

PARENTING BY THE BOOK
BIBLICAL DISCIPLINE

1. REVIEW

A. GETTING CHILDREN TO OBEY IS NOT PRIMARILY A RESULT OF USING CORRECT CONSEQUENCES.

1. ALTHOUGH... USING CONSEQUENCES CAN BE VERY HELPFUL AT TIMES.

B. A SIX PART FORMULA FOR GETTING CHILDREN TO OBEY:

1. STEP 1 - ADDRESS YOUR CHILDREN FROM AN UPRIGHT POSITION.

a. DO NOT BEND DOWN IN A COUNTER-PRODUCTIVE EFFORT TO GET DOWN TO THEIR LEVEL.

2. STEP 2 - GIVE INSTRUCTIONS USING THE FEWEST WORDS POSSIBLE.

3. STEP 3 – PREFACE SHORT INSTRUCTIONS WITH SHORT PHRASES LIKE:

a. “IT’S TIME FOR YOU TO...”

b. “I WANT YOU TO...”

4. STEP 4 - DO NOT EXPLAIN YOURSELF.

a. YOU ARE NOT OBLIGATED TO JUSTIFY YOURSELF TO YOUR CHILDREN.

5. STEP 5 - WHEN YOUR CHILDREN DEMAND TO KNOW WHY, OR WHY NOT, USE THE 4 MOST POWERFUL WORDS IN CHILD-REARING HISTORY... “BECAUSE I SAID SO”!

6. STEP 6 – WALK AWAY!

a. THAT “PULLS THE PLUG” ON THE POWER STRUGGLE.

b. DO NOT ENGAGE IN YOUR CHILDREN BY BECOMING EMOTIONAL...
BE THE ADULT!

2. BIBLICAL DISCIPLINE

A. “THE BIBLE TELLS ME SO”

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1. **Proverbs 3:5** “Trust in the LORD with all your heart and lean not on your own understanding.”

B. The **BIBLE** has a number of very **PERTINENT THINGS TO SAY** and **INSTRUCTIONS TO GIVE** concerning the **DISCIPLINE of CHILDREN**.

1. The **IMPORTANCE of PROPER DISCIPLINE** stems from—as the Bible tells us—the **INNATE SINFULNESS OF CHILDREN**.

2. Children do **NOT** have to be **TAUGHT TO MISBEHAVE**.

- a. **MISBEHAVIOR** comes **NATURALLY** to them.

- b. In any given situation, a child is **INCLINED**, by **HUMAN NATURE**:

- 1) To do the **WRONG THING**, **NOT** the **RIGHT THING**

- 2) The **SELF-SERVING THING**, **NOT** the **OTHER-SERVING THING**.

- c. **THEREFORE, THE POSITIVE INFLUENCE of SIGNIFICANT ADULTS WHO ARE COMMITTED TO THE GOAL OF RAISING A CHILD TO BECOME A PERSON OF CHARACTER IS ESSENTIAL IF A CHILD IS GOING TO MAKE... AND KEEP MAKING, THE CHOICE TO BEHAVE PROPERLY... IN A MANNER THAT IS BOTH RESPECTFUL TO OTHERS AND RESPECTFUL TO SELF!**

C. **IT IS VITAL THAT CHILDREN UNDERSTAND THAT DIFFERENT CHOICES RESULT IN DIFFERENT CONSEQUENCES... BUT, THAT UNDERSTANDING DOES NOT GUARENTEE PROPER BEHAVIOR.**

D. The following **10 SCRIPTURAL VERSES ARE ESSENTIAL TO UNDERSTAND THE IMPORTANCE of PROPER DISCIPLINE TO A CHILD’S UPBRINGING.**

1. **DISCIPLINE AND LOVE ARE TWO SIDES OF THE SAME COIN**

- a. **Proverbs 3:12** “For the LORD corrects those he loves, just as a father corrects a child in whom he delights”.

- b. It’s all well and good for someone to say they **LOVE** someone else, but that **PROFESSION of LOVE is MEANINGLESS WITHOUT AFFIRMING ACTION.**

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- 1) In the case of **PARENTAL LOVE... PROPER DISCIPLINE IS ONE SUCH AFFIRMATION.**
- 2) **Proverbs 3:12 says that DISCIPLINE IS AN EXPRESSION OF DELIGHT IN A PARENT'S CHILD.**
- c. **NOTE: THE MORE PARENTS DELIGHT, THE MORE EFFECTIVELY THEY DISCIPLINE...**
 - 1) **AND, THE MORE EFFECTIVELY PARENTS DISCIPLINE, THE MORE THEY WILL DELIGHT.**
- d. **Proverbs 3:12 ALSO SAYS THAT PARENTS WHO DISCIPLINE THEIR CHILDREN PROPERLY ARE DOING THE LORD'S WORK.**
2. **PUNISHMENT IS NEVER PLEASANT, BUT PRODUCES GREAT BENEFIT FOR THE PERSON PUNISHED**
 - a. **Hebrews 12:11 (NLT) "No discipline is enjoyable while it is happening —it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way".**
 - b. **When the writer of Hebrews pointed out that NO DISCIPLINE SEEMS PLEASANT AT THE TIME... HE WAS REFERRING TO CORRECTIVE DISCIPLINE.**
 - c. And he was essentially saying that **IF CORRECTION IS NOT PAINFUL TO THE PERSON CORRECTED... IT WILL HAVE NO EFFECT.**
 - d. **POSTMODERN PSYCHOLOGICAL PARENTING, with its emphasis on the NEED to PROTECT SELF-ESTEEM HAS RESULTED IN A PARENTAL PROBLEM, PARENTS WHO:**
 - 1) Attempt to **CORRECT** their children's MISBEHAVIOR, while...
 - 2) Taking **GREAT CARE** NOT to make their CHILDREN FEEL BAD.
 - 3) ... **THOSE TWO EFFORTS CANCEL EACH OTHER!**
 - e. **THE CONSEQUENCES ARE THAT:**
 - 1) **CHILDREN CONTINUE TO MISBEHAVE...**
 - 2) **PARENTS BECOME MORE FRUSTRATED IN THEIR ATTEMPTS TO DISCIPLINE...**

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3) AND, MENTAL HEALTH PROFESSIONALS ENJOY HIGHER STANDARDS OF LIVING!!

3. PUNISHMENT IS ESSENTIAL TO PROPER DISCIPLINE

- a. **Hebrews 12:6 (NLT)** “For the LORD disciplines those he loves, and he punishes each one he accepts as his child.”
- b. **TODAY MENTAL HEALTH PROFESSIONALS AND MANY PARENTS BELIEVE THAT PUNISHMENT LOWERS SELF-ESTEEM AND CAUSES BEHAVIORAL PROBLEMS TO GET WORSE.**
 - 1) **THEY THINK PUNISHMENT “IS NOT A LOVING WAY TO CORRECT MISBEHAVIOR”.**
- c. **HOWEVER, GOD’S WORD SAYS PROPER DISCIPLINE, INCLUDING PUNISHMENT WHEN APPROPRIATE, IS AN EXPRESSION OF LOVE.**
- d. **WHO DO YOU CHOOSE TO BELIEVE?**
 - 1) THE MENTAL HEALTH PROFESSIONALS?
 - 2) OR, GOD’S WORD?

4. PROPER DISCIPLINE VALIDATES A CHILD

- a. **Hebrews 12:8 (NLT)** If God doesn’t discipline you as he does all of his children, it means that you are illegitimate and are not really his children at all.
- b. **IN EFFECT, THE WRITER OF HEBREWS IS SAYING THAT PARENTS WHO NEGLECT THEIR CHILDREN IN ANY FASHION ARE NOT LEGITIMATE.**
 - 1) **AND... THEY FAIL THEIR CHILDREN AS WELL.**
 - 2) **JUST AS CHRISTIANS ARE JUSTIFIED (VALIDATED) BY THEIR FAITH... A CHILD IS JUSTIFIED TO SOCIETY THROUGH PROPER PARENTAL DISCIPLINE.**

5. OBEDIENT CHILDREN ARE PLEASING TO THEIR PARENTS

- a. **Proverbs 29:17 (NLT)** Discipline your children, and they will give you peace of mind and will make your heart glad.
- b. **Everyone knows PARENTS whose CHILDREN ARE DISOBEDIENT.**
 - 1) **DO THEY SEEM AT PEACE?**
 - 2) **DO THEY SEEM TO DELIGHT IN THEIR CHILDREN?**
 - 3) **PARENTS WHO SEEM CONSTANTLY UNDER STRESS OFTEN HAVE CHILDREN WHO MISBEHAVE.**

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- c. HOWEVER... PARENTS WHO ARE CONTENT WITH, AND IN, THEIR PARENTING HAVE CHILDREN WHO ARE MOST OFTEN:
 - 1) RESPECTFUL
 - 2) WELL-MANNERED
 - 3) AND OBEDIENT.
- d. THE BIBLE IS CLEAR THAT IN ORDER FOR A CHILD TO BRING A PARENT PEACE RATHER THAN DISCORD, THE CHILD MUST BE PROPERLY DISCIPLINED.
 - 1) IN ORHER WORDS... WHETHER A CHILD BRINGS A PARENT PEACE OR TURMOIL IS UP TO THE PARENT!
 - 2) PROPERLY BEHAVED CHILDREN ARE NOT AN ACCIDENT... THEY ARE THE PRODUCT OF PARENTAL PURPOSE.
- 6. CHILDREN ARE TO OBEY THEIR PARENTS
 - a. Colossians 3:20 (NLT) Children, always obey your parents, for this pleases the Lord.
 - b. GOD WANTS A RELATIONSHIP WITH US... BUT A RELATIONSHIP WITH GOD REQUIRES SELF-DISCIPLINE.
 - c. CONSIDER THIS: PARENTS WHO PROPERLY DISCIPLINE THEIR CHILDREN ARE LIKELY TO RAISE SELF-DISCIPLINED CHILDREN WHO HAVE WHAT IT TAKES TO BECOME PERMANENT CITIZENS OF THE KINGDOM.
 - 1) NO WONDER AN OBEDIENT CHILD IS PLEASING TO THE LORD.
 - i. IT'S THE MAIN THING ON HIS WISH LIST!
- 7. OBEDIENCE WILL BRING BLESSINGS TO OUR CHILDREN
 - a. Proverbs 1:8-9 (NLT) My child, listen when your father corrects you. Don't neglect your mother's instruction. What you learn from them will crown you with grace and be a chain of honor around your neck.
 - b. PARENTS WHO SAY, "I WISH MY CHILD WOULD OBEY ME" DON'T UNDERSTAND.
 - 1) FIRST, CHILDREN DON'T USUALLY GRANT PARENTS' WISHES.
 - 2) SECOND, MOST PARENTS WHO SAY THAT WANT THEIR CHILD TO OBEY FOR THEIR BENEFIT.
 - c. HOWEVER... Proverbs 1:8-9 SAYS THAT ALTHOUGH PARENTS ARE CERTAINLY BLESSED BY THEIR CHILDREN WHO ARE WELL BEHAVED...

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THE PRIMARY BLESSINGS OF GOOD BEHAVIOR FLOW TO THE CHILDREN THEMSELVES.

- 1) GOOD MANNERS ARE LIKE FINE JEWELRY... THEY GRACE THE PERSON WHO "WEARS" THEM.

8. THE MOST OBEDIENT CHILDREN ARE ALSO THE HAPPIEST, MOST SELF-RESPECTING CHILDREN

- a. Proverbs 15:32 (NLT) He who ignores discipline despises himself, but whoever heeds correction gains understanding

- b. NOTE: THE HAPPIEST PARENTS ALWAYS SEEM TO HAVE THE MOST OBEDIENT CHILDREN... AND THE MOST OBEDIENT CHILDREN SEEM TO BE THE HAPPIEST CHILDREN.

- 1) HAPPINESS ABOUNDS FOR THOSE WHO ARE OBEDIENT.

- c. BECAUSE OBEDIENCE TO LEGITIMATE AUTHORITY IS NOT ONLY A SIGN OF RESPECT FOR THE PERSON IN AUTHORITY... BUT ALSO OF SELF-RESPECT.

- d. DISOBEDIENT PEOPLE, WHATEVER THEIR AGE, ARE RARELY HAPPY PEOPLE.

- 1) THEY LACK RESPECT FOR AUTHORITY, AND THEY ALSO LACK SELF-RESPECT.

9. A LACK OF DISCIPLINE CONTRIBUTES TO DEATH... IN THE ETERNAL SENSE

- a. Proverbs 19:18 (NLT) Discipline your son, for in that there is hope; do not be a willing party to his death

- b. HOPE. NO GUARANTEES. JUST HOPE.

- c. PROPER DISCIPLINE SETS YOUR CHILD ON THE RIGHT ROAD... BUT IT'S UP TO THEM TO SEE THAT THEY STAY THERE.

- 1) OR FIND A WAY BACK WHEN THEY STRAY.

- d. PROPER DISCIPLINE MAKES IT EASIER FOR A CHILD TO DISCIPLINE THEMSELF WHICH IS THE PATH TO ETERNAL LIFE... THE OPPOSITE OF DEATH.

- 1) PARENTS... GIVE THE GIFT OF HOPE TO YOUR CHILDREN!

10. DISCIPLINE IS THE WAY TO ETERNAL LIFE

- a. Proverbs 6:23 (NLT) These commands are a lamp, this teaching is a light, and the corrections of discipline are the way to life.

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- b. JESUS MADE THE BOLD STATEMENT THAT HE IS THE “WAY AND THE TRUTH AND THE LIFE” (John 14:6).
 - 1) THROUGH HIM, WE ARE GRANTED ETERNAL LIFE.
 - c. IN Proverbs 6:23; 19:18 WE ARE TOLD THESE TWO THINGS:
 - 1) DISCIPLINE IS THE WAY TO “LIFE”
 - 2) A LACK OF DISCIPLINE LEADS ULTIMATELY TO DEATH.
 - 3) THAT’S HOW IMPORTANT DISCIPLINE IS!
 - 4) IT MAKES ALL THE DIFFERENCE IN THIS WORLD AND IN THE WORLD TO COME.
 - d. THROUGH PROPER DISCIPLINE, A PARENT GIVES THEIR CHILD THE GREATEST GIFT OF ALL!
3. LEADERSHIP DISCIPLINE
- A. Those who spare the rod of discipline hate their children. Those who love their children care enough to discipline them. — PROVERBS 13:24 NLT
 - B. MANY OF TODAY’S PARENTS BELIEVE IN BEHAVIOR MODIFICATION... CORRECT CONSEQUENCES, CORRECTLY USED, WILL CORRECT A CHILD’S MISBEHAVIOR.
 - C. One of the ARCHITECTS OF POSTMODERN PSYCHOLOGY, Professor B. F. Skinner, PROPOSED THAT HUMAN BEINGS WERE SUBJECT TO THE SAME LAWS OF BEHAVIOR AS WERE ANIMALS.
 - 1. AS AN ATHEIST, PROFESSOR SKINNER BELIEVED THAT HUMANS ARE ANIMALS!
 - 2. In the 1960s, the MEDIA POPULARIZED HIS THEORIES, AND SOON AFTER PEOPLE WERE USING THE TERMS “BEHAVIOR MODIFICATION” AND “DISCIPLINE” SYNONYMOUSLY.
 - D. BEHAVIOR MODIFICATION is what one does TO TRAIN AN ANIMAL to EITHER TO PERFORM A CERTAIN TASK or SUBSTITUTE AN ACCEPTABLE BEHAVIOR (for example, scratching at the door) FOR AN UNACCEPTABLE ONE (urinating on the floor).
 - 1. The AIMS of BEHAVIOR MODIFICATION are ACHIEVED by MANIPULATING REWARD AND PUNISHMENT, and without a doubt, THE TECHNIQUE WORKS VERY WELL ON ANIMALS - horses, dogs, rats, and pigeons.
 - 2. HOWEVER, EVIDENCE THAT BEHAVIOR MODIFICATION WORKS RELIABLY ON HUMANS IS LACKING.

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- a. CORRECT CONSEQUENCES WILL CHANGE THE BEHAVIOR OF A DOG... BUT, A HUMAN CHILD (even a toddler) POSSESSES TWO ATTRIBUTES THAT AN AMINAL DOES NOT POSSESS:
 - 1) FREE WILL
 - 2) A REBELLIOUS NATURE
- b. THESE UNIQUE QUALITIES ENABLE A CHILD TO DO WHAT AN ANIMAL CANNOT DO:
 - 1) DENY THAT A CONSEQUENCE HAS ANY POWER OR RELEVANCE IN THEIR LIFE.
3. CONSEQUENCES, USED CORRECTLY, COMPEL ANIMALS TO CHANGE THEIR BEHAVIOR.
 - a. BECAUSE THEY DO NOT POSESS FREE WILL, ANIMALS HAVE NO CHOICE IN THE MATER... THEREFORE, WHETHER THE CHANGE IN BEHAVIOR IS FOR THE BETTER OR WORSE IS UP TO THE ANIMAL'S HANDLER.
4. CONSEQUENCES CAUSE HUMANS TO MAKE CHOICES, AND THOSE CHOICES ARE NOT ALWAYS FOR THE BETTER.
 - a. With HUMANS, "CORRECT" CONSEQUENCES CAN AND OFTEN DO BACKFIRE.
 - b. SOMETIMES, AFTER EXPERIENCING A POWERFUL CONSEQUENCE, PEOPLE WILL BECOME EVEN MORE DETERMINED TO RESIST ANY AND ALL ATTEMPTS TO MANIPULATE THEM.
 - c. MOST PARENTS have seen DEMONSTRATIONS OF THIS BEHAVIOR IN THEIR CHILD'S BEHAVIOR.
5. WHERE CHILDREN ARE CONCERNED, WHETHER A CONSEQUENCE BRINGS ABOUT BEHAVIOR CHANGE IS NOT UP TO THE CHILDS "HANDLER" (PARENT)... IT'S UP TO THE CHILD!
 - a. A CORRECT CONSEQUENCE MAY PERSUADE THE CHILD TO MAKE A "CORRECT" CHOICE... THEN AGAIN, IT MAY NOT!
6. IT IS VITAL THAT CHILDREN UNDERSTAND THAT DIFFERENT CHOICES RESULT IN DIFFERENT CONSEQUENCES... BUT, THAT UNDERSTANDING DOES NOT GUARENTEE PROPER BEHAVIOR.

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