spouse, children, and the church
  - Marriage conflict increases with parenting

# Truth: How Does God Parent Us?



# Hosea 11:1-4 (MSG)

When Israel was only a child, I loved him.

I called out, 'My son!'—called him out of Egypt....

.....I rescued him from human bondage

.... I lifted him, like a baby, to my cheek,  
that I bent down to feed him.

## Psalm 91:4 (NIV)

He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

## Isaiah 40:11 (NIV)

He tends his flock like a shepherd:  
He gathers the lambs in his arms  
and carries them close to his heart;  
he gently leads those that have young.

# Lamentations 3:22-23

(ESV)

The steadfast love of the LORD never ceases;  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.

## **Ephesians 1:7-8, 2:4-5 (NASB95)**

In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished on us. But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive in Christ (by grace you have been saved).

## Hebrews 12:5,6,11 (NASB95)

My son, do not regard lightly the discipline of the Lord, Nor faint when you are reproved by Him;

For those whom the Lord loves He disciplines,  
And He scourges every son whom He receives.”

All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

# How Does God Parent Us?

Authoritative

Consistent

Balancing Grace and Discipline

Leader

Caring Tenderly

Slow to Anger

Comforter

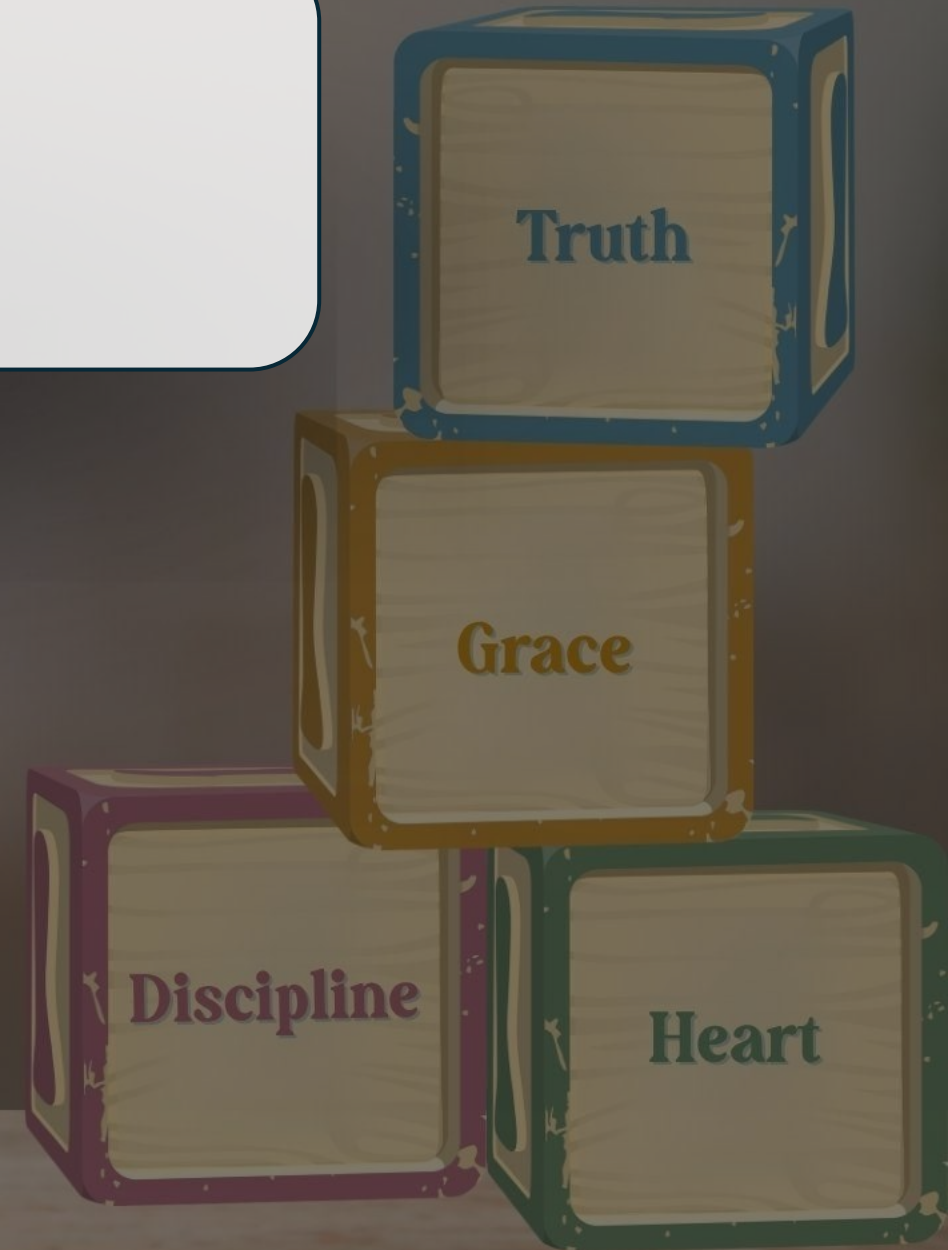
Teacher

Compassionate

Unconditional Love

Truth. Biblical

# Commmands to Children



# Biblical Commands to Children

Ephesians 6:1-3 & Exodus 20:12

Children, obey your parents in the Lord, for this is right. HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise), SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.

Colossians 3:20

Children, be obedient to your parents in all things, for this is well-pleasing to the Lord.

# Biblical Commands to Children

Proverbs 1:8

Hear, my son, your father's instruction, And do not forsake your mother's teaching

Proverbs 13:1

A wise son accepts his father's discipline, But a scoffer does not listen to rebuke.

# Biblical Commands to Children

Proverbs 19:27

Cease listening, my son, to discipline,

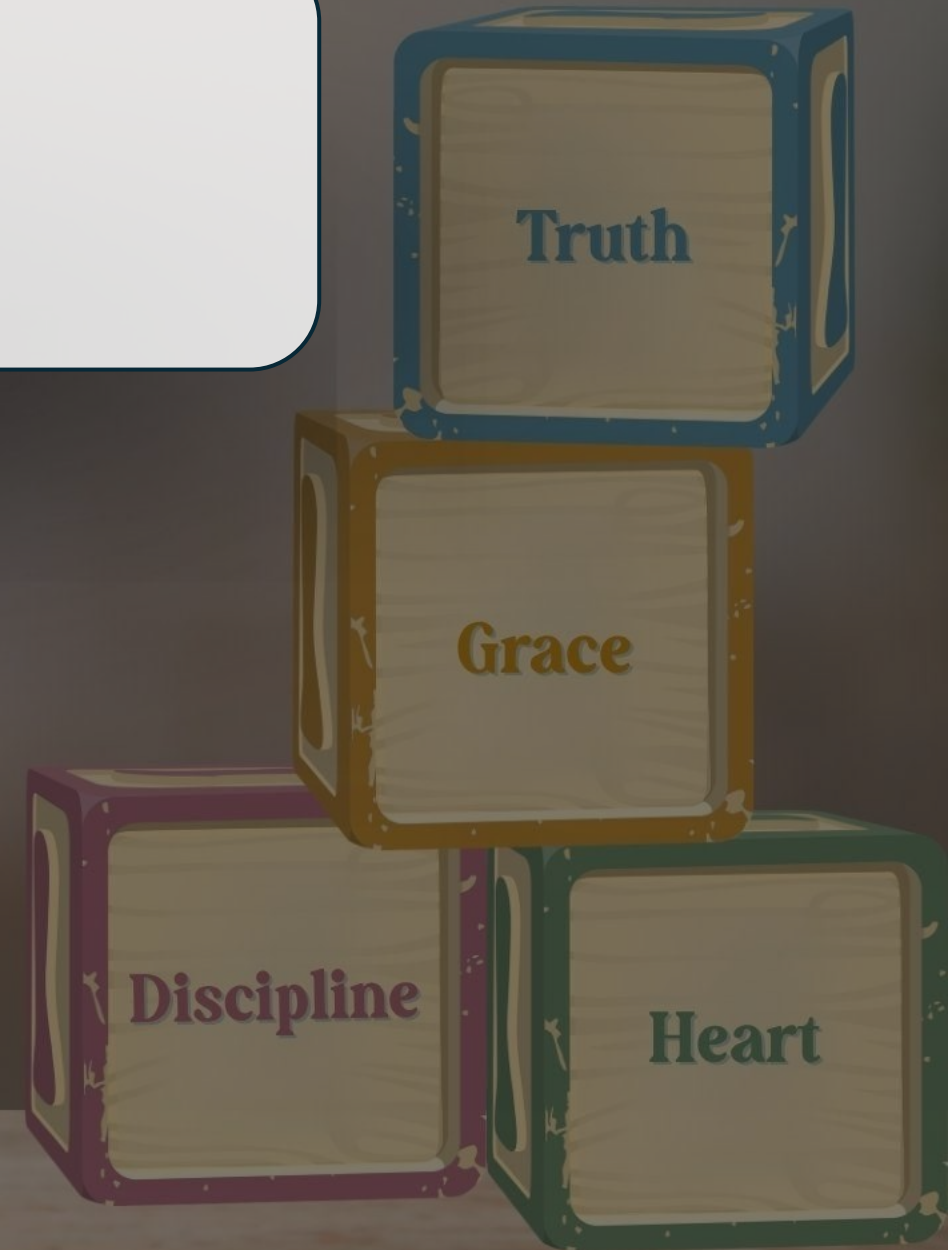
*And you will* stray from the words of knowledge.

# Children: Honor and Obey

- Toddlers can disobey well before they can talk
- Electrical outlet example
- Training for obedience
- Make it fun – *obedience game*
- Obedience boot camp

Truth. Biblical

# Commmands to Parents



# Biblical Commands to Parents - Indirect

- Love one another (John 13:34)
- Be kind and compassionate to one another (Ephesians 4:32)
- Forgive one another (Colossians 3:13)
- Be patient [longsuffering], bearing with one another in love (Ephesians 4:2)
- Clothe yourselves with humility towards one another (1 Peter 5:5)
- Edify (build up) one another (1 Thess. 5:11)
- Confess your sins to one another (James 5:16)
- Pray for one another (James 5:16)

# Biblical Commands to Parents - Direct

Ephesians 6:4

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Colossians 3:21

Fathers, do not exasperate your children, so that they will not lose heart.

# Table Discussion

*Look at Lou Priolo's list and discuss what surprised you.*

*What is one area for you to focus on?*



# How Do We Provoke Our Kids to Anger?

## *List from Lou Priolo's "The Heart of Anger"*

- Lack of marital harmony
- Establishing and maintaining a child-centered home
- Modeling sinful anger
- Habitually disciplining while angry
- Scolding
- Being inconsistent with discipline
- Having double standards
- Being legalistic
- Not admitting wrong and asking for forgiveness

# How Do We Provoke Our Kids to Anger?

## *List from Lou Priolo's "The Heart of Anger"*

- Constantly finding fault
- Parents reversing God-given roles
- Not listening to child's opinion or taking his/her side of story seriously
- Comparing them to others
- Not making time "just to talk"
- Not praising or encouraging your child
- Failing to keep promises
- Chastening in front of others

# How Do We Provoke Our Kids to Anger?

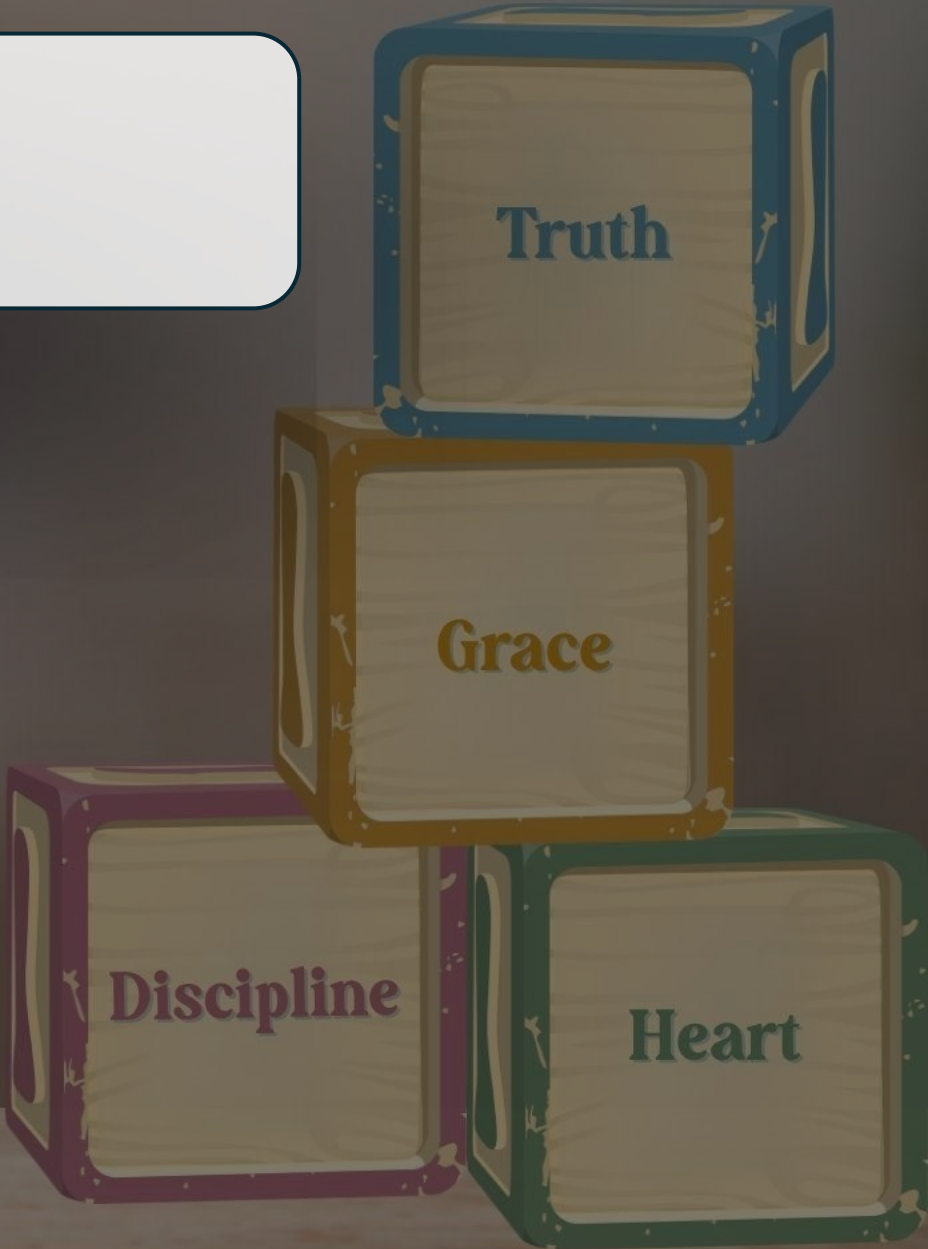
*List from Lou Priolo's "The Heart of Anger"*

- Not allowing enough freedom
- Allowing too much freedom
- Mocking your child
- Abusing them physically
- Ridiculing or name calling
- Unrealistic expectations
- Practicing favoritism
- Child training with worldly methods inconsistent with God's word

# Provoking Our Kids to Anger

- Not making time “just to talk”
- Establishing and maintaining a child-centered home
- Constantly finding fault
- Unrealistic expectations

# Truth: Authority



# Authority – Yielding Our Will

- Our entire Christian life is lived under God's authority
- As adults, sanctification consists of moments of yielding our will to the Lord's will
- Teach our kids how to live under our authority
- Launch into adulthood living under God's authority

# Authority

John 6:38

*“For I have come down from heaven, not to do My own will, but the will of Him who sent Me.”*

- Christ subjected himself to God

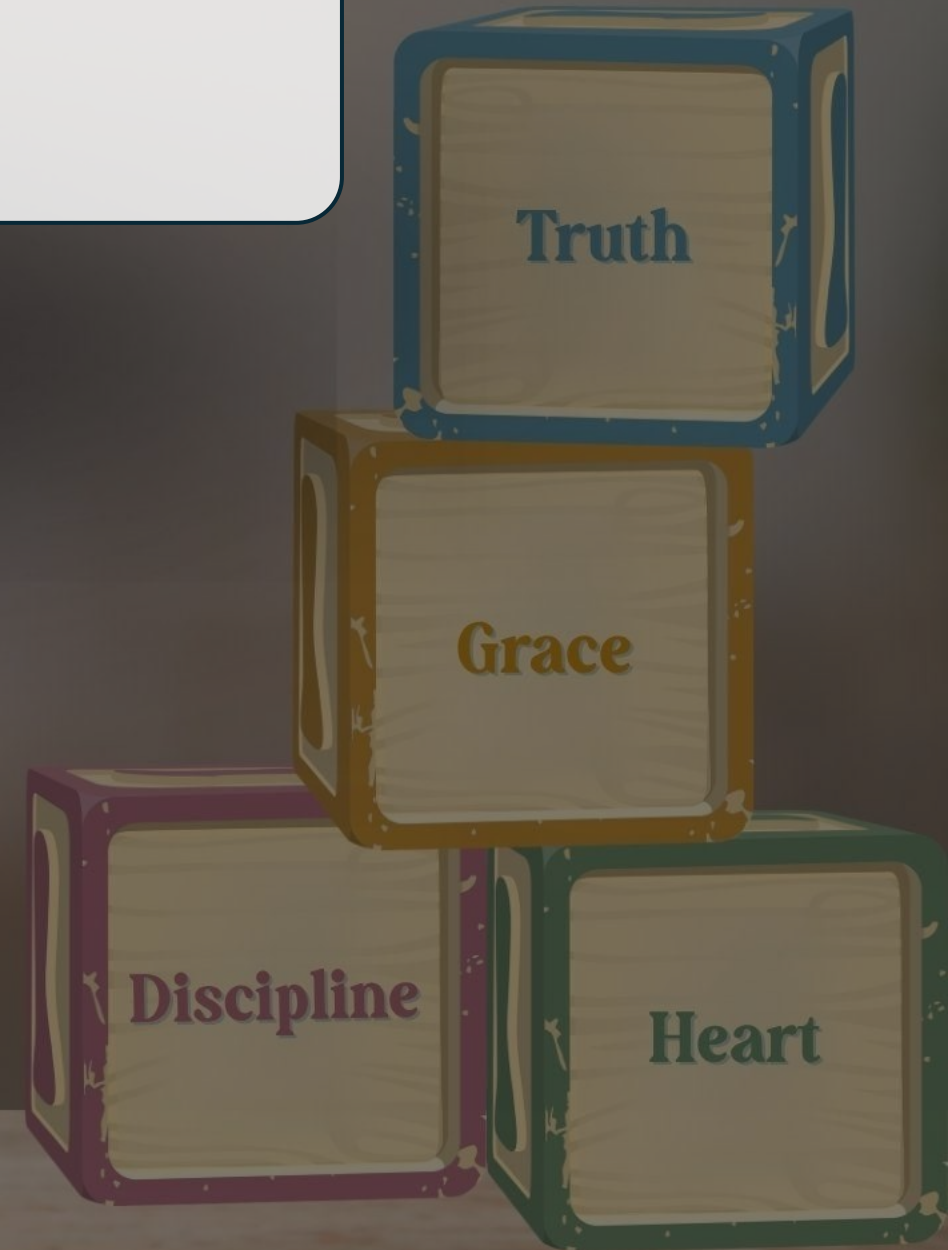
*“The realization of His intimate relationship with the Father contributed to His perfect dependence on Him.” –J.F. Strombeck, *Disciplined By Grace**

- Parental authority must include an intimate relationship

# Authority in Parenting

- Establish your role as the authority very early
- Obedience must be a high priority
- Biblical honor is expressed in respect and obedience
- Restrict a child's appeal until obedience is established
- Be careful giving too many choices because a child perceives choices as gaining authority
- Interrupting is dishonoring
- Authority and obedience are critical during younger years

# Grace



“Grace is the unmerited, abounding provision of the unrestrained operation of God’s infinite love, through Jesus Christ, on behalf of man.”

- J.F. Strombeck, *Disciplined by Grace*

# Grace is Active in Our Lives

Titus 2:11-12

For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age.

“If God's plan really is to make his invisible grace visible by sending parents of grace to give grace to children who desperately need grace, then I am called not just to preach that grace but to live and model it for my children every day.”

Parenting: 14 Gospel Principles That Can Radically Change Your Family by Paul Tripp

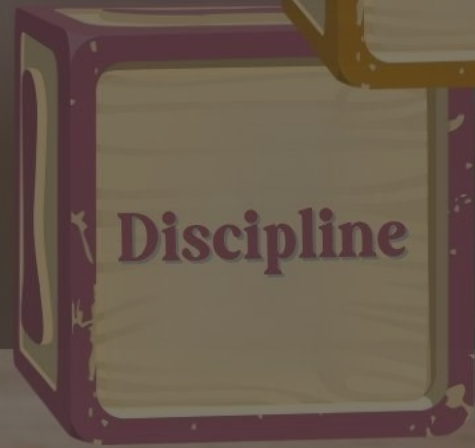
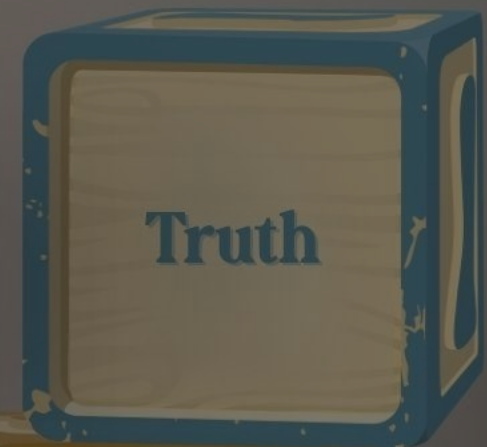
"Instead of approaching [our kids] with self-righteous outrage, I moved toward them as a sinner in need of grace needing to confront a sinner in need of grace."

Parenting: 14 Gospel Principles That Can Radically Change Your Family by Paul Tripp

# A Personal Story

Parenting using law and condemnation, shifting towards grace

# Parenting for the Heart



# Biblical References of the Heart

Proverbs 4:23

Watch over your heart with all diligence, for from it flow the springs of life. (NASB95)

Guard your heart above all else, for it is the source of life. (CSB)

Luke 6:45

The good man out of the good treasure of his heart brings forth what is good; and the evil *man* out of the evil *treasure* brings forth what is evil; for his mouth speaks from that which fills his heart.

# Biblical References of the Heart

Jeremiah 17:9

The heart is deceitful above all things, and beyond  
cure;  
who can understand it? (NIV)

“Behavior is heart driven, therefore, correction, discipline and training – all parenting – must be addressed to the heart. The fundamental task of parenting is shepherding the hearts of your children.”

- Tedd Tripp, *Shepherding a Child's Heart*

# Heart is the Target

- Biblically, the heart is the core part of our will
- Use heart language as young as they can understand (~ age 3)
  - *“Abigail, you took that doll from Chloe because your heart wanted it for yourself. The Lord wants us to love others. Loving Chloe in your heart means giving her that doll.”*
- Heart training is more time consuming than behavior modification

# Training & Discipline



# Training and Discipline

- Training – teaching good behavior
- Discipline – giving consequences for poor heart decisions, returning the child to fellowship with God and us

# Training—Gumnazo Principle

*Heart of Anger* by Lou Priolo

- Gumnazo (Greek) – to train, to exercise
  - English words - Gymnasium or Gymnastics
- Blacksmith apprentice
  - Telling
  - Showing
  - Doing it with me by your side
  - Correcting as needed
  - Doing independently

# Training—Gumnazo Principle

*Heart of Anger* by Lou Priolo

- Young babies can be trained by repetition
  - Sleep training
  - Sign language
  - Eating with utensils
- Living Godly requires repetitive training
  - Speaking respectfully (tone, volume, facial expressions)
- Self-control requires exercise

# Discipline

Proverbs 13:18

Poverty and disgrace come to him who ignores instruction,  
but whoever heeds reproof is honored.

Proverbs 19:18

Discipline your son, for there is hope;  
do not set your heart on putting him to death.

# Discipline

Proverbs 29:15

The rod and reproof give wisdom, but a child left to himself brings shame to his mother.

Ecclesiastes 8:11

Because the sentence against an evil deed is not executed speedily, the heart of the children of man is fully set to do evil.

# Discipline

“Just as God disciplines us out of love, we have the responsibility to discipline our children as a demonstration of our love for them.”

## *FamilyLife, Homebuilders-Effective Discipline*

- Punishment exacts a price, discipline returns to fellowship
- Jesus already received punishment, God’s wrath is satisfied through Christ
- Discipline is administering a consequence, motivated by love, with restoration as the result

# When to Discipline

*Shepherding a Child's Heart* – Tedd Tripp

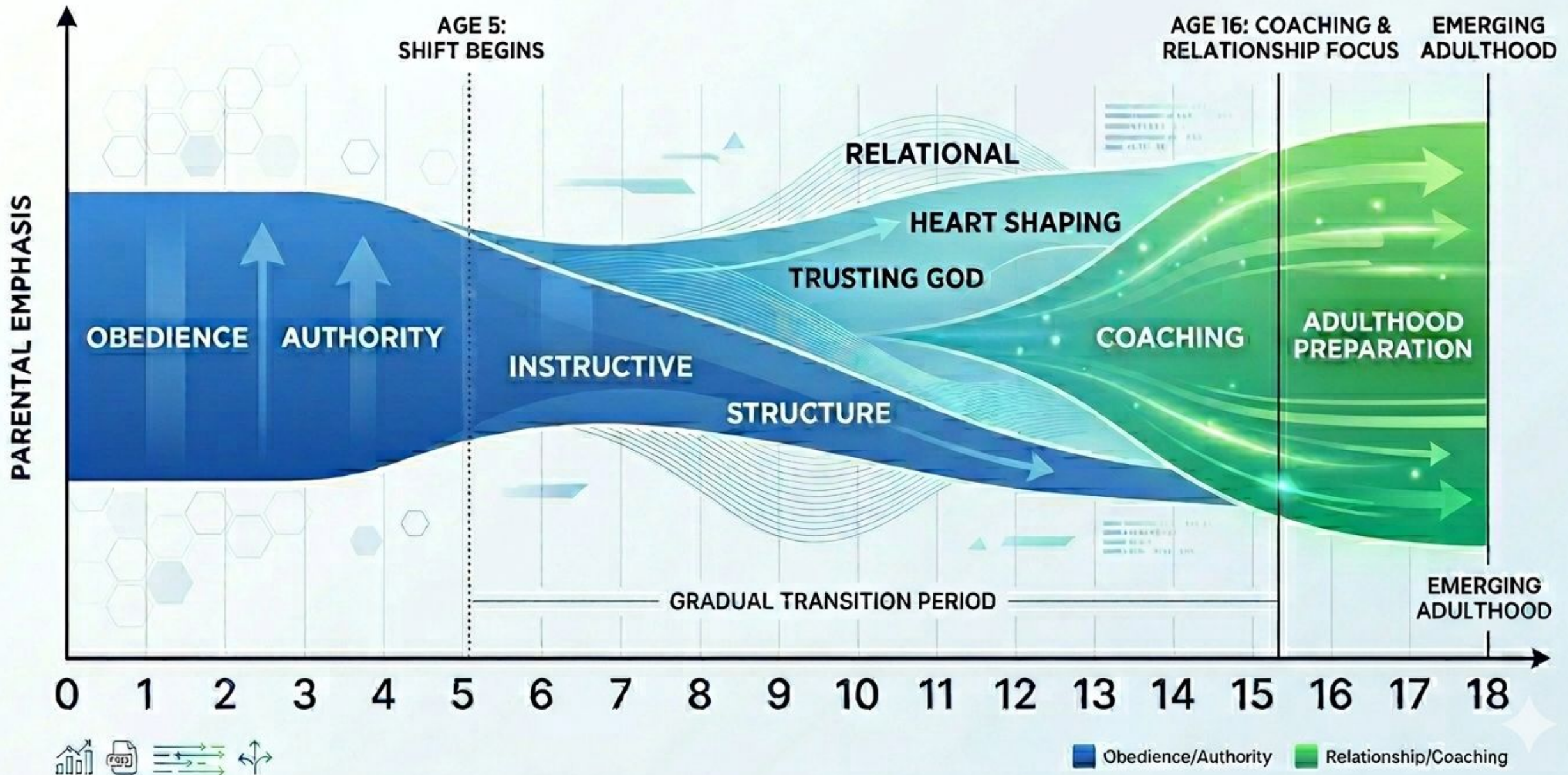
- Never discipline for childish things
  - Spilled milk
  - Accidents
- Directly disobeying a parent's instructions
  - Defiance
- Never discipline out of anger – take a time out

# Discipline Procedure

(Shepherding a Child's Heart – Tedd Tripp)

- Take a child to a private place
- Clearly state what he has done or failed to do
- Ensure the child has understood
- Reminder that consequences are result of all our actions
- Give the consequence
- Review the good news of the gospel - forgiveness
- Pray with the child

# Parenting Through the Years: From Authoritative to Coaching



Worldly

vs.

Biblical Parenting



# Starting Point: Nature of Mankind (Children included)

## Worldly:

- Children are inherently good
- Child is a blank slate, needs to develop right responses
- Children need to be taught how to properly regulate emotions and feelings

## Biblical:

- Born with a sin nature
- Even after belief-we still carry our flesh
- Heart is deceitful (Jer 17:9)
- Romans 1-3
- Without God, we are lost in our own sin (Eph 2:1-3)

# What Are We Aiming For?

## Worldly:

- Fulfill self
- Be your best self
- Happy, confident, and independent children

## Biblical:

- Glorify God (1 Cor 10:31)
- Dependency on God

# Role of Authority

## Worldly:

- Parenting is collaboration
- Parents act as the coach
- Child is the co-authority

## Biblical:

- God is our chief authority
- Parents steward their children
- Parental authority until child reaches adulthood
- Colossians 3:20, Ephesians 6:1, Commandment 5 (Ex 20:12)

# Power to Change

## Worldly:

- Change power comes from within
- Parents are the coaches to teach and draw out the proper behaviors

## Biblical:

- Change only happens by God's grace (Phil 2:12-13)
- Work of the Holy Spirit
- Word of God brings life and hope

# Little Johnny Steals the Cookie\*

- Mother and Father make their neighbor a meal for dinner that includes a plate of cookies
- Mother says to little Johnny, I need to go to my bedroom, do not touch the cookies while I am away
- Johnny opens the wrapper and takes a cookie
- Mom comes back and sees Johnny stole a cookie

\*Adapted from *The Not So Loving Side of Gentle Parenting* by Justin Miller

# Little Johnny Steals the Cookie\*

## Worldly:

- Stealing cookie was from immature decision making
- Feelings related to taking the cookie – it's okay to want cookies
- Instead of taking a cookie, get a juice box because that is a better choice when mom/dad ask you not do something

## Biblical Parenting:

- Heart desired the cookie
- Sinned to meet that desire
- Grace of the gospel covers the sin
- Mom/Dad and God forgive you
- Pray and ask the Lord to help put our heart's desires in line with His desires
- Consequence for sin (not out of anger)
- Communicate love for Johnny

# Next Steps



# Establish Family Rhythms

- Family devotions – keep it simple and fun
- Family prayer
- Family meals
- One on one dates (even as simple as the hardware store)
- Scripture songs
- Transparency and humility regarding your own sin
- Time, effort, unplanned moments communicate what is important
- Technology detracts from relationships

# Next Week

- Panel of four couples
- Answering your questions
  - Use QR code to input questions
  - Gather questions today, circulate to panelists this week



# Table Discussion

*What questions do you have for the panel next week?*

*What is one key takeaway from today?*



# Growing in the Knowledge of the Lord and in Community

- Biblical Training Center (BTC) classes
  - Teaching that influences your thinking, actions, attitudes
  - Classroom discussion and relationship building
  - *Note – Your kids can stay for two services*
- Community Group
- Parent Summit in January 2027 (recordings from Jan 2026)
- Resources
  - BTC - *“The Family—God’s Greenhouse for Transformation”*
  - *Shepherding a Child’s Heart* by Tedd Tripp
  - *Grace Based Parenting* by Tim Kimmel
  - *Parenting* by Paul Tripp
  - *M is for Mama* by Abbie Halberstad (insta: m.is.for.mama)
  - *Teach them Diligently* by Lou Priolo
  - *Heart of Anger* by Lou Priolo
  - *Counsel from the Cross* by Elyse Fitzpatrick (not parenting but good content)