

RAISING CHILDREN WITHOUT RAISING OUR BLOOD PRESSURE

We can receive advice on parenting from the ultimate parenting handbook – the Bible.

God is the model parent. *Be perfect as your Heavenly Father is perfect. Matthew 5:48 (niv)*



The key to parenting is to treat our children the way God treats us.

UNDERSTANDING CHILDREN

Proverbs 24:3 (gnb) Homes are built on the foundation of wisdom and understanding.

God knows us and understands our personality.

Psalms 103:13-14 (niv) As a father has compassion on his children, so the Lord has compassion on those who fear Him. For He knows how we are formed.

Proverbs 22:6 (niv) Train a child in the way he should go and when he is old he will not turn from it.

This verse is not a promise, it's a proverb.

A proverb is a short saying of a basic truth or a concept of truth.

There is no guarantee it will work but it can!

The key to understanding this verse is to understand the two-fold use of the word *WAY*.

1. Parents are to use Biblical principles in training their children through their unique individual way of understanding and how they are wired.

(Amp) Train up a child in the way he should go [teaching him to seek God's wisdom and will for his abilities and talents]. Even when he is old he will not depart from it.

WAY means abilities, temperament, personality etc. Each child is designed a certain way.

2. The verse can be read ***“Initiate a child on his path; even when he is old he will not depart from it.”***

Parents are to set their children on God's path (ways) and they will seldom deviate from it.

Parents therefore are the best example to their kids of living life based on Biblical practises and principals.

In the end parents do the best they can, but ultimately children will decide what path they will take!

ACCEPTING CHILDREN

*Accept one another just as Christ has accepted you.
Romans 15:7 (niv)*

Parents can reject their kids when they don't meet their standards and expectations - which may not be reasonable or Biblical!

It's tragic to think that kids can feel they are only accepted based upon their performance.

DISCIPLINING CHILDREN

Proverbs 13:24 (niv) If you refuse to discipline your son it proves you don't love him.

Disciplining children reveals our love for them.

A lack of discipline reveals we are not that concerned for our children.

Proverbs 19:18 (gnb) Discipline your children while they are young enough to learn. If you don't you're helping them destroy themselves.

Big difference between punishment and discipline.

The purpose of punishment is to inflict penalty.

Anger or frustration motivates a parent to punish their children.

The result of ongoing punishment is fear, guilt, insecurity, compliance and anger.

The purpose of discipline is to promote growth through correction and training.

The motivation behind discipline is love.

The Lord disciplines those whom He loves. Hebrews 12:6

The result of disciplining through love is acceptance, security, feeling safe and growth.

There is no fear in love. But perfect love drives out all fear, because fear has to do with punishment. 1 John 4:18

We discipline our children the way God disciplines us.

Psalms 145:8 (niv) The Lord is gracious and compassionate; slow to anger and rich in love.

- **Discipline Calmly.**

A fool gives full vent to his anger. Proverbs 29:11

Discipline is not a frustration reliever.

- **Discipline Promptly.**

Don't delay it, but don't react, respond by thinking through what the right course of discipline is.

- **Discipline Cautiously.**

Colossians 3:21 (tlb) Fathers, don't scold your children so much that they become discouraged and quit trying.

Don't discipline kids for being kids; discipline them for rebellion. Big difference!

Christ followers don't have to be afraid of God, because He never punishes us.

He lovingly disciplines us for our own good and onto growth and maturity.

God gives us what we need, not what we deserve. If we got what we deserved, none of us would be here!

There is now no condemnation for those who are in Christ Jesus. Romans 8:1 (niv)

EXPRESSING LOVE TO CHILDREN

Expressing our love to our children through;

- **Affection**

Psalm 145:9 (msg) God is good to one and all; everything He does is soaked through with grace.

Appropriate physical contact etc. Love in action.

- **Affirmation**

Psalm 145:14 (niv) The Lord upholds and uplifts those who are down.

Psalms 145:8 (niv) The Lord is gracious and compassionate; slow to anger and rich in love.

We shape our kids by the way we talk to them.

- **Attention**

Psalms 145:18 (niv) Our Heavenly Father is near to us when we call on Him.

Parents need to be intentional in spending quality and quantity time with children.



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