

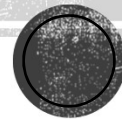
# PARENTING FROM THE INSIDE OUT

## SESSION 1

[HTTPS://WWW.COV-PRES.ORG/RESOURCES/?\\_RESOURCE\\_TYPES=SUNDAY-SCHOOL-CLASSES](https://www.cov-pres.org/resources/?_RESOURCE_TYPES=SUNDAY-SCHOOL-CLASSES)

TAUGHT BY

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## GOALS

- Learn/Discuss how God has designed us for relationships and how he has described in the scriptures for us to relate and love one another
- Learn/Discuss how God has designed the brain to be **integrated** and how it impacts the way we do relationship with God, ourselves & others, including our children.
- Learn/Discuss how self-preservation, self-awareness & self-regulation impact our relationships & parenting
- Learn/Discuss how our family of origin (and other key relationships) have impacted how we love and do relationship in our parenting
- Learn/Discuss the differences between Reactive Parenting vs Intentional Parenting in the earlier and later years of our children



## UNDERSTANDING GOD'S DESIGN

- Life in Christ is all about relationships, with God, others and ourselves
- If we reduce Christianity to a series of steps for handling life better, then we miss the whole point of the gospel
- Our **value** is rooted in His undeserved love (We are chosen – Eph. 1:4-5)
- Our **purpose** is to give others a taste of God's goodness that points them to Christ (Luke 9:24).
- Our **hope** is being with Christ in a future day when every relationship will work exactly as designed (1 Peter 1:3, Rev 21:4)



## I PRAISE YOU BECAUSE WE ARE FEARFULLY AND WONDERFULLY MADE...PSALM 139:14

- We are PHYSICAL embodied creatures who THINK & FEEL
- We are PASSIONATE people in all that we do (not dutiful)
- We are THOUGHTFUL in our reactions/responses to life (not driven)
- We are RELATIONAL persons (not mechanical or to be fixed)
- We are PURPOSEFUL (not reactive)
- We are (by nature) SELF-ORIENTED (not giving)

