



POSITIVE DISCIPLINE

KIND, FIRM & EFFECTIVE LONG-TERM



OPENING PRAYER:

(Anyone in the family is welcome to pray)

FAMILY CHECK-IN:

(5 -10 minutes, depending on family size): If you had to do this day over again, what would you have done differently?

QUESTION:

What are 3 words or emotions that come to mind when you hear the word “discipline”

(Aim for about 15 - 20 minutes of conversation)

BIBLE VERSE:

“Fathers, do not provoke or irritate or exasperate your children [with demands that are trivial or unreasonable or humiliating or abusive; nor by favoritism or indifference; treat them tenderly with loving kindness], so they will not lose heart and become discouraged or unmotivated [with their spirits broken]”.

Colossians 3:21 AMP

FAMILY CONVERSATION:

Discipline means to train or develop by instruction and exercise, (especially where self-control is concerned). Discipline is often viewed as something negative, like punishment or control which, (as we’ve seen in the passage above), isn’t always true. At least it shouldn’t be! There will be times when God is trying to teach us something and discipline is received from our parents, or those in authority. More often than not it won’t feel good but we must understand discipline helps us grow in our relationship with God and others.



LET’S TALK ABOUT IT.

- Can you remember a time when you had to receive discipline? If so, tell us about it and how it made you feel. (Note: Parents use this time as an opportunity to share a personal story of a time when you were disciplined as a child for doing something you should not have done.)
- Can you recall a time when you or someone you know was unfairly disciplined?
- How does being disciplined help you grow as a person and in your relationship with God? Is discipline necessary?

TAKEAWAY:

God holds us accountable for how we use the authority He’s given us, which is why disciplining in a way that encourages true change is important and should be the goal. Discipline [as noted by Dr. Jane Nelsen, Author of “Positive Discipline”] should always be kind, firm and effective long-term.

When the Bible talks about God’s discipline, it’s always fair and is meant to help us grow into a better person and in our relationship with God. It may not always make us feel good but may we always remember God’s love is true, even in those moments.

FAMILY RECOGNITIONS:

(5 minutes): Take a moment to allow each family member to celebrate a personal “win” they’ve recently experienced.

FAMILY PRAYER:

Parents say the following prayer over your children...

“Father God, thank you for the gift of parenthood and for trusting me with your children. Guide me daily and give me the discipline to study your word and make time for a relationship with you, so I can actively and purposefully teach my children how their lives can be used to glorify you. Lord, help me to parent my children like You parent me. Give me Your heart for them and help me to love them like You do.” In Jesus’ name, amen.