

Kids who fear the Lord

Keeping up with the parents - Series
Ps. Waweru– 28th May 2017
LG Discussions



Training through discipline

Helping your child through each phase of his life with loving discipline is an integral part of his/her development, a necessary requirement to help him grow into a healthy adolescent and beyond. We need to acknowledge to ourselves that discipline is not fun and rarely easy.

Discuss what the bible says about discipline as opposed to what the world says.

1. Discipline drives out foolishness.

Read: Proverbs 22:15 & Proverbs 29:15

2. A parent who loves their child – disciplines them.

Read: Proverbs 13:24 & Hebrews 12:7 – 10

Good discipline has 3 qualities to it:

- It is not a pleasant experience for the child.
- It hurts both to the administer and the recipient.
- It produces righteousness.

3. The un-disciplined child brings shame to its parents.

Read: Proverbs 17:25 & Proverbs 29:17_

The following are the different forms of discipline:

Teaching a child, Instructing, Correction, Rebuking, Reprimanding, Disciplining, The rod, Imparting wisdom, giving counsel

NB: Using the rod is only 3% of a parent's task. 97% of parenting is coaching. Do not overuse the rod. Use some other methods. You need to make a list of all the ways you can discipline and then categorize the discipline into 3 categories

Discuss situations where you need to administer **Light discipline, Medium discipline** or **Heavy discipline** (the ROD)

Different stages need different discipline.

Infancy (1 – 5 yrs) - *“Break their will but not the spirit”* The will is the seat of the emotions. Here are some practical ways to break the will.

Use a stern tone; require that they respect authority, define boundaries clearly for them, use reinforcement: repeat the message over and over. Use a low level rod e.g. Chopsticks to enforce your instructions when they disobey.

At this stage it's very important for parents to avoid Nagging, Threatening, Shouting, Screaming, Begging or Pleading. You must always remain in control of your emotional and mental state.

Overreacting says more about the parent's inability to discipline, than it does about the child. A child who is 4+ years and still throws a tantrum also says more about the parent's inability to discipline, than it does about the child.

Schooling years (6-10) –

Grow their independence and self-control, make quick consequences for breaking known rules, explain the reasoning behind consequences, encourage them to make non consequential choices and options e.g. pick clothes, one treat over another etc. Reward good choices and behavior. Elaborate on natural consequences outside of the home e.g. failure to do homework, teacher will discipline you. They Lose privileges. They get grounded.

Different stages need different discipline: Teens (11 – 20 yrs.) - “Influence goes further than concrete authority”

- *Retire the rod, but require accountability for actions.*
- *Build friendship and trust by modeling the right behavior.*
- *Move from concrete authority to influence. Allow them to speak for themselves and define their choices as well as the consequences.*
- *Cut privileges as discipline. TV time, gadgets, outings.*
- *Set clear boundaries*

In all this – Be the adult

Don't raise voice, don't sound frustrated, don't ever hold a shouting contest, and don't bend the rules. Be consistent as a parent in modeling what you want to see and influence your child.

Discuss: *How having different strategies and goals for disciplining children of differing age groups is important to their growth.*

Prayer: *- That God will work on our Character as parents and help us to raise our children in line with His will.*