

# 1. Well Grounded

Keeping up with the parents - Series

Ps. Waweru – 7 May 2017

Sermon Notes



## Question of the Day.

What is one quality you look for in a well-grounded friend?

An Oak tree – is a common symbol of strength and endurance, and is used as an emblem on the “Coats of Arms” of many countries, counties, councils, and organizations. The Oak tree is a picture of strength and beauty, deeply rooted, resilient, does not dry up, is not easily attacked by pests, and has many uses, ship building/furniture/flooring. It is tough and resistant to pest and insects. It is of great value, is a tree of choice, and it often defines and commands whatever space it occupies.

*Isaiah 61:3 (KJV)- To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.*

The above scripture talks of God’s people being referred to as oaks (trees) of righteousness. God promised to bless his people and raise them up so that they would be called “Oaks of Righteousness”. That’s the prayer and desire many parents have for their children.

## The crisis of child directed families.

Today we are facing a crisis because the world expects parenting to be child focused meaning that the child needs to be kept happy at all costs. When kids won’t sleep/eat/behave and follow rules.

But how do we raise up such strong children whose values

- Will not be swayed by the winds of change?
- Who will be resilient, because they have deep rooted, God-fearing roots?
- Whose morals will not be eaten away by the pests of hedonism, or secularism?
- Who’ll not cave-in under the attack of this world’s pressure to conform?
- But who will define and command every space they enter, and every job they serve in?

As Parents, dating, those with nieces and nephews, and those looking to have kids.

## Question 1: What does successful parenting look like?

Every parent has an answer to the question we’re asking on raising solid children. It’s an answer forged from memories of

- What our own parents did, or did not do;
- What we’ve seen in the movies,
- heard in the talk shows,
- Seen among our friends or read in the articles.

It's an answer forged from social norms, traditions and community expectations which have a powerful impact on us. We want our children to be happy, safe, comfortable, socially adjusted, educated, and able to fulfill their potential. And so we provide them with their basic needs of food, clothing and shelter. So we've created a matrix of measurements based on what society defines to be significant . . . and central to us. That we should provide a good education for them. And once they are in, we push them hard academically because we believe that the key to success is education.

But when it comes to successful parenting, what does God himself measure? What if his standards are not the same as ours? What if he's measuring something else and we've got it all wrong.

**Mal 2:15 says** - *Has not God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring.*

So one of the indicators of successful parenting in God's eyes is Godliness in a child, a living faith that will sustain them through life.

## **Question 2: whose report will you believe?**

A second question about successful parenting is "whose report will you believe?" There are many theories on parenting.

**Prov 22:4** - *True humility and the fear of the Lord lead to riches, honor, and long life.*

Isn't that interesting? It's not education and a head start, it's true humility, and we thought humility was a "weakness". Humility and the fear of the Lord are the key to riches, honor and long-life . . . the very things we want for our children!

For the last 40 years of parenting books, psychologists have been telling us – do not discipline a child using a rod because it ruins their self-esteem; and anyway "violence (as they call using a rod) breeds anger and violence", so many popular parenting books advice against using a cane. But the bible says

**Prov 13:24** "*Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them.*"

Psychologists tell us not to use the rod on our children, but God says if you don't use the rod when discipline warrants it, it a sign that you don't really love your child! It even goes further to say

**Prov 23:13 -14** *Saying Do not withhold discipline from a child; if you punish them with the rod, they will not die. Punish them with the rod and save them from death.*

God warns us and says if we are to be successful – we need to make a paradigm shift away from what the world thinks. If God is our model – does he affirm, does he express love for his children, does he discipline, does he reward? Who's your model? The African man, your parents or God?

### Question 3: What is your model of parenting?

I have a third foundational question for you when it comes to parenting

1. How do you define success in parenting and exactly what are you aiming for?
2. Whose report will you believe? What society or popular psychology says, or what God says?

We have to raise them up by God's standards, not the child-rearing psychologist's standards.

There are five things our parenting and raising kids should impart into the kids' lives.

1. **A healthy self-esteem** – Being able to view themselves as God does.
2. **A sense of personal competence** – They have something to offer the world.
3. **Relational skills** or what is called emotional and relational intelligence
4. **Personal Integrity** – in the character of the child
5. **Spiritual godliness**- A fear of the Lord, and a desire to obey his commands.

So how do you develop a healthy self-esteem in children? It's by –

1. Building a deep sense within the child that they are valuable and respected.
2. Convincing them that they really matter.
3. Helping them see that they are worthy of respect
- 4 simple, easy things you can do in this line.

1. **Your word: affirm them.** Shower them with affirmation, no-one can get too much affirmation, so pour it on. Tell them "I'm proud of you, I think you are the most beautiful girl in the world, or the brightest boy in the world. If I could choose a son all over again, I'd choose you every time. I like the way you do this."

2. **Your look: Look them in the eye.** The second key to communicating a strong sense of self-esteem is eye contact. Eye contact communicates equality & respect. In many societies around the world you don't look into the eye of someone you are deceiving or someone you don't respect.

3. **Your touch: The third key to communicate self-esteem and value is touch.** Hug them, hug them frequently, hug them hard, play hugging games like wrestling, or for girls with mothers, combing hair and dressing up. Look for an opportunity to touch your child frequently and to hug them.

4. **Your marriage: Give them a safe place to grow in.** It's very important that kids see parents who love one another. This is why when mom and dad are away or quarrelling, it transfers direct anxiety to the kids and the home. You must guard your marriage fiercely so your kids have a safe place to grow in.

Ministry

- Decide to make your marriage work and a safe space for the kids  
Sign Up for NDOA (Info Desk)
- Commitment to raise kids by God's standard and not the world's or pop psychology.  
Prayer for godly parenting/ask for God's help. Sign up for Lea