

Parenting Workshop #2

Obedience Motivated by Trust

But why am I here ?

Why does “But why am I here?” appear on the first slide?

This talk was first given to the entire congregation, made up of folks from children to empty nester, both singles and marrieds, many having no responsibility to train or discipline children. We explained that the topic wasn't limited to helping children, and that we all needed to do our part in interacting with one another in an encouraging manner.

We held a follow-up session a few days after this talk, and various people shared how well the Descriptive Praise worked for them. One business owner shared, “I thought this lesson was going to be a total waste of my time. But I found out that Descriptive Praise works on my employees! I'm impressed!”

- Obedience motivated by trust is the foundation of a life lived by God-given Biblical truths.
The problem with Adam and Eve
- This is the foundation for you as a disciple of Jesus.
Jesus said, “**If you hold to my teaching,** you are really my disciples.” *John 8:31*
- This is also the foundation of character in your children.
God’s one command to children.

God's One Command for Children

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” — which is the first commandment with a promise — “so that it may go well with you and that you may enjoy long life on the earth.”

Ephesians 6:1-3

Obedience Motivated by Trust Is the Foundation
for Raising Children and Disciples.

Review from Workshop #1

1. Relationship

2. Modeling

You build trust by having a close relationship and by modeling good, consistent behavior

You are the most influential model for your children. They see everything.



Spiritual Formation and Mental Development Starts with Obedience Motivated by Trust

Age 0-5	Age 6-10	Age 11-12	Age 13-17
Obedience	Relationship	Reason	Resolve



The Foundation



Chronic Stress in the Home Derails Good Parenting

1. Job/Money Issues
2. Single-Parenting or Step-Parenting
3. Other house guests living with you
4. Screens (cell phones, internet, TV)
5. Cluttered home environment
6. Over scheduling

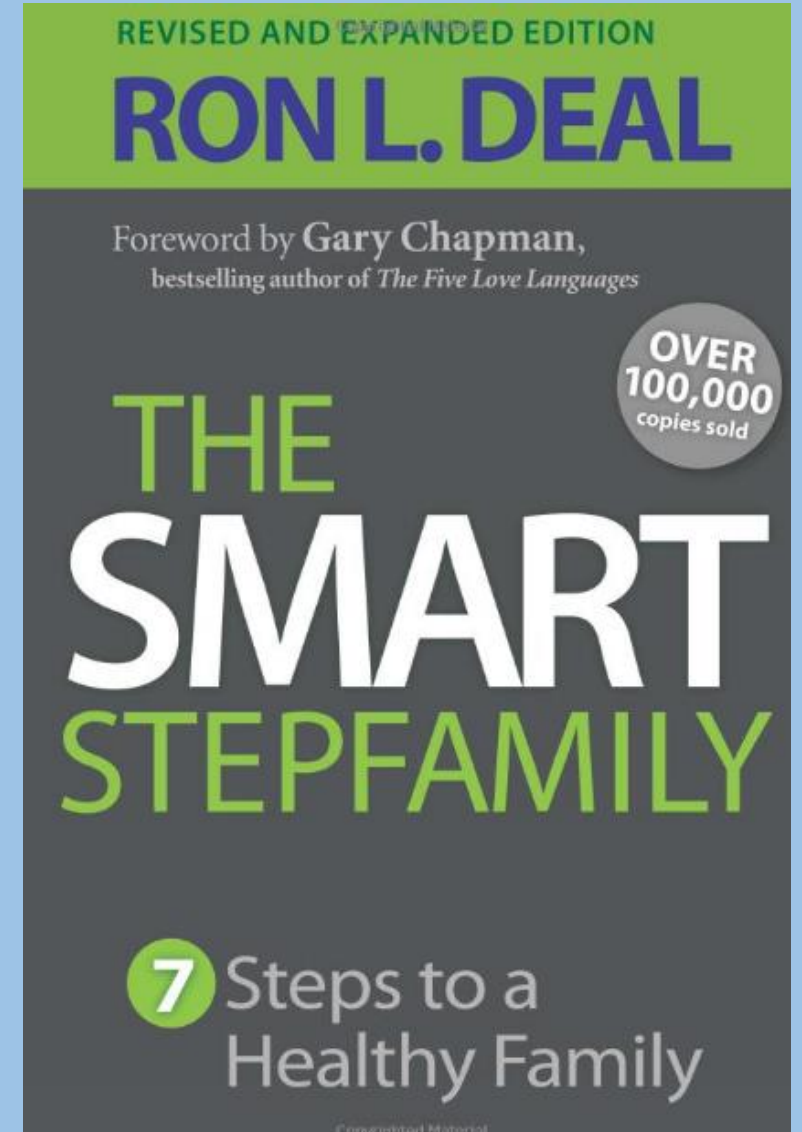
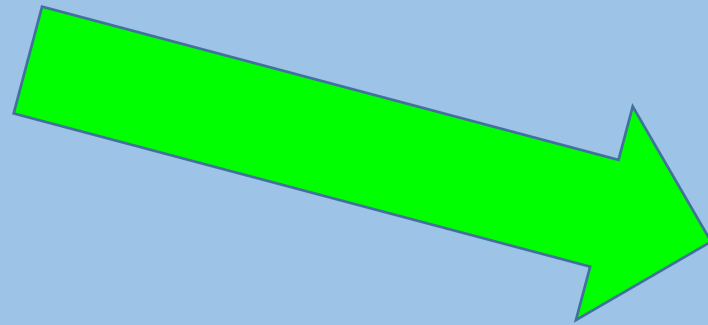
Job and Money Issues

- 78% of Households live paycheck to paycheck
- Constant focus on “Can we pay the bills?”
- Any unplanned “emergency” pushes you over the edge, raising your stress level even more

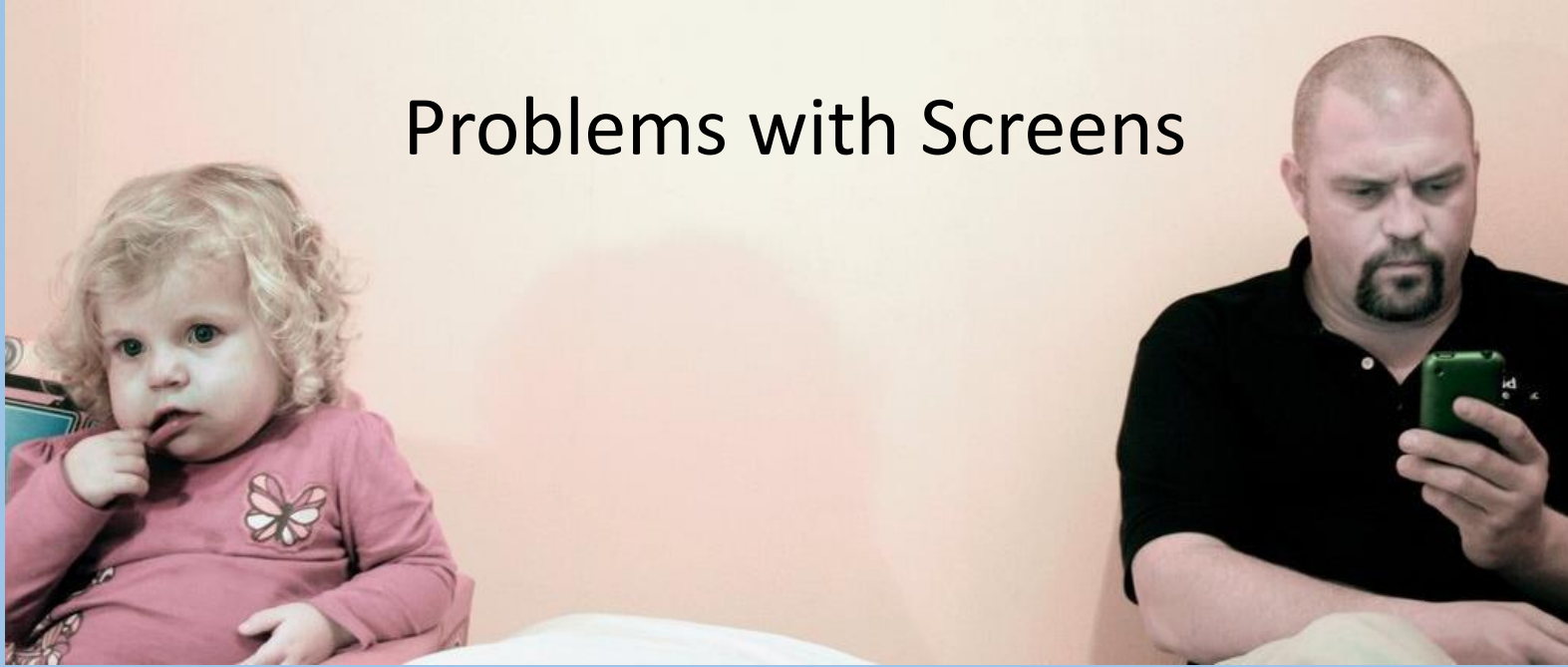
Financial Peace University is designed to unburden your family and give you freedom and peace.

Step-Parenting

Gary Chapman recommends this book as the best resource for stepfamilies.



Problems with Screens



France has **banned** French TV shows to children under three because **stunts development**.

“Hurts development, passivity, slow language acquisition, over-excitedness, troubles with sleep and concentration and dependence on screens.”

American Academy of Pediatrics: **Limit time children spend in front of TVs, computers, educational games and even grown-up shows in the background.**

Cluttered Home Environment

1. We collect too much stuff! Get rid of what is not helpful to your family.
2. Give away clothes that you no longer use. Keep your closets uncluttered
3. Donate old toys. Rotate toys.
4. Put clothes away!





Over-Scheduling Increases Stress

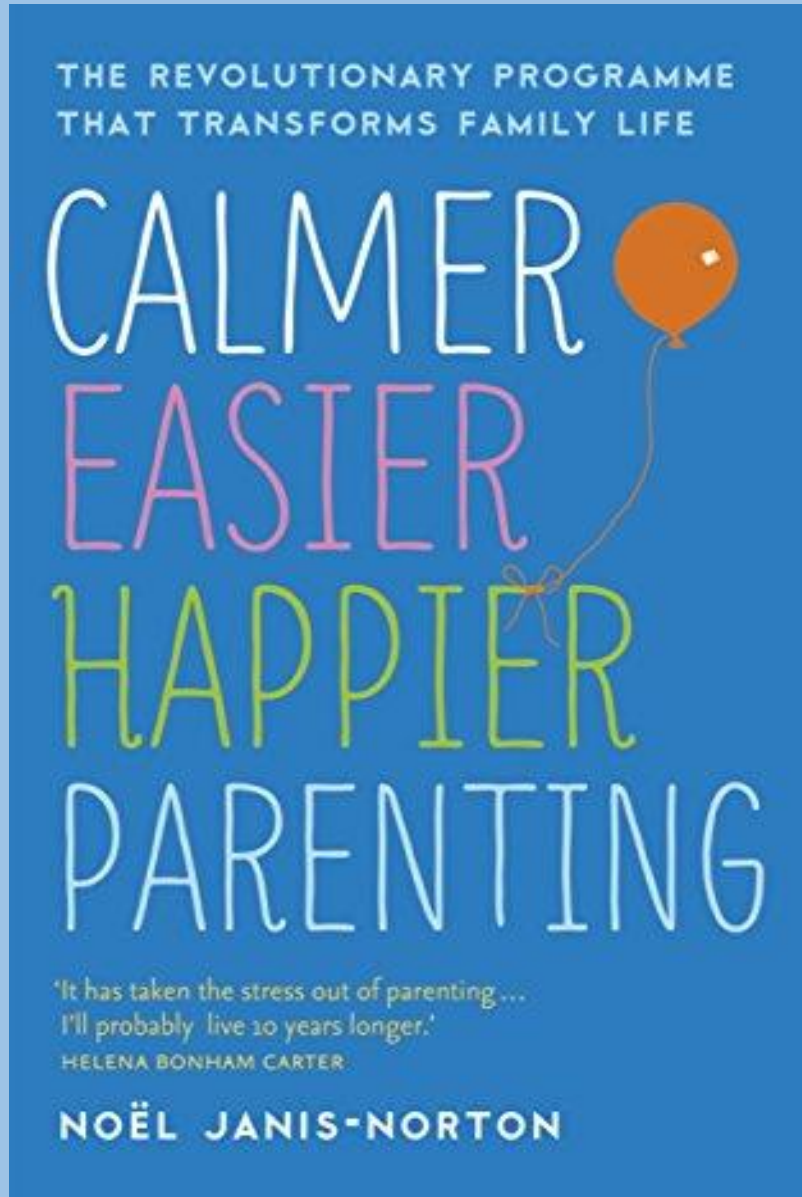
Do Not Over-Do !

This will be counter-cultural.

Get good at saying “No.”

The Toolbox

- **Descriptive Praise**
- Think-Through Times
- Environment for Success
- Allowing Enough Time
- Special Times
- United Front



Descriptive Praise

Descriptive Praise

As our children hear us complimenting their good qualities, they want to take on those qualities more and more.

Ephesians 6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Hebrews 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

Biblical Examples of Descriptive Praise

I always thank my God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every way—with all kinds of speech and with all knowledge— God thus confirming our testimony about Christ among you. Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ.

1 Corinthians 1:4-8

Examples of Descriptive Praise

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

2 Thessalonians 1:3

Words Are Powerful If Used in the Right Way

- Nagging, put-downs, warnings, counting, showing exasperation, etc., are not effective.
- Descriptive Praise gives the child a positive self-image to live up to.
- Example of Thomas Edison's mother

Descriptive Praise: A Positive Approach that Works!

Descriptive Praise for Good Behavior

- Emphasis is on character
- Proactive instead of reactive
- Develops competence, skills
- Reduces stress

Self-Control, Respect, and Cooperation are known to be the characteristics that help us to succeed in every area of life. Descriptive Praise helps to achieve those character traits.

How to get started using Descriptive Praise

1. Choose two annoying behaviors you'd like your child to improve, and write them down.
2. For each behavior, notice and Descriptively Praise every time your child does it right or just OK or even just a bit better than before.
3. Notice and mention when your child isn't doing the annoying behavior.
4. Avoid superlatives! (awesome, incredible, fantastic, great job)
5. Make a goal of Descriptively Praising some aspect of the improved behavior at least ten times a day.

Examples of Descriptive Praise

“Out-of-Control Impulsivity and Defiance”

“Potty Language and Interrupting”

Who, Where, and When to Use Descriptive Praise

With your campus and region leaders.

With your family group members.

When you teach Kingdom Kids.

With the server at the drive-through.

With your adult kids.

With your spouse.

With your coworkers, boss, professor.

With everyone!

Homework

1. Get the *Calmer Easier Happier Parenting* book.
2. Before you go to bed tomorrow, read Chapter 3 of the book.
3. Practice the steps in the book (see the handout) for the following 9 days.
4. Parents meet at the church building at 7:00 pm on March 28 to discuss results. (Other adults also welcome.)