

# **SESSION 7: CONSISTENT DISCIPLINE MIXED WITH GRACE**

◆ **Welcome and Program Overview (Facilitator): 10 minutes**  
**Session #7-8 Teaching: YOUR Story 10 minutes**

As a single parent you have to juggle your discipline style and house rules with that of your ex. If your children spend equal time with you and their other parent this can be very challenging. Likewise, if you have the children 90% of the time and Disney Dad shows up for a fun weekend once in a while you have that to compete with.

For the 50/50 parents I recommend you have a list of house rules. If possible, discuss with your ex the possibility of having the same house rules. Consistency between the two homes will give your kids comfort.

Establish a family meeting the day they return to you. Sit down in a friendly manner and discuss how their time with their parent was. Ask specific questions such as: what you did for fun, what was your favorite meal. Also, ask to see any notes from school. At the end bring out your list of house rules and review this with your child.

If you are the sole parent 90% of the time you are going to need help. This can be from friends, family and the Church. Don't be so prideful as to not ask for help. This will only lead to burn out and exhaustion. Fortunately, it is the parent who has the children full time that establishes the rules for the home and the discipline too. My best advise is consistency. A chart of expectations and positive feedback at the end of the week is a great way to avoid conflict.

### **Deuteronomy 21:18-19 A Rebellious Son-**

18 "If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and, though they discipline him, will not listen to them, 19 then his father and his mother shall take hold of him and bring him out to the elders of his city at the gate of the place where he lives, This speaks of a counselor. You may need to enlist the help of others if you have a child you can't control. Each child handles divorce or the death of a parent differently. Some take it in stride and are easy to train, others need extra care.

### **Using word pictures is a great way to communicate with your children**

Emotional word pictures have not only been the most powerful communication technique I have ever used, but the single most powerful technique used by the world's greatest communicators throughout the ages. This is a great parenting tool that I used often with my boys. I highly recommend you discover this great communication tool and use it with your children.

An emotional word picture is a word, statement, or story that creates an instant picture in the listener's or reader's mind. It effectively clarifies what you are trying to say and communicates a feeling that you want your audience (children) to experience. It can be as simple as a word or statement; or as complex as a short story or analogy. Creating emotional word pictures is a learned technique. With practice, emotional word pictures will become your greatest ally in persuading others to listen to what you have to say and do what you believe to be in their best interest.

### ***Small Group Discussion: 25 minutes***

- Discuss during this group time the creative ways you parent your children
- The challenges you are facing
- This is the time to ask for help! God does not want us to handle our problems alone!
- Discuss using word pictures is a great way to communicate with your children

### ***Small Group Wrap Up: 15 minutes***

#### ***Review for Homework:***

Effective Communication: Emotional Word Pictures Stevan Browning,  
Here are some other helpful ideas.

**1. Speak slowly and softly.** When you feel your anger rising, slow your speech way down and talk quietly. This will help you resist the urge to shout. Don't lecture – it will make you more upset. Simply say to your child, I'm feeling really upset/angry/frustrated right now. I need a few moments to calm down before I deal with this situation. This lets your child know that there's going to be a "pause" in the proceedings. Naming your emotions in front of your child is important too. In effect, you're sending your child the message, watch and learn – this is how to deal with anger.

**2. Take 10 deep breaths.** Rehearse a verse of Scripture like James 1:5 or Romans 12:2. Then pray, asking the Holy Spirit to help you put self-oriented thoughts aside and respond in a way that lovingly meets your child's needs and nurtures their emotional and spiritual growth.

**3. Remove yourself from the situation if needed** (provided your children will be safe in your absence). Keep a stash of calming Scripture memory verses in the bathroom (or another calm-down retreat, or in your purse or wallet) and pray through them until you feel more under control.

**4. Don't expect too much from your children!** Remind yourself that you are the parent, and responsible before God to show your child a better way.

**5. Dig for the truth.** Anger is a secondary emotion. When you feel yourself getting upset, listen carefully to your thoughts to reveal the primary emotion underlying your reaction. Is it fear? Resentment? Hurt? Grief? Disappointment? Stress? For example, you might be thinking, If my kids don't leave me alone, I'll never meet my deadline. Your children didn't set your work deadline, so be honest about who really owns that problem.

**6. Lighten up and channel your inner comic.** Learn to laugh with your kids first, before you talk about how they might do better next time.

**7. Call an Ignite Purpose friend for two minutes.** A brief chat with another parent in this program will help you put the situation in perspective.

**8. Count your blessings.** Rehearse in your mind all the things you love about your child/children. This moment of frustration will soon pass.

**9. Ask your kids to help!** Once you've told your kids, I'm feeling very frustrated right now, ask them, What do you think I should do? Their cute answers may just melt your heart. At the very least, you've got them actively engaged in thinking about good ways to manage their own anger.

# SESSION #7

## WK. 7 DEVO 1

### **Read Proverbs 1**

*"For attaining Wisdom". If you have children that are 12 and above have a family devotion night and read these verses together. Discuss how you can all apply them to your lives.*

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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**I = Investigate** the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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**F=Focus** to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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**E = Engage** God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

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# SESSION #7

## WK. 7 DEVO 2

### **Read James 5:7-8**

*Always make sure you are disciplining your children in love.*

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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# SESSION #7

## WK. 7 DEVO 3

### Read 1 Corinthians 13:4-13

*Love is patient and kind and is the most attractive trait of a purpose driven parent.*

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# SESSION #7

## WK. 7 DEVO 4

**Read Ephesians 4:1-4, 2 Corinthians 13:11,**

*You have been called and gifted to be a GREAT parent to your children. Are YOU ready to take full responsibility for the UNITY in your house?*

**L=Listen** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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