

# Kids who fear the Lord

Keeping up with the parents – Series

Ps. Waweru– 28<sup>th</sup> May 2017

Sermon Notes



## *Training through discipline*

Helping your child through each phase of his life with loving discipline is an integral part of his development, a necessary requirement to help him grow into a healthy adolescent and beyond. Having said that, it's also important to acknowledge that it is almost *never* easy! I say this because I believe that too often parents shy away from disciplining their children because it hurts *them* to watch their little ones become even more upset. So the most important thing for you to do before you read any further is to acknowledge to yourself that discipline is not fun and rarely easy.

### **What does the bible says about discipline**

#### **1. Discipline drives out foolishness.**

- All children desperately need discipline! (discipline-disciple)

**Prov 22:15** *Folly is bound up in the heart of a child, but the rod of discipline will drive it far from him.*

**Prov 29:15** *A rod and a reprimand imparts wisdom, but a child left undisciplined disgraces its mother*

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

- To not discipline your child is a sign that you don't love them. **Prov 13:24** *Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them.*
- Discipline is so important that our father in heaven also disciplines us as his sign of love and a sign that we are not illegitimate children. **Heb 12:7 – 10** *Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? <sup>8</sup> If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. <sup>9</sup> Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! <sup>10</sup> They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness.*

### **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.

If it doesn't hurt then you are under-disciplining – which is a waste of time. For example, sending a child to a room . . . where their toys are.

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

**Prov 17:25** - *A foolish son brings grief to his father and bitterness to the mother who bore him.* If you don't discipline your child you will live to regret it. But if you do discipline then there are positive rewards that you will enjoy **Prov 29:17** - *Discipline your children, and they will give you peace; they will bring you the delights you desire.*

#### **There are different forms of discipline:**

The bible uses many words to describe what a parent should do. It talks about

- Teaching a child
- Instructing
- Correction
- Rebuking
- Reprimanding
- Disciplining
- The rod
- Imparting wisdom
- Giving counsel

Using the rod is only a small part of a parent's task . . . in fact I would say that in the total task that is bringing up a child 97% of parenting is coaching . . . and 3 % is using the rod. Do not overuse the rod.

Use some other method . . . What you need to do is make a list of all the ways you can discipline and then categorize the discipline into 3 categories

#### **Light discipline**

- Strict tone
- Sit in a corner
- Go to their room when everyone else is having fun
- Cut back pocket money
- Deny them dessert

#### **Medium discipline**

- Withdraw visiting rights
- Sleep early
- Stay home when everyone else goes out
- Take away a toy
- Say sorry
- Deny a meal

## Heavy discipline – the ROD

### The “BIG FIVE”

1. Ignoring or outright defiance towards parents
2. Hitting & biting
3. Abusive language
4. Telling a lie
5. Playing parents against each other

*Some examples to explain:*

- When David loses his cardigan at school – that’s **light discipline**
- When he spills tea all over the sofa when you had told him not to play with the tea pot – that’s **medium discipline**
- But when he openly defies your authority, spits at you or abuses you – that’s **heavy discipline**.

### Different stages need different discipline: Infancy (1 – 5 yrs)

*“Break their will but not the spirit”* The will is the seat of the emotions. In most children, this is unformed, unyielded and refuses to be guided and led. This is what breaking does. To break is not to crush and destroy but rather to bring into submission and yieldedness. E.g. horses. This is your goal during this stage. Some ways to break the will

- i. Use an stern, tone
- ii. Require that they respect Authority
- iii. Define Boundaries clearly for them. You must make sure kids know expected behavior
- iv. Use Reinforcement: Repeat the message over and over
- v. 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 parents inability to discipline, than it does about the child. This is the same too with a child who is 4+ years and still throws a tantrum – It says more about the parent’s inability to discipline, than it does about the child.

### Schooling years (6-10)

- *Grow independence and self-control*
- Quick consequences for breaking known rules
- Explain the reasoning behind consequences.
- Encourage them to make non consequential choices and options. Pick clothes, one treat over another etc.
- Reward good choices and behavior.

- Natural consequences outside of the home. 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.
- Don't bend the rules.

**Be consistent as a parenting in modeling what you want to see and influence your child.**

### **Prayer:**

- a. Commitment to instill an honor and healthy respect for boundaries and rules.**
- b. God to work on our Character as parents**
- c. Salvation and prayer for kids**

Resources:

- a. *James C. Dobson Parenting Collection***