

# On Target Parenting

BIBLICAL  
PRINCIPLES  
FOR SHAPING,  
AIMING, AND  
RELEASING  
YOUR CHILD



This study is dedicated to all the parents  
at Highpoint Church committed to raising  
their children to believe in, belong to,  
and become like Jesus.

# **GROWTH Groups**

A Highpoint Resource

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All Scripture is from the English Standard Version unless otherwise noted.

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## About this Study

### Welcome to On Target Parenting.

It has been said, “If you aim at nothing, you hit it every time.” We do not want to be aimless in our parenting. In this study we will discover the focus of our parenting through biblical principles for shaping, aiming, and releasing our children.



### Parent is a noun and a verb, a position and an action.

It is possible to be a parent and not parent. Or to parent and not be a parent. Our desire is to be parents who parent with purpose and intentionality, ones who are on target in our parenting.

When this study references parents, it is referring to biological parents and adoptive parents, foster parents and stepparents, single parents and married parents, grandparents, aunts, uncles, and guardians. When this study references parents it is referring to all forms of parental care givers.

*On Target Parenting* is for all parents - parents of babies, toddlers, preschoolers, grade schoolers, pre-teens, and teens. If you have a child in your home, this study is for you.

Psalm 127 provides the biblical foundation and framework for this parenting study and the blueprint for building your home. The goal of this study is to be biblical and practical.

In each session we will open God’s Word to discover biblical principles and to discuss practical application in our families.

*On Target Parenting* is designed to be a group study with other parents for mutual encouragement, prayer, and support on the parenting journey.

You are encouraged to watch the *On Target Parenting* videos and then discuss the questions provided - Share: Get Talking, Study: Go Deeper, Support: Grow Together.

Each session will end with an encouragement to identify a specific action point for the week.

My Plan to Parent on Target this Week



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*<sup>3</sup> Behold, children are a heritage from the LORD,  
the fruit of the womb a reward.*

Psalm 127:3

<sup>1</sup> Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. <sup>2</sup> It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

<sup>3</sup> Behold, children are a heritage from the LORD, the fruit of the womb a reward.

<sup>4</sup> Like arrows in the hand of a warrior are the children of one's youth. <sup>5</sup> Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

Psalm 127:1-5







# Family Foundations

## Session One

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*<sup>1</sup> Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. <sup>2</sup> It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. - Psalm 127:1-2*

### Strong Homes Are Built \_\_\_ and \_\_\_ God.

God is both the builder and the foundation. In the same way a strong and stable foundation is needed to build a house - a strong and stable foundation is needed to build a home, a marriage, a family.



*<sup>24</sup> "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. <sup>25</sup> And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. <sup>26</sup> And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. <sup>27</sup> And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it." - Matthew 7:24-27*

## Foolish Family Foundations

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*Like the sun is to the planets, a child-centered home revolves around the child. The child grows up feeling entitled - that life should revolve around him/her.*

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*Like the plate spinner at the circus, calendar-driven families run from activity to activity, club to club, sport to sport, every day of the week. It's entertaining at the circus but exhausting in life. Rather than parents leading their family, the calendar leads the family.*

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*What would it profit a parent to gain the world, but lose his/her family? Work hard as unto the Lord, but do not neglect your family in the process.*

### Question:

Who/what calls the shots in your home? Is it your child, your calendar, your career?

*By wisdom a house is built, and by understanding it is established.*

Proverbs 24:3

*Christ Jesus himself being the cornerstone*

Ephesians 2:20b

## Priorities for a Spiritual Foundation

**Parents who model a growing \_\_\_\_\_ with the Lord.**

Reading Bible at home. Prayer as a family. Personal worship. Genuine love for God and people.

**Parents who prioritize weekly \_\_\_\_\_ at church.**

God is worthy of our first and best, including the first hours on the first day of every week to gather to worship corporately and to hear God's Word.

**Parents who are engaged in biblical \_\_\_\_\_.**

The Christian life is not meant to be lived in isolation, but in community through a small group and a serve team - both providing relational and spiritual growth.

## A Picture of Family Worship

Psalms 127 is a Psalm of Ascent. Psalms 120-134 is a collection of psalms the Hebrew people sang journeyed from a lower elevation up to Jerusalem to worship.

This psalm shows the priority of family worship. Psalm 127 was sung by families on their way to worship together. The kids were not left behind with a babysitter, nor did the Mom go by herself for the family. Instead, the whole family went to worship together - led by the parents with the kids close to their side.



### Need More Sleep?

When it comes to homebuilding, self-effort is meaningless. Psalm 127:1 uses the word “vain” three times referring to self-effort. Vain means useless, empty, worthless, without substance.

Parents who build with self-effort are described in verse 2 - they wake up early, go to bed late, anxious toil, and no sleep. Why? Because it is all self-effort.

Contrast this with those who let the Lord build their home - God “gives to his beloved sleep.”

Can you use more sleep? Not just more hours of sleep, but more restful sleep? More peace about your parenting?

Allow God to build your home.

**Before God built a nation or a church, God built a family.  
And God wants to build your family.**

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- Who are your children? What do you hope to get out of this group and study?

## Study: Go Deeper

- Summarize each of the Foolish Family Foundations. Which one do you need to guard against the most?
- Read Psalm 127:1-2. What does it mean to allow God to be the builder and foundation of your home?
- Read Matthew 7:24-27. How do these verses apply to parenting?
- What are priorities and activities of a home built on a strong spiritual foundation? In what ways can you help your home grow spiritually?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week



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# Gifts from God

## Session Two

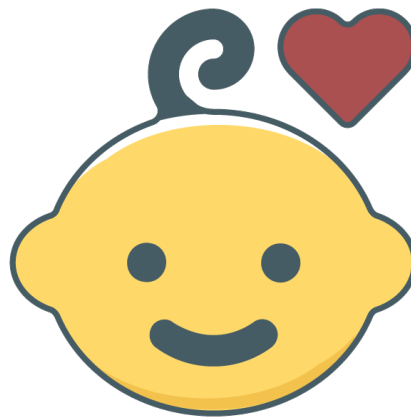
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*Behold, children are a heritage from the LORD, the fruit of the womb a reward.*

Psalm 127:3

**Every Child, from \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_, is a Gift From God.**

Throughout the Bible, God takes personal responsibility for the creation of life in the womb. As Christians we cannot separate our conviction about life from our convictions about God who creates and gives life.



*For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.*

Psalm 139:13-14

*"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."*

Jeremiah 1:5

**What do these verses say about your child?**

## Children are a \_\_\_\_\_ from God.

Children are a blessing, not a burden. Does your child feel like a blessing or a burden?

### Choices to Bless Your Baby

#### Choose a meaningful \_\_\_\_\_.

You can name your child after a family member, a Bible character or someone of significance. Or choose a fresh name with a significant meaning of the name.

#### Choose a \_\_\_\_\_ verse.

Pick a Bible verse for your child to represent your heart for your child. Pray this verse over your child often.

#### Choose to participate in \_\_\_\_\_.

Parent-Child Dedication is an opportunity for parents to declare before God, their family, and their church family their desire to raise their child in the grace, knowledge, and truth of the Lord Jesus Christ.

### As your child grows continue to bless your child through nurturing, caring, and meeting their emotional needs.

Babies	1-3 years old	4-11 years old	12-18 years old
Love	Love	Love	Love
Attention	Attention	Attention	Attention
Touch	Touch	Touch	Touch
Routine	Routine	Routine	Routine
	Empathy & Understanding	Empathy & Understanding	Empathy & Understanding
	Praise	Praise	Praise
	Safe Boundaries	Safe Boundaries	Safe Boundaries
		A Sense of Personal Control & Choice	A Sense of Personal Control & Choice
		Support	Support
		Respect	Respect
			Freedom
			Independence
			Trust
			Communication
			Forgiveness
			Knowing You are Always There

## Children are a \_\_\_\_\_ from God.

As gifts, we receive our children and raise children in order to release our children.



We treat our children as gifts by ...

- \_\_\_\_\_ them - *for who they are, not for what they do or who you hope they will become*
- \_\_\_\_\_ with them - *take time to have fun together, laughter builds relationships*
- \_\_\_\_\_ to them - *not just hearing words, but truly listening to their heart*
- \_\_\_\_\_ about them - *seek to understand at a deeper level and showing empathy*
- \_\_\_\_\_ them - *you bless your child when you lead by example and point them to Jesus*

## Children are a \_\_\_\_\_ from God.

Children are a heritage, a legacy, from God.

Your legacy with your children does not start in the future. Your legacy has already started.

The question isn't will you have a legacy. The question is - What kind of legacy do you have today?

- Are you are building on a multi-generational spiritual legacy?
- Starting a first-generation legacy?
- Breaking the chain of generational sin?

Regardless of your family of origin, your child is a heritage from the LORD.

**What spiritual legacy are you creating in your home?**

*<sup>4</sup> We will not hide them from their children, but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done ... <sup>6</sup> that the next generation might know them, the children yet unborn, and arise and tell them to their children, <sup>7</sup> so that they should set their hope in God and not forget the works of God, but keep his commandments.*

Psalm 78:4, 6-7

### Living a Legacy to Leave a Legacy

- Read the Word with your children
- Tell your children your faith story
- Share with your children about the wonders and works of God
- Encourage your children follow God's commandments for their protection and provision



# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- When you were growing up, did you feel more like a blessing or a burden your parents? Why?

## Study: Go Deeper

- Every child - from womb to infancy and beyond - is a gift from God. Do you believe this statement? Why or why not?
- Read Psalm 139 and Jeremiah 1:5. What do these verses say about your child?
- Read Psalm 127:3 and Psalm 78:4-7. What kind of heritage do you want to have with your family?
- Your heritage begins today, not tomorrow. Do you agree? Why?

## Support: Grow together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week



A dotted line connects the text box to the target icon, and another dotted line extends from the bottom of the text box to the right, suggesting a space for writing a plan.



# Shape with Love - Part 1

## Session Three

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

### Parents Are Called to \_\_\_\_\_, Aim, and Release Their Children.

Parents are like warriors and kids like arrows.

When this Psalm was written, a warrior could not go to Cabela's or Bass Pro Shops to buy arrows. Instead, warrior needed to first shape the arrow before he could aim and release the arrow. To shape the arrow involved whittling it, fitting it with feathers, and adding an arrowhead. Each step was important to make it fly strong and straight.

How do we shape our kids?



Shape	Aim	Release
with _____ + _____		

### Shape Your Child with \_\_\_\_\_.

To know and be loved is a primary universal need for all humans - especially children.

*"Love your children - and let them know you love them. Children who experience love find it far easier to believe God loves them." Billy Graham*

*<sup>7</sup> But we were gentle among you, like a nursing mother taking care of her own children. ... <sup>11</sup> For you know how, like a father with his children, <sup>12</sup> we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, who calls you into his own kingdom and glory.*

1 Thessalonians 2:7, 11-12

These verses reference the importance of a mother’s love and a father’s love. Every child needs to be nurtured and cared for with tenderness. They need to be challenged, encouraged, and shown vision.

### 4 Ways to Shape Your Child with Love

_____	_____
_____	_____

**1. Love your Child in their \_\_\_\_\_.**

Each child is uniquely created by God and crafted in the womb with great care.

Psalm 139:16 says we are “fearfully and wonderfully made.” When holding a baby there is a sense of awe and fearfulness because of the awareness of how precious the child is. And each child is uniquely wonderful as a one-of-a-kind creation.

Each child shares DNA from their parents. But each child is unique from their parents and siblings, including in personality and a temperament. Therefore, how we love our children is not one-size-fits-all.

Gary Chapman writes about *5 Love Languages for Children*. These same Love Languages apply to adults as well. These are five ways people express love and receive. To shape your kids with love, you need to speak love in their language.



**Physical** \_\_\_\_\_ - *cuddles and kisses*

**Words of** \_\_\_\_\_ - *loving words of praise*

**Acts of** \_\_\_\_\_ - *actions of kindness*

\_\_\_\_\_ - *special surprises*

**Quality** \_\_\_\_\_ - *distraction-free time*

See the appendix for a *Love Language Mystery Game* to assess languages of family members.

To discern your child's love language, observe how they express their love. Most often the way we express love to people is the way people feel loved.

## 2. Love your Child with \_\_\_\_\_.

Is it quality time or quantity of time?

TIME involves Transparency, Intimacy, Meaningfulness, and Empathy.

**T** \_\_\_\_\_

*The time you spend with your child today equals transparency tomorrow. When children spend more time with a parent, they talk more. The less time you spend together is less talking and less transparency.*

**I** \_\_\_\_\_

*As time is spent together, the relationship deepens. Transparency is making known. Intimacy grows from that knowledge.*

**M** \_\_\_\_\_

*This involves maximizing milestones - both big and small moments.*

**E** \_\_\_\_\_

*The more you know your child, the more you will understand them and their challenges. Empathy enters into their lives to feel what they are feeling.*



Time is all about connection. It's about being present when you are present. You can be present and not present. You can be present physically but not mentally or emotionally present. You will never regret the time you spent with your kids.

## Making Memories + Maximizing Moments

Bond at bedtime - *especially when your kids are young, read a book, talk, pray*

Eat meals together - *put down phones, turn off the TV, enjoy time together*

Have fun - *board games, ice cream run, play ball in backyard, fun activity*

Plan an experience - *day in the city, camping, vacation*

Choose an adventure - *allow child to pick activity*

Pray together - *at bedtime, before school, at the dinner table*

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- When did you feel most loved as a child?

## Study: Go Deeper

- What are your two primary love languages? What are the love languages in your family? How are they similar? How are they different?
- Children who experience love find it far easier to believe God loves them. Do you agree or disagree? Why?
- Why is time a necessary component of love?
- In what ways can you be more present when you are present?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week



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# Shape with Love - Part 2

## Session Four

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

Parents Are Called to \_\_\_\_\_, Aim, and Release Their Children.



Last session we discovered how to shape your child with love in their language and with your time. The focus of this session is shaping your child with love with compliments and correction.

\_\_\_\_\_ what you want repeated and  
\_\_\_\_\_ what you do not want repeated.

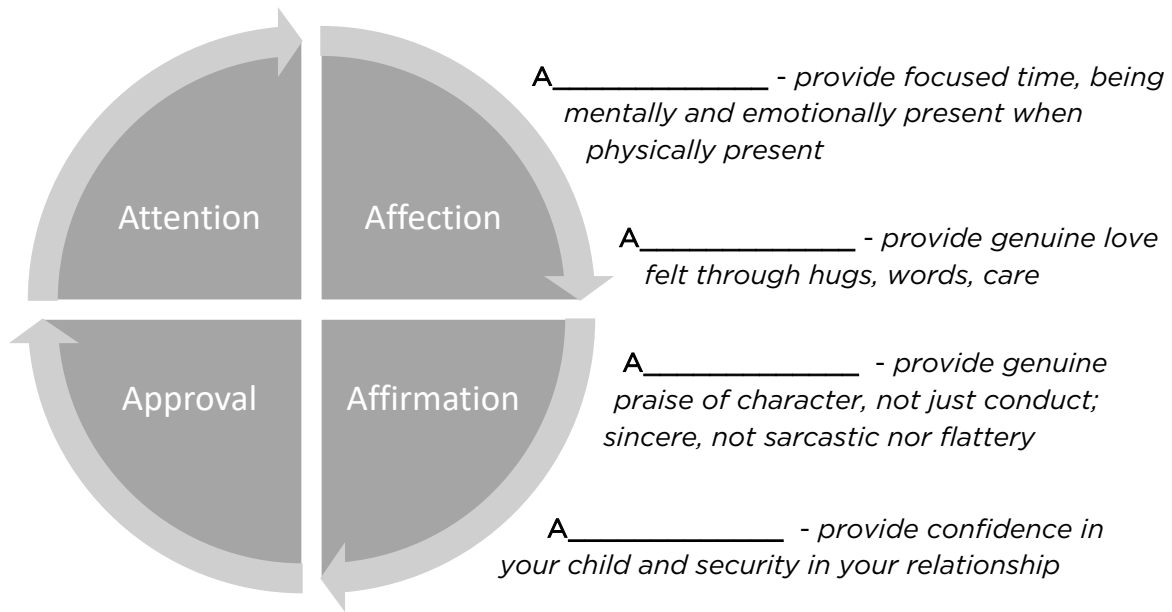
### 3. Love your Child with \_\_\_\_\_.

In addition to physical security, every child needs emotional security from their parents. We provide emotional security through affection, attention, affirmation, and approval.

*"Therefore encourage one another and build one another up, just as you are doing.*

1 Thessalonians 5:11

For healthy emotional development, each child needs loving compliments from each parent.



*"And a voice came from heaven, "You are my beloved Son; with you I am well pleased."*

Mark 1:11

### Affirm Your Child's Identity in Christ

Our significance comes from our Creator. Teach your child that their identity is not in what they do, but in who they are - specifically who they are in Christ.

#### Five Identity Statements to Speak Over Your Children

- You are \_\_\_\_\_ - Jeremiah 31:1
- You are \_\_\_\_\_ - Ephesians 1:4-5
- You are a \_\_\_\_\_ - John 1:12
- You are \_\_\_\_\_ - 1 John 1:9
- You are created with a \_\_\_\_\_ - Ephesians 2:10

#### 4. Love your child with \_\_\_\_\_.

To love our children requires we correct our children. To not correct is not to love.

*<sup>11</sup> My son, do not despise the LORD's discipline or be weary of his reproof, <sup>12</sup> for the LORD reproves him whom he loves, as a father the son in whom he delights.*  
Proverbs 3:11-12

*<sup>6</sup> For the Lord disciplines the one he loves, and chastises every son whom he receives. <sup>9</sup> Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup> For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. - Hebrews 12:6, 9-10*

*<sup>19</sup> Those whom I love, I reprove and discipline, so be zealous and repent.*  
Revelation 3:19

#### Three Truths about Discipline

- Discipline is \_\_\_\_\_ of love.
- Discipline is \_\_\_\_\_ pain for \_\_\_\_\_ gain.
- Discipline if for the \_\_\_\_\_ of the one being disciplined.

The purpose of God's discipline is not to punish us but to transform us.  
Jerry Bridges

God does not discipline us to subdue us, but to condition us  
for a life of usefulness and blessedness.  
Billy Graham

## Correcting with Grace + Truth

Jesus was “full of grace and truth” (John 1:14). Jesus did not dial down grace to dial up truth. Or vice versa. Jesus was simultaneously and consistently 100% grace and 100% truth. Grace and truth are not conflicting concepts, they are complimentary realities.

All Truth	Parenting	Parenting
No Truth	Parenting	Parenting
	No Grace	All Grace

Correcting is shaping character and conduct,  
learning from mistakes, training in wisdom.



Parenting with grace and truth is not seeking a balance of equality of time spent being grace-filled and truth-filled.

But rather simultaneously being grace-filled and truth-filled.

## Principles for Correcting

### Motive for Correcting

The motive is love for the good of the child to correct willful disobedience in attitudes or actions - not mistakes, nor accidents - to develop character. See Proverbs 3:11-12, Hebrews 12:9-10.

Examples of when to correct: lying, hitting, injury to another, disrespect for authority, throwing a fit, burst of anger, stealing, foul mouth (sassy, talking back, hurtful words), willful disobedience, etc.

### Means of Correcting

Ask four questions to get to the heart while correcting -

- *What was the situation?*
- *What were you thinking and feeling?*
- *What did you do?*
- *What could you have done?*

### Manner of Correcting

- In wisdom and with discernment - *proactive response, be consistent and fair*
- While calm and under control - *do not discipline while angry, do not raise your voice*
- With care and compassion - *never injure a child verbally, emotionally, physically*

### Methods of Correcting

- Instruct - *active teach your child, "not that way ... this way."*
- Admonish - *verbally correct an action or attitude from escalating further; in private, not public*
- Suffer Consequences - *do not interfere with consequences that result from action or inaction*
- Additional Chores - *hard work to learn a principle*
- Restrictions - *removing a privilege, giving a time out, grounding*
- Reward - *not bribing, but noticing good character and conduct*
- Rod of Discipline - *never punitive nor violent but as a rare method to encourage obedience and self-control. See Proverbs 13:24, 22:15, 23:13-14. Every parent must come to their conviction about spanking as a method of loving correction.*

*<sup>4</sup> Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. - Ephesians 6:4*

These words apply to all parents, not just the father. It starts with a negative command and moves to a positive command.

To “*provoke*” is to exasperate, to irritate, to embitter. Colossians 3:21 say that provoking our children can lead to discouragement.

To “*bring them up*” means to nurture and develop. The term relates to the total development of the child - physically, intellectually, emotionally, relationally, and spiritually. Speaking of Jesus, Luke 2:52 says He grew in wisdom (intellectually), stature (physically), favor with God (spiritually), and favor with man (emotionally, relationally). Parents are called to do everything they can do to “bring up” their child reach their full potential.

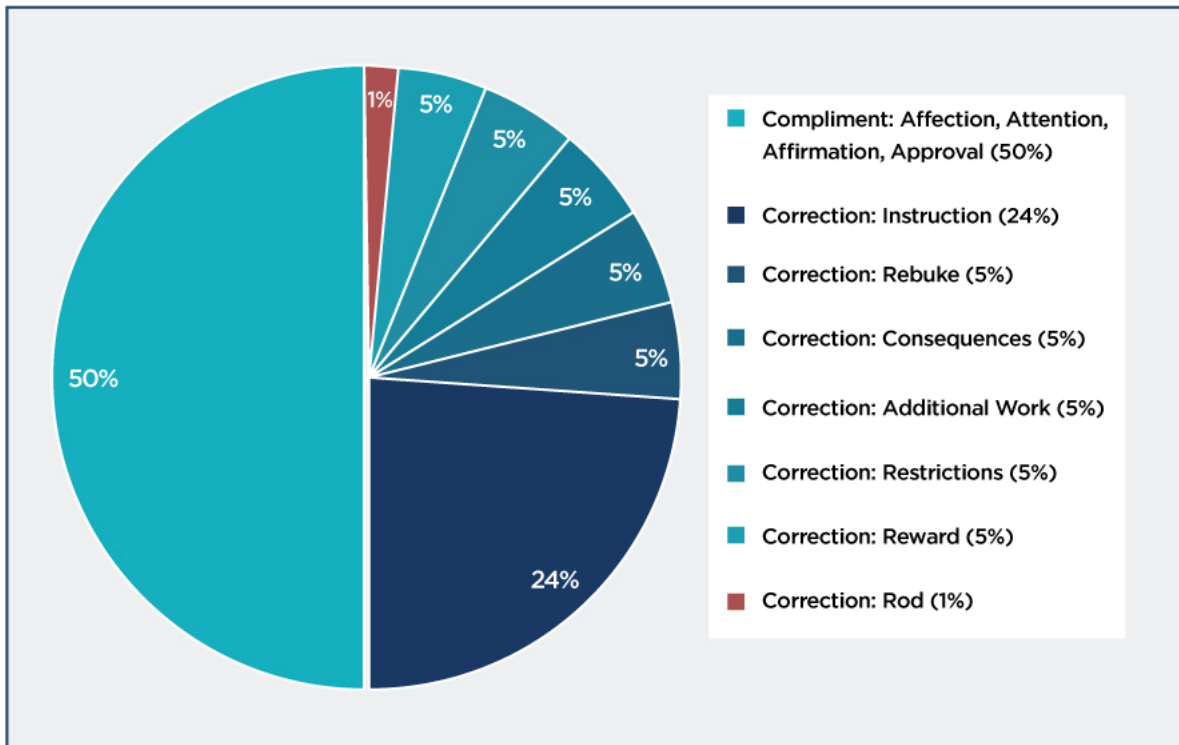
To “*discipline*” is to correct. To “*instruct*” is to encourage the way to the Lord.

### 10 Ways to Exasperate Your Children

1. Sinful anger - Proverbs 22:24-25
2. Inconsistent with discipline - 2 Corinthians 1:17, 10
3. Do not admit when you are wrong - James 5:16
4. Compare to others - 2 Corinthians 10:12
5. Show favoritism - James 2:1
6. Unrealistic expectations - 1 Corinthians 13:11
7. Constantly finding fault - Proverbs 19:11
8. Use words to hurt instead of to encourage - Ephesians 4:29
9. Not listening - Proverbs 18:17; James 1:19; Ecclesiastes 3:7
10. Parental hypocrisy - Philippians 4:9

Compliment what you want repeated.  
Correct what you don't want repeated.

## Compliments and Correction is an Art, Not a Science.



This chart is an example to show sample percentages to reflect the importance of loving compliments (affection, attention, affirmation, and approval) and instruction in loving correction.

All aspects of complimenting and correcting are not equal in importance nor in their application.

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- To love our children requires loving compliments and loving correction. Do you agree? Why or why not?

## Study: Go Deeper

- How would you summarize and explain the 4 A's of complimenting? Why are each needed for healthy child development?
- Read Hebrews 12:9-10. What do these verses say about loving correction?
- Read John 1:14. Why are grace and truth not contradictory but complimentary? Why are both needed in loving correction? Where are you on the grace and truth chart?
- Read the list of 10 Ways to Exasperate your Child with Discipline. How can each exasperate children? Which ones can you be guilty of?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

**My Plan to Parent on Target this Week**



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# Shape with God's Word

## Session Five

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

Parents are Called to \_\_\_\_\_, Aim, and Release their Children.



Our children will either be shaped by  
the \_\_\_\_\_ or the \_\_\_\_\_.

**Shape Your Child with \_\_\_\_\_.**

God's Word is much more than a book of Do's and Don'ts. God's Word is a love letter of a loving God for people. Do you know this? Do your kids know this?

When we teach our kids that God's Word is authoritative we help them understand that because God loves us He gives us guidelines to keep us safe.

## God's Word Protects + Provides

- God's Word \_\_\_\_\_ us from foolish choices and consequences.
- God's Word \_\_\_\_\_ us with the way to experience God's best for us.

Parents are the \_\_\_\_\_ disciple-maker of their children.

*"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates. Deuteronomy 6:4-9*

These verse are not spoken to Sunday School teachers or youth pastors. These words were not given to the priests. The words are for parents.

God places responsibility for the spiritual development of children on fathers and mothers. And He tells them to teach their children in midst of everyday life.

In other words, talk about the Word ....

- when you at home and when you are not at the home.
- when your walk and when you're driving around
- when you go to bed and when you wake up.
- when you eat and when you go through life.

## Maximize Family Time in the Word

### 1. Read the \_\_\_\_\_ together

- Pick a consistent time that works best -breakfast, dinner, or bedtime.
- Read the Bible. Talk about what you read. Pray together.
- Use the Highpoint Kids Growth Guide.
- Keep it short. Make it fun.
- Memorize a verse each week.

### 2. Maximize \_\_\_\_\_ for Spiritual Conversations

Look for ways to connect God and His Word into everyday life - this will help shape a biblical worldview versus a worldview being shaped by the culture.

### 3. Make and Mark \_\_\_\_\_

Birth-1 year old	<i>Pick a verse to pray for your child. Participate in Parent-Child Dedication. At First Birthday Party share about God's gift and goodness with family and friends.</i>
2-4 years old	<i>Get your child his/her first Bible to read filled with illustrations and pictures.</i>
5-10 years old	<i>Get your child their first Kids' Bible. Participate at church. Serve together as a family. Go on adventures and vacations.</i>
11-14 years old	<i>Get your child his/her first Teen Study Bible. Discuss baptism. Participate in communion. Talk about sexuality and purity. Encourage serving at church.</i>
15-18 years old	<i>Encourage a missions trip. Extend privileges and responsibilities. Have a rite of passage ceremony. Celebrate birthdays, driver's license, graduation, etc.</i>

### 4. Prioritize \_\_\_\_\_ Every Sunday

- Model the priority of giving God the first fruits of your time - the first hours of each week to worship God and hear His Word taught in community.
- Kids will learn by your example whether or not church is a priority.
- Participate in other Highpoint Kids and family events as able - Midweek Kids, Summerfest, etc. Each of these ministries are about coming alongside families to get the Word into kids' lives.

*Shaping kids with God's Word is not an event. It's not a program.  
It's not a curriculum. It's a \_\_\_\_\_.*

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- Our children will be shaped by the Word or by the world. Do you agree? Why or why not?

## Study: Go Deeper

- Why is it important for children to see God's Word as a love letter and not a book of rules?
- In what ways does God's Word protect and provide? How can you teach this to your child?
- What are some ways to prioritize the Word in your family? What are some ways you can grow?
- Why is discipleship a lifestyle - not an event, a program, or a curriculum?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week 

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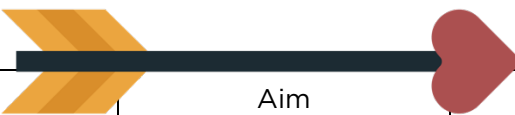
# Aim to Love God

## Session Six

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

Parents are Called to Shape, \_\_\_\_\_, and Release their Children.



Shape	Aim	Release
with Love + God's Word	to Love _____ + Love _____	

To aim at nothing, we hit nothing every time. To avoid aimless parenting, we need to know our target. What are we aiming our kids toward?

### Common Parenting Targets



I want my child to be \_\_\_\_\_

*When parents put pressure on their child to perform academically, athletically, socially, etc., the child can feel love is conditional based on performance to an expectation they can never measure up to.*

I want my child to be \_\_\_\_\_

*This is textbook child-centered parenting. Parenting is not about a child's happiness, but their holiness - set apart for God.*

I want my child to be \_\_\_\_\_

*We should protect our children. But overprotection is not healthy for our child's' development. And more than protecting our children, we need to prepare our children.*

I want my child to be a \_\_\_\_\_

*Why? Is it because the parent wants to be viewed a good parent with a good kid?*

Are these the correct targets - success, happiness, protection, morality?

## The Bullseye of Christian Parenting

**To raise kids to love \_\_\_\_ passionately  
and love \_\_\_\_\_ purposefully.**

To love God passionately is to love God with all their heart, mind, soul, and strength. To love others purposefully is to love others as themselves. Does this sound familiar? This is Great Commandment.

*<sup>36</sup> "Teacher, which is the great commandment in the Law?" <sup>37</sup> And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself. <sup>40</sup> On these two commandments depend all the Law and the Prophets." - Matthew 22:36-40*

The beauty of these words lies in their simplicity. Instead of 101 spiritual truths to teach your children, there are just two essentials - love God passionately and love others purposefully.

### **Aim Your Child to Love \_\_\_\_\_ Passionately**

The role of a Christian parent is to connect their children to their Creator.

68% of Christians make a decision to follow Jesus before they are 18 years old. This means the chance your child will follow Jesus after he/she leaves your home decrease dramatically. This raises the urgency to teach your kids that Jesus is the bridge that love built.

Tell your kids they are a gift and a blessing. Tell them they are amazing and loved. But also tell them they are a sinner and in need of a Savior.

As parents we cannot neglect sharing the Gospel of Jesus with our children.

*<sup>14</sup> Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven." - Matthew 19:14*

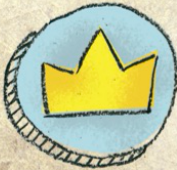
# THE GOSPEL

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## GOD'S PLAN for US

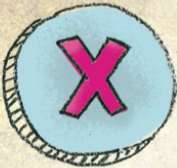
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The gospel is the good news, the message about Christ, the kingdom of God, and salvation. Use these prompts to share the gospel with your kids.



### **GOD RULES.**

Ask: "Who is in charge at home?" Explain that because God created everything, He is in charge of everything.  
Read Revelation 4:11.



### **WE SINNED.**

Ask: "Have you ever done something wrong?" Tell kids that everyone sins, or disobeys God. Our sin separates us from God.  
Read Romans 3:23.



### **GOD PROVIDED.**

Explain that God is holy and must punish sin. God sent His Son, Jesus, to take the punishment we deserve.  
Read John 3:16.



### **JESUS GIVES.**

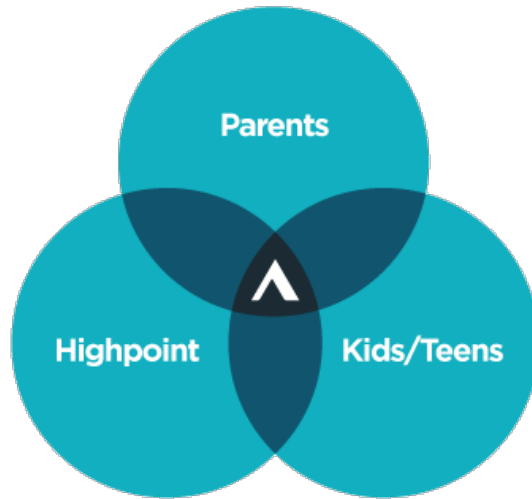
Ask: "What is the best gift you've ever received?" Say that Jesus took our punishment for sin by giving His life, and He gives us His righteousness. God sees us as if we lived the perfect life Jesus lived. This is the best gift ever! Read 2 Corinthians 5:21.



### **WE RESPOND.**

Explain that everyone has a choice to make. Ask: "Will you trust Jesus as your Savior and Lord? You can turn from self and sin and turn to Jesus." Read Romans 10:9-10.

## Partnering with Families



**Highpoint comes alongside of parents to help families to believe in, belong to, and become like Jesus.**

### **HIGHPOINT KIDS**

We offer intentional programming during services each Sunday for birth-fifth grade - providing age-appropriate spiritual development. In addition to Sundays, Highpoint Kids offers Midweek Kids for PreK-fifth grade during the school year and Summerfest day camp for kids.

Junior high and high school students meet every Sunday (6:00-8:00 pm) for friendship, games, worship, teaching from God's Word, small groups, hang out time, and food. Special events include Fall Send, Winter Camp, and Summer GO trips.

### **HIGHPOINT Students**

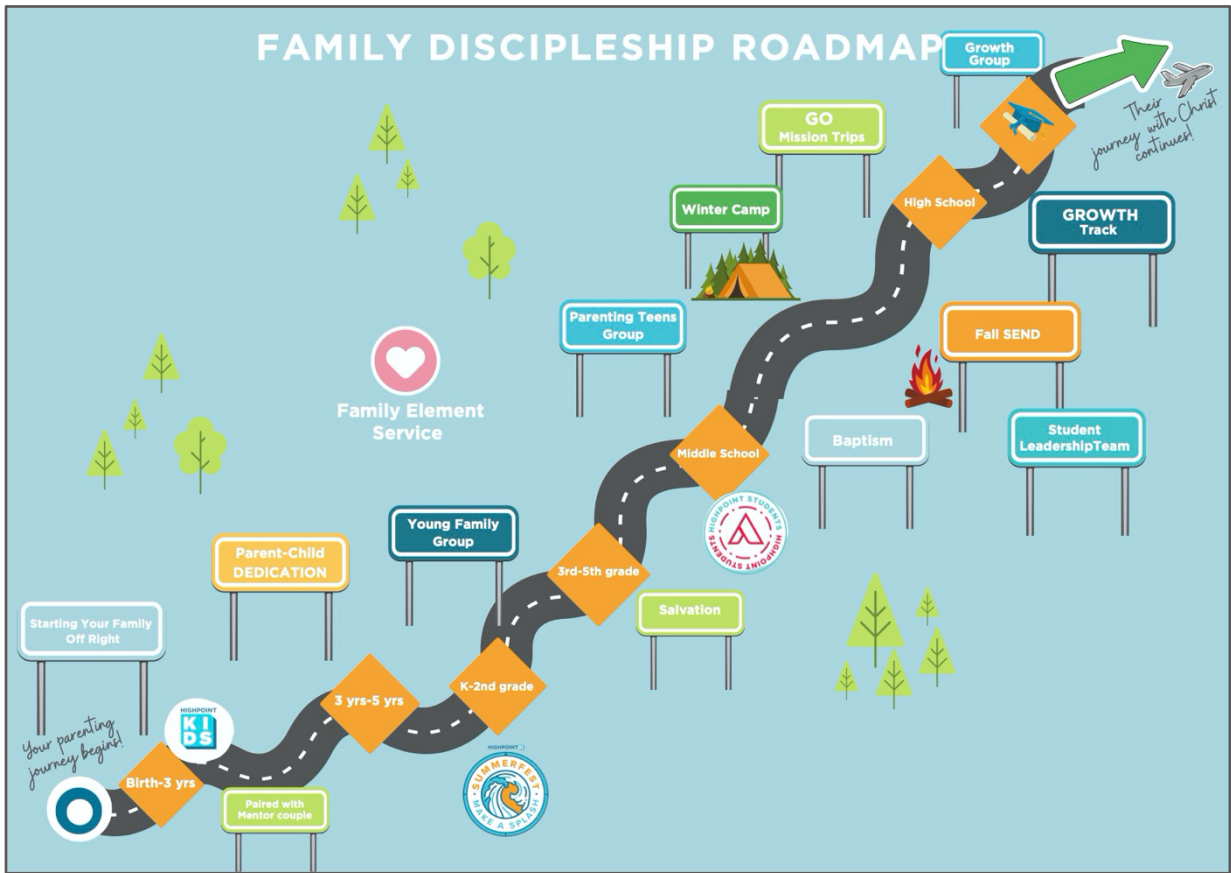
## Parenting Groups

We offer three types of parenting groups to provide community, biblical training, and support for parents.

- **Starting Your Family Off Right** - parents of infants
- **Young Family Group** - parents of littles through grade school
- **Parenting Teens Group** - parents of pre-teens and teens

These are more than study groups, they are communities of parents. Parenting comes with joys and challenges. Share both in one of our parenting groups.





The discipleship road map includes age-appropriate spiritual milestones for each age group - including parental involvement.

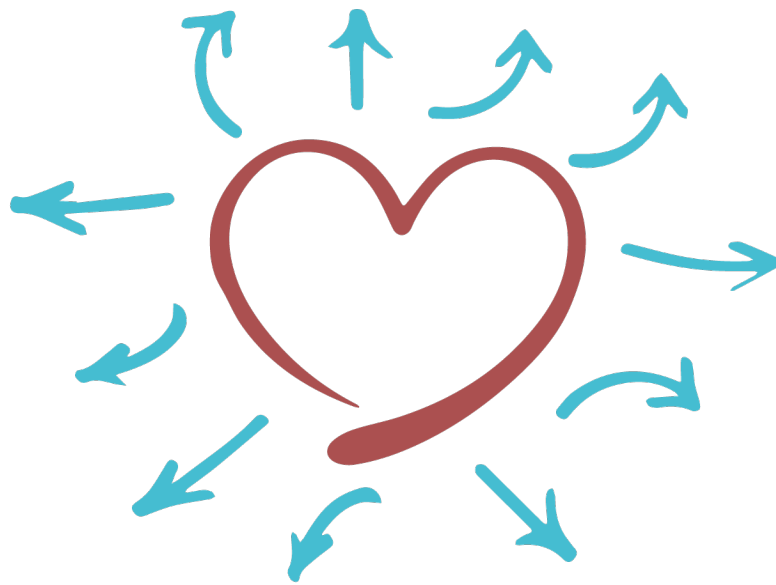


The Family Hub resources families with resources for parents, kids, and teens. A physical Hub is at each location and a digital Hub is at [www.highpoint.church/familyhub](http://www.highpoint.church/familyhub).

## Loving God is a Heart Issue

Our highest priority is to raise children who not only \_\_\_\_\_ a faith in Jesus, but who \_\_\_\_\_ a genuine love for Jesus.

The Great Commandment does not focus on behavior management. Think of all the laws Jesus could have said? There were 613 laws - 365 negative commandments (“Thou shall not ...”) and 248 positive commandments (“Thou shall ...”). But Jesus didn’t mention a behavior. Instead, He focused on having a heart that loves God passionately - with all our heart, soul, mind, and strength. Why? Because Jesus understood all behavior flows from the heart.



As parents our focus should be the same. More than managing behavior we are called to help cultivate a heart that genuinely love for God. Why? Because all behavior - actions and attitudes - flows from the heart.

The best way to aim your child to love God passionately is to model loving God passionately.

- Engage with God by reading His Word, in prayer, and in worship.
- Model Christlike character and conduct inside and outside the home.
- Prioritize going to church to grow spiritually and in community.
- Love others more than you love yourself.

*<sup>23</sup> Keep your heart with all vigilance, for from it flow the springs of life.*

Proverbs 4:23

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- Why is it important to know our target for parenting?

## Study: Go Deeper

- What are the four common parenting targets? Why is each off target?
- Read Matthew 22:37-40. How do these verses apply to parenting?
- What are the basic truths of the Gospel? How can these truths be shared with your child in an age-appropriate way?
- Our highest priority is to raise children who not only *profess* a faith in Jesus but who *possess* a genuine love for Jesus. Do you agree? Why or why not? How can you focus on cultivating a love for God and not simply managing behavior?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week



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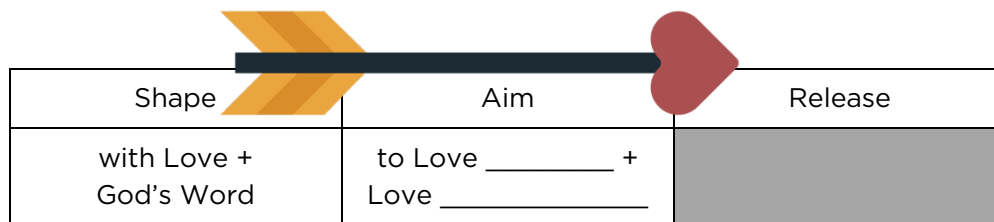
# Aim to Love Others

## Session Seven

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

Parents are Called to Shape, \_\_\_\_\_, and Release their Children.



In the last session, discovered the bullseye of Christian parenting is to raise our kids to love God passionately and to love others purposefully.



*<sup>37</sup> And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself. - Matthew 22:37-39*

**Aim Your Child to Love \_\_\_\_\_ Purposefully.**

Families are a greenhouse to grow children to love others - starting with parents and siblings. Love starts as a seed and grows.

*If children do not learn love at home, they won't know how to love out in the world.*

## Growing children who love others involves training them to show respect, resolve conflict and act in kindness.

### Show Respect

*Love one another with brotherly affection. Outdo one another in showing honor.*  
Romans 12:10

Respectful \_\_\_\_\_ *Say "hello", "please", and "thank you." Use words to build up, not tear down. Don't talk back or use hurtful words*

Respect \_\_\_\_\_ *Parents, teachers, police, church leaders, etc. If a child cannot submit to human authority, how will they submit to God's authority?*

Respect \_\_\_\_\_ *Be polite toward others in the home and outside the home. Show esteem for others - including those who are older. Look people in the eye. Hold doors.*

Respect \_\_\_\_\_ *Our home, your toys, other's property. Take care of your possessions. Pick up after yourself.*

### Resolve Conflict

*<sup>19</sup> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; <sup>20</sup> for the anger of man does not produce the righteousness of God. - James 1:19-20*

#### When upset ...

- do not \_\_\_\_\_ people - with your words or actions (aggressive)
- do not \_\_\_\_\_ people - silent treatment (passive aggressive)
- do \_\_\_\_\_ the issue - in a healthy way talk about the situation and feelings

Be willing to listen, careful when speaking, and control your emotions.

When you were wrong, admit what you did was wrong and ask for forgiveness.

When you were wronged, be willing to talk about it and extend forgiveness.

## Act in Kindness

*<sup>12</sup> Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience - Colossians 3:12*

Kindness is an \_\_\_\_\_ that \_\_\_\_\_ others.

Like math, science, or reading, kindness is a skill that can be learned and practiced.

Kindness begins with compassion - seeing a need and responding to the need with kindness, humility, meekness, and patience.

Kindness needs to be modeled wherever you go - to the store, to a neighbor's home, to church, and more. Children learn the value of kindness by seeing kindness in action.

Compliment what you want repeated. Correct what you don't want repeated. When your child is showing kindness, compliment them. When your child is being unkind, correct them.

## How do we aim kids to love God and love others?

Your child needs a parent who genuinely loves Jesus - in the car, at the grocery store, at home, with the neighbors, and at church.

Your child needs you to lead - to lead in love, to lead by example, to lead in prayer, to lead spiritually. Kids learn more by why we show them in our actions than what we tell them with words.

Your child needs you to model loving God passionately and loving others purposefully.

Your child is watching you. And is learning by watching.

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- Why is aiming our children to love others purposefully important?

## Study: Go Deeper

- If children don't learn love at home, they will not be able to love in the world. Do you agree? Why or why not?
- Read Philippians 2:3-4, James 1:19-20, and Colossians 3:12. How do each of these verses speak to showing respect, resolving conflict, and acting in kindness?
- Why is it important for a parent to model desired attitudes and actions to a child?
- How can you encourage your family to love others purposefully this week?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

My Plan to Parent on Target this Week 

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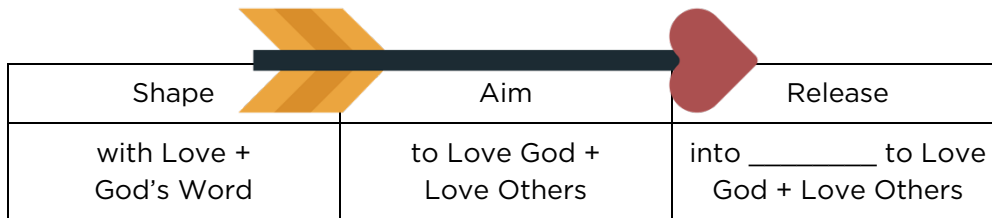
# Release Your Child

## Session Eight

*Like arrows in the hand of a warrior are the children of one's youth.*

Psalm 127:4

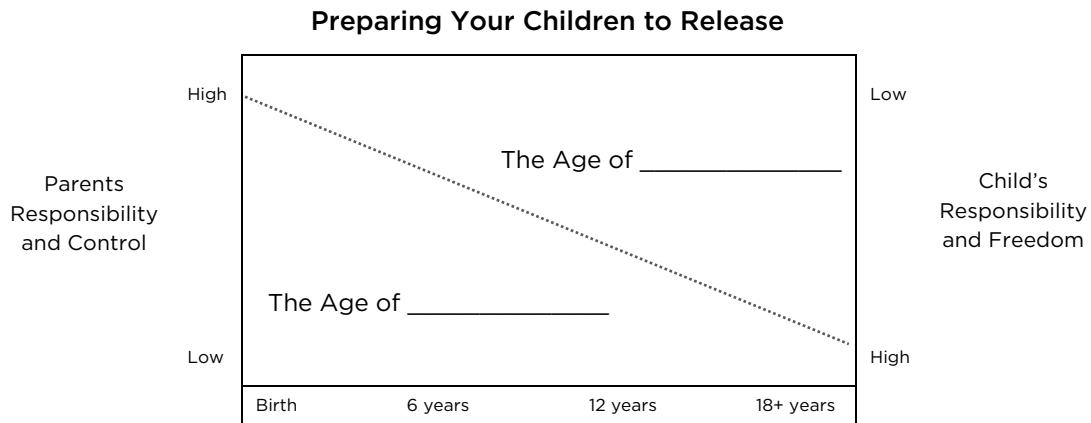
Parents Are Called to Shape, Aim, and \_\_\_\_\_ their Children.



We shape our children with love and God's Word. We aim our children to love God passionately and love others purposefully. The last step is to release our children. And notice the image is an arrow, not a boomerang!

The process of shaping and aiming is \_\_\_\_\_ for releasing.

Parenting children is not just about protecting them; it's about preparing them. Over time, we need to protect our children less so we can prepare them more.



^ adapted from *Why Christian Kids Rebel*,  
Tim Kimmel (Thomas Nelson, 2004)

**Before releasing your child into adulthood there are many \_\_\_\_\_ releases.**

You may have an infant in your arms wondering how you will ever release her. You may be experiencing the tantrums of the terrible 2's and wanting to release him!

Think about this progression: car seat, booster seat, back seat, front seat, driver's permit, driver's license. Each step is an important step in your child's development.

In a similar way, preparing to release your child for college, the military, work or eventually to marriage, involves many releases like ...

- o *walking for herself*
- o *feeding himself*
- o *getting dressed herself*
- o *going to school*
- o *sleeping over at the Grandparents home*
- o *sleeping over with a friend*
- o *getting a cell phone*
- o *getting a driver's license*
- o *group dates*
- o *dating*
- o *extending curfew*
- o *and more*

**The Three-Fold Goal of Each Release Step:**

1. build \_\_\_\_\_
  2. train child to make \_\_\_\_\_ choices
  3. learn from \_\_\_\_\_
- all while living under your roof.

At each step you are giving your child more rope. When they are responsible with a responsibility - give them more rope. When they are not, pull it back.



The problem is when parents let out the rope when they are young and try in desperation to take it back during the teen years. The tug-of-war usually leads to more rebellion.

# Age-Appropriate Chores for Children

**Over responsible parents raise irresponsible children.**

To preparing to release children involves giving children responsibilities to learn responsibilities. In general, preschoolers can handle one or two simple one-step or two-step jobs. Older children can manage more.

## **Ages 2 to 3**

- Put toys away
- Fill pet's food dish
- Put clothes in hamper
- Wipe up spills
- Dust
- Pile books and magazines

## **Ages 4 to 5**

- Any of the above chores, plus:
- Make their bed
- Empty wastebaskets
- Bring in mail or newspaper
- Clear table
- Pull weeds if you have a garden
- Use hand-held vacuum to pick up crumbs
- Water flowers
- Unload utensils from dishwasher
- Wash plastic dishes at sink
- Fix bowl of cereal

## **Ages 6 to 7**

- Any of the above chores, plus:
- Sort laundry
- Sweep floors
- Set and clear table
- Help make and pack lunch
- Weed and rake leaves
- Keep bedroom tidy

## **Ages 9 to 10**

- Any of the above chores, plus:
- Load dishwasher
- Put away groceries
- Vacuum
- Help make dinner
- Make own snacks
- Wash table after meals
- Put away own laundry
- Sew buttons
- Make own breakfast
- Peel vegetables
- Cook simple foods, such as toast
- Mop floor
- Take pet for a walk

## **Ages 10 and older**

- Any of the above chores, plus:
- Unload dishwasher
- Fold laundry
- Clean bathroom
- Wash windows
- Wash car
- Cook simple meal with supervision
- Iron clothes
- Do laundry
- Baby-sit younger siblings (with adult in the home)
- Clean kitchen
- Change their bed sheets

^Adapted from WebMD

## Cautions When Releasing

Don't hold on too \_\_\_\_\_ - *Over responsible parents raise irresponsible kids.*

Don't hold on too \_\_\_\_\_ - *Don't helicopter parent.*

Don't hold on too \_\_\_\_\_ - *To not let go creates an unhealthy codependency.*

Releasing can be hard. But it's healthy for your child. And it's healthy for you. Realize God cares more for your child than you. Do you believe that?

Ultimately you are releasing them not from dependence on you to independence, but from dependence on you to dependence on God.

And not just releasing them but sending them into their future to love God passionately and to love people purposefully.

### **If your child gets married, they will start their own family.**

Yes, they are an extension of your family - a branch on your family tree. But they will start their own family - "leaving father and mother and holding fast to their wife" (Genesis 2:24) as they start their family. To release is biblical.

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- Why is preparing ourselves and our children to release important?

## Study: Go Deeper

- What are different stages of parent-child releasing? Where are you at as a family in this season?
- What is the three-fold goal at each release step?
- What are the cautions when releasing?
- How is an unwillingness to release unhealthy to both the parent and the child?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?





# The Battle for Your Family

## Session Nine

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<sup>4</sup> *Like arrows in the hand of a warrior are the children of one's youth.*

<sup>5</sup> *Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate. - Psalm 127:4-5*

**The Battle is Not \_\_\_\_\_ Your Children. It's \_\_\_\_\_ Your Children.**

When talking about families, Psalm 127 uses a battlefield metaphor. Kids are arrows. We are warriors. There is an enemy at the gates. The enemy is real. And he is coming after you, your marriage, your family, and your kids.



<sup>10</sup> *The thief comes only to steal and kill and destroy.*

John 10:10

<sup>8</sup> *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.*

1 Peter 5:8

The enemy wants nothing more than to divide, kill, and destroy. He is the father of lies. His strategy is to cast doubt, cause confusion, and create deception. Often the enemy takes something good and twists the good into something bad. And he often does so, not in obvious way, but in subtle ways.

## Four Ways to Fight for Your Family

### 1. \_\_\_\_\_ Your Marriage.

To prioritize your marriage is not to neglect your child. Of course, care for your child but don't neglect your marriage in the process.

- Date your spouse - *especially during the child-raising years.*
- Show affection to your spouse - *even in front of your children.*
- Speak positively about your spouse - *whether present or not present.*
- Parent on the same page - *don't let your children manipulate you or create division.*
- Go to bed together - *for greater unity and romance.*
- Pray together - *for your spouse and with your spouse.*
- Get help when needed - *go to counseling or attend Tightening the Knot Group.*

The best gift you can give to your child is to love your spouse

#### A Word to Single Parents

No matter how you became a single parent, God loves you. Period.

Do you know that? God is for you. He is not against you.

You may not have an ideal home situation, but God is an ideal God. God sees you. God knows you and your heart even more than you. And God is able to meet your needs whether relational, emotional, and spiritual. He meets these through His presence and through His people.

And God is able to meet the needs of your children and fill any void you feel in your family. God will be a parent where a parent is absent.

*<sup>10</sup>For my father and my mother have forsaken me, but the LORD will take me in. - Psalm 27:10*

The greatest thing you can give your children is the same thing as any parent - to love God passionately and love others purposefully. Keep loving your child in their language, with time, with compliments, and correction.



## 2. \_\_\_\_\_ Your Children.

Parents need to protect their children in the battle. A parent is to provide and protect - provide for needs and protect from dangers in the world, including physical harm and harmful influences.

- From physical \_\_\_\_\_ - *including what to do when you feel unsafe*
- From \_\_\_\_\_ influences - *bad company corrupts good character*
- From \_\_\_\_\_ with technology - *be smart about smart phones, install security apps, monitor activity, limit time, share accounts*



**What are you  
looking at?**



**What are you  
listening to?**



**What are you  
doing?**

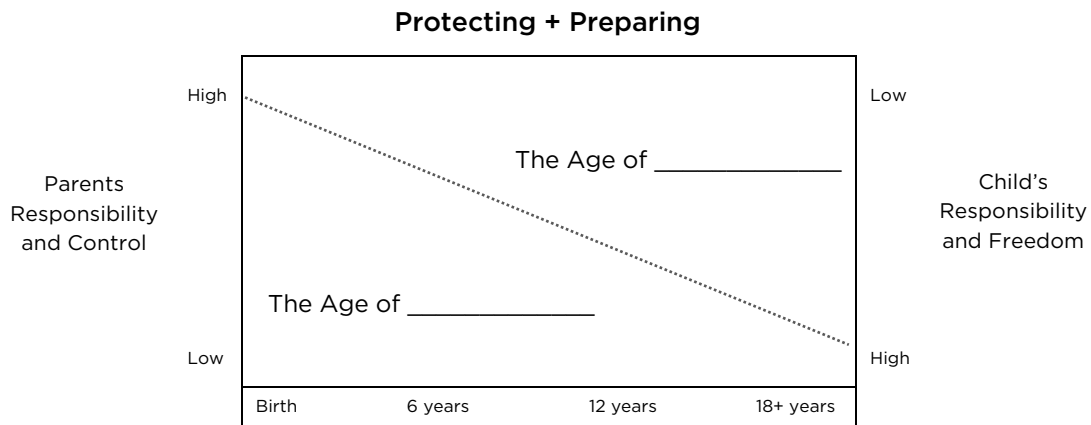
## 3. \_\_\_\_\_ Your Children.

Prepare your children for the battle. Raising children is more than protecting children, it involves preparing children. As our children grow, they need to know how to live in the world yet not be of the world.

- To develop healthy \_\_\_\_\_ - *be a good friend, chose good friends.*
- To manage \_\_\_\_\_ - *earn honestly, save wisely, give generously, and spend carefully*
- To discern culture from a biblical \_\_\_\_\_ - *whether to reject culture, receive culture, or redeem culture.*

<sup>2</sup> Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2



## Talking with Your Children

\_\_\_\_\_ without \_\_\_\_\_ and \_\_\_\_\_ leads to \_\_\_\_\_.

The key to protecting your children and preparing your children is talking with your children. The goal is not one “talk” but many conversations.

As your children grow, be proactive to initiate conversations about important topics like bullying, technology, gender, sexuality, substances, and more.

Conversations help to deepen the relationship as well as give reasons and rationale about topics of protection and preparation.

Reactive Parenting	Proactive Parenting
Wait for your child to come to you to discuss areas of protection or preparation.	Initiate opportunities to talk with your child about areas of protection or preparation.

Question:

*What type of parent are you?*

*What type of parenting do you want to be?*

#### 4. \_\_\_\_\_ for your Children

The best way to pray for your children is to pray Scripture for your children.

##### 1. Pray your child will know the Lord.

<sup>12</sup> *But to all who did receive him, who believed in his name, he gave the right to become children of God - John 1:12*

##### 2. Pray for your child to love the Lord.

<sup>37</sup> *And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." - Matthew 22:37*

##### 3. Pray for your child to grow in the Lord.

<sup>40</sup> *And the child grew and became strong, filled with wisdom. And the favor of God was upon him. - Luke 2:40*

##### 4. Pray for your child to trust the Lord.

<sup>5</sup> *Trust in the LORD with all your heart, and do not lean on your own understanding. <sup>6</sup> In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6*

##### 5. Pray for your child to submit to the Lord.

<sup>7</sup> *Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you ... - James 4:7-8*

##### 6. Pray for your child to serve the Lord.

<sup>16</sup> *In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. - Matthew 5:16*



##### 7. Pray for your child to have friends who follow the Lord.

<sup>20</sup> *Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. - Proverbs 13:20*

##### 8. Pray for your child to stand strong in the Lord.

<sup>10</sup> *Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. - Ephesians 6:10-11*

##### 9. Pray for your child to work hard for the Lord.

<sup>23</sup> *Whatever you do, work heartily, as for the Lord and not for men, <sup>24</sup> knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. - Colossians 3:23-24*

##### 10. Pray for your child to return to the Lord, if straying.

<sup>6</sup> *I am the LORD; I have called you in righteousness; I will take you by the hand and keep you; I will give you as a covenant for the people, a light for the nations, - Isaiah 42:6*

# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- In what ways do you see a battle for our children?

## Study: Go Deeper

- Read 1 Peter 5:8. How does this verse apply to parenting?
- Many marriages take a back seat to the children. Why is it important to prioritize marriage - especially during these years?
- What are ways parents can protect their children from the world as well as prepare them for the world?
- Read the list of verses to pray for your children. Why is it important to pray for your children?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?



# Building Your Home

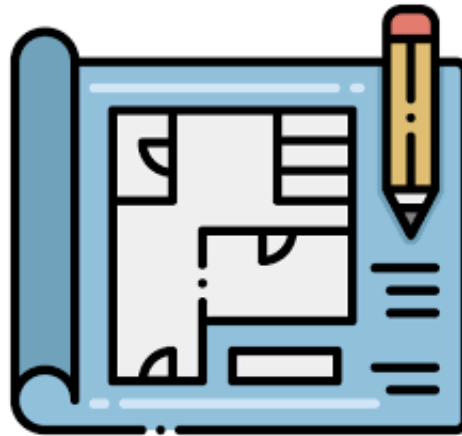
## Session Ten

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*<sup>1</sup> Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. <sup>2</sup> It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. <sup>2</sup> Behold, children are a heritage from the LORD, the fruit of the womb a reward.*

Psalm 127:1-3

The Lord is the \_\_\_\_\_ and \_\_\_\_\_ of the Home,  
But He Uses Parents to Build Into Their Children.



Psalm 127 provides the blueprint for building into our children. God calls us to:

- Receive our children from the Lord.
- Raise them in love and to follow God and His Word.
- Release them into the world to love God passionately and love others purposefully.

If parenting feels impossible, you are in a good place. Because we cannot build our homes on self-effort. Instead, we trust the Lord to build our homes.

## A Vision for Your Family

*<sup>15</sup> But as for me and my house, we will serve the LORD."*

Joshua 24:15

Joshua had a vision for his family. Do you?

Joshua was a courageous dad who led his family by his example. With faith and conviction, Joshua declared that his family was going to serve the Lord. He has a vision for more than himself. He had a vision for the next generation. And Joshua led with vision.

What is your vision for your family?

Your children are a heritage, a legacy from the Lord. If you want to leave a godly legacy, you need to determine what values are most important to pass on and communicating them to our children continually and intentionally - in word and by example.

### Forming Family Values

1. \_\_\_\_\_

What are the biblical principles that you want to pass on to your children? If you are married, sit down with your spouse and write down what you value and believe as a family . Prayerfully compile an exhaustive list.

2. \_\_\_\_\_

Order them in priority and refine list to Top 5 that are your family's core values. Finalize with intentional language so it is easy to remember, understand, and apply.

3. \_\_\_\_\_

Display in prominent place in your home. Be intentional to include your values in everyday life, family devotions, conversations around your kitchen table.

4. \_\_\_\_\_

Model them personally, use as a guide for decisions and to shape your family's lifestyle. Evaluate how they are being exemplified and reflected.

5. \_\_\_\_\_

Celebrate when you see them lived out in your children's lives.

### Sample Family Values

**Love God** - Deuteronomy 6:4-5

**Family First** - Ephesians 6:2-3

**Tell the Truth** - Proverbs 12:19

**Show Respect** - Romans 12:10

**Work Hard** - Colossians 3:23-24

### Your Family Values

*Train up a child in the way he should go;  
even when he is old he will not depart from it.*

Proverbs 22:6

**A godly home doesn't \_\_\_\_\_ godly kids.**

This a proverb, a principle. It is not a promise. But as we seek to allow the Lord to build our home and model Jesus to our children, we create an environment to encourage our children follow the Lord.

And as we release them, we release them into the loving arms of God who loves our children more than we love them.

**There is \_\_\_\_\_ perfect family.**

There are no perfect parents. No perfect kids. And there never has been. The first children arrived after the Fall. The first siblings had their issues - including Cain killing Abel.

To be a perfect parent is not the goal. Self-effort leads to exhaustion. It's the Lord who builds the house. If you feel overwhelmed, remember it's the Lord who builds your home. If you do not feel equipped as a parent, trust God to equip you with what you need.

In the last session, we prayed for our children. The next page lists five prayers to pray for yourself as you seek to parent.

# Dear Lord

**Dear Lord, give me \_\_\_\_\_.**

*<sup>9</sup> But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. - 2 Corinthians 12:9*

**Dear Lord, give me \_\_\_\_\_.**

*<sup>5</sup> If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. - James 1:5*

**Dear Lord, give me \_\_\_\_\_.**

*<sup>4</sup> Love is patient and kind - 1 Corinthians 13:4*

**Dear Lord, give me \_\_\_\_\_.**

*<sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."  
Joshua 1:9*

**Dear Lord, give me \_\_\_\_\_.**

*<sup>9</sup> And let us not grow weary of doing good, for in due season we will reap, if we do not give up. - Galatians 6:9*



# Reflect + Discuss

Take a few minutes for personal reflection, then discuss with your group.

## Share: Get Talking

- What is the importance of a blueprint for building a house? Why is a blueprint needed to build a home?

## Study: Go Deeper

- Read Psalm 127 again. How is this psalm a blueprint for building a home?
- Read Joshua 24:15. How did Joshua lead with vision? How can you lead with vision?
- Do you have stated family values? If so, what are they? If not, what could they be?
- Read Proverbs 22:6. What is the principle?
- Which “Dear Lord” prayer and verse do you need the most today?

## Support: Grow Together

- What from this lesson will you apply to grow as a parent this week?
- How can we pray for and support you as a person, then as a parent?

**My Plan to Parent on Target this Week**



A dotted line connects the text box to a target icon on the right. The target icon consists of concentric circles with an arrow hitting the center bullseye.

*<sup>4</sup> I have no greater joy than to hear that  
my children are walking in the truth.*

3 John 1:4



# LOVE LANGUAGES MYSTERY GAME



FOR CHILDREN

### To Get Started:

Each clue box has two comments that parents sometimes make to their children.

**Read each clue box and, of the two comments, pick the one you like better and wish your mom or dad would say to you.** Then circle the letter that goes with that comment. Be careful and only circle one letter in each clue box! After you've gone through all 20 clue boxes, go back and count how many A's, B's, C's, D's, and E's that you circled. Then write your scores in the blanks at the end of the game. Ask your mom or dad for help if you have any questions. And have fun unlocking the love language mystery!

The **5** Love Languages

- |    |  |    |   |
|----|--|----|---|
| 1  | A Give me a hug!                               | 11 | A I'm going to give you a big hug!                    |
|    | B You are terrific!                            |    | B You are an awesome kid!                             |
| 2  | C I've got a special birthday present for you! | 12 | C I made your favorite food.                          |
|    | D I'll help you with your project.             |    | D I checked your homework, and it looks great!        |
| 3  | E Let's go to a movie.                         | 13 | E You are fun to hang out with!                       |
|    | A Give me a high-five!                         |    | A I'll race you!                                      |
| 4  | B You are so smart!                            | 14 | B Wow! You did it!                                    |
|    | C Have you made your Christmas list?           |    | C Check under your bed for a special present!         |
| 5  | D Would you help me cook dinner?               | 15 | D I cleaned up your room for you.                     |
|    | E I like going to fun places with you!         |    | E Let's play a game together.                         |
| 6  | A Give me a kiss!                              | 16 | A Would you like for me to scratch your back?         |
|    | B You are #1!                                  |    | B You can do it! Don't give up!                       |
| 7  | C I've got a surprise for you.                 | 17 | C What would you like for your birthday?              |
|    | D We can make something really cool.           |    | D We can pick up your friend on the way to the movie. |
| 8  | E Let's watch TV together!                     | 18 | E I always like doing stuff with you.                 |
|    | A Tag, you're it!                              |    | A You are so huggable!                                |
| 9  | B You did a great job!                         | 19 | B How did you know how to do that? You are brilliant! |
|    | C You've earned a special surprise!            |    | C I can't wait to give you your present!              |
| 10 | D You can invite your friends.                 | 20 | D Don't worry! I'll pick you up on time!              |
|    | E Let's go to your favorite restaurant.        |    | E Let's spend the day doing whatever you want to do!  |

SOLVE THE MYSTERY!



## LOVE LANGUAGES MYSTERY GAME



FOR CHILDREN

- **How many A's did you circle?** \_\_\_\_\_

A's stand for physical touch. People whose love language is physical touch like to receive hugs, kisses, and high-fives.

- **How many B's did you circle?** \_\_\_\_\_

B's stand for words of affirmation. People whose love language is words of affirmation like for others to use words to tell them that they are special and that they do a good job.

- **How many C's did you circle?** \_\_\_\_\_

C's stand for gifts. People with the love language of gifts feel good when someone gives them a special present or surprise.

- **How many D's did you circle?** \_\_\_\_\_

D's stand for acts of service. A person whose love language is acts of service likes it when others do nice things for them such as helping with chores, helping with school projects, or driving them places.

- **How many E's did you circle?** \_\_\_\_\_

E's stand for quality time. People with the love language of quality time like it when others do things with them like play a game, watch television, or go to a ballgame.

### To Solve the Love Language Mystery:

Look at your scores. The highest score represents your primary love language—how you most like to receive love. This doesn't mean the others aren't important, it just means that this is your favorite.

### CONGRATULATIONS!

You've solved the love language mystery game and discovered your love language. Good job! Make sure to share the results with your parents.

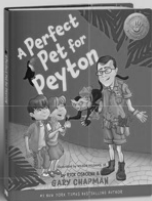
## FOR MOM AND DAD



**For more information** about the 5 love languages for children, please visit [5lovelanguages.com](http://5lovelanguages.com).


*The 5 Love Languages® for Children\** is available for purchase online or at bookstores everywhere.


*A Perfect Pet for Peyton*, a 5 Love Languages Discovery Book, tells an entertaining and playful story of five children who each, with the help of Mr. Chapman and the unique pets at his special emporium, discover their own personal love language. Based on the concepts found in Gary's highly successful *The 5 Love Languages*, parents and children alike will experience firsthand the power of the love languages as they snuggle up and spend precious time together reading this book over and over again.



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 /DrGaryChapman

 /5LoveLanguages

 Get the app on iTunes!

## Spiritual Development of Children

Ages	Milestone	Summary	Parent Emphasis	At Highpoint
Birth	Birth	Even when your child is an infant, you can begin to disciple. Praying over your child and giving them a Scripture blessing expresses your reliance on God.	Pray Give a blessing	Announce New Child
0-1 years	Dedication	God has given this child to you. The church and extended family can only supplement your primary role of discipleship. Use this season to orient your mind, heart, priorities, and schedule to this purpose.	Establish parents as primary disciplinemaker	Starting Your Family Off Right Group  Parent-Child Dedication
1-3 years	Begin Training in Righteousness	So much growth happens in these early years. Use this opportunity to build habits that aim toward where you want your child to go.  Establish times to read the Bible and sing.  Help your child to understand parental authority from God,	Create patterns of loving, biblical discipline  Form family worship habits	Young Family Group
3-5 years	Graduation to Preschool	During the preschool years, your child is growing and learning constantly. Use this time to build their foundation of biblical truth. Connect life to the gospel.	Start Bible memory  Teach the story of the Bible.	Young Family Group
K-2 <sup>nd</sup> Grade	Begin School	So much forming and shaping happens during the elementary years. Invest heavily in building them into the people you hope they will become. Make sure they know what the Bible says, what it means, and what it means to them.	Teach the Bible Form character Teach worship	Young Family Group  On Target Parenting Study
3 <sup>rd</sup> -5 <sup>th</sup> Grade	Putting Aside Childhood	These are transition years. Your child is aging out of childhood but not yet adolescent. These are great years to begin preparing them for greater things ahead.  Grounding their view of gender, sex, technology from God's Word is important.	Talk about wise technology use.  Talk more openly with your child about sex	Young Family Group  On Target Parenting Study
6 <sup>th</sup> Grade	Promotion to 6 <sup>th</sup> Grade	Junior High marks a major transition as your child starts Highpoint Students.  Many students begin wrestling with issues like gender identity, anxiety, and depression. Lean into your child and these topics together.	Attend Sunday morning worship as a family  Address pre-teen topics.	Connect into Highpoint Students  Parenting Teens Group



# Developmental Levels of Biblical Understanding

Although kids develop spiritually in similar ways, their rates of development will vary. Some kids may understand concepts at an earlier or later age. It is the desire of families and Highpoint Kids that children learn about Jesus, come to know Him personally, and glorify God as they develop. These Levels of Biblical Understanding outlines the Bible concepts children need to hear, experience, understand and apply.

While neither God nor His attributes change, a toddler, preschooler, and school-aged child's level of understanding and vocabulary changes as they grow. Small nuances in words and slight changes in concepts are significant in the minds of growing children. While these changes may appear minor, to parents/caregivers and teachers, these small steps are instrumental in the understanding of children.

## Babies-2 years

- Knows the Bible is a book.
- Hears names of some of the books of the Bible.
- Can touch, hold, and turn the pages of the Bible.
- Can help open the Bible to a marked verse or story.
- Can say some Bible words and repeat short phrases (3-5 words)
- Can listen to brief Bible stories.
- Associates God and Jesus with the Bible.
- Hears the names of God and Jesus.
- Can hear Bible verses at home
- Can hear Bible verses that relate to his everyday activities
- Hears that God told people to write the Bible.

## 3-5 years

- Knows that the Bible is a book that people use at church and home.
- Hears the names of many books of the Bible.
- Can touch, hold, and turn the pages of the Bible.
- Can help open the Bible to a marked verse or story.
- Can repeat and remember simple Bible verses.
- Can recall some Bible story people and Bible facts.
- Knows that the Bible is an important Book that tells about God and Jesus.
- Knows the name of God, Jesus, and some Bible people.
- Can participate in family devotion times.
- Can begin to apply Bible verses to their life.
- Hears that people wrote God's words in the Bible.

## Kindergarten

- Knows that the two parts of the Bible are the Old and New Testament.
- Begins to pronounce the names of the books of the Bible.
- Can touch, hold, and turn the pages of the Bible.
- Can begin to understand that a Bible reference includes a book, chapter, and verse.
- Can repeat and remember simple verses.
- Can remember simple verses with Bible references.
- Remembers and can retell a familiar Bible story.
- Knows the Bible tells about God and Jesus.
- Remembers the names of familiar Bible people.
- Can use the Bible at home.
- Can apply Bible verses to his life.
- Knows that people wrote God's words in the Bible.
- Knows each main part of the Bible is divided into smaller parts called books

## Grades 1 & 2

- Can locate the two main parts of the Bible—the Old and New Testament.
- Can pronounce the names of all the books of the Bible.
- Can locate several or all the books in the Bible without assistance.
- Can read Bible references and locate the specific verse or passage.
- Can memorize Bible verses.
- Can quote up to twelve individual verses when given the reference.
- Becomes familiar with the contents of specific books such as:
  - The Book of Genesis tells about God and His creation
  - The Book of Psalms contains songs about God.
  - The Gospels tell about Jesus.
- Knows that the Bible tells that God sent Jesus to Earth because He loves all people.
- Identifies some of the names of the people in the Bible.
- Can use the Bible for daily Bible reading.
- Can discover and apply truths in a Bible verse.
- Identifies some of the Books in the Bible by the names of the writers.
- Can begin to master naming the 10 divisions of the Old and New Testaments.
- Can locate books of the Bible by using the contents page or with teacher guidance.



## Grades 3-5

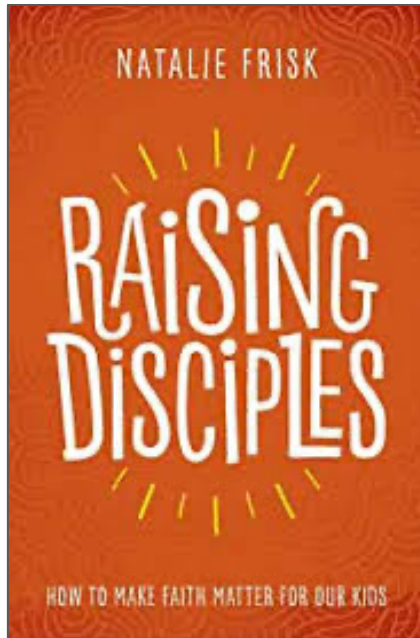
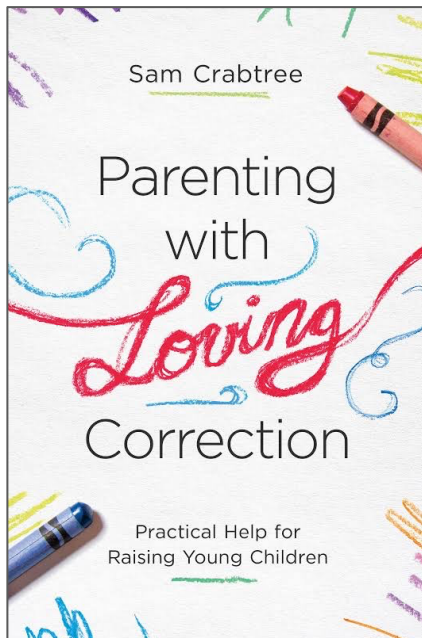
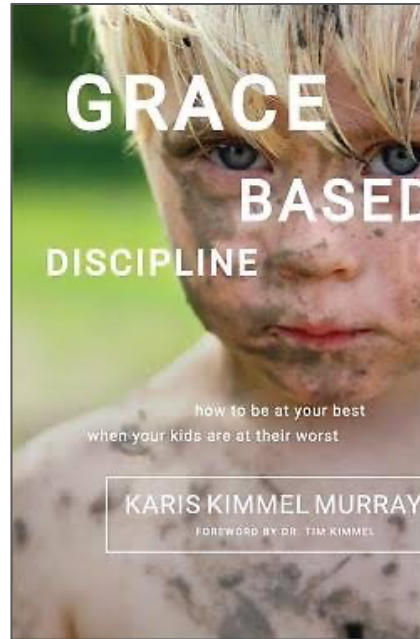
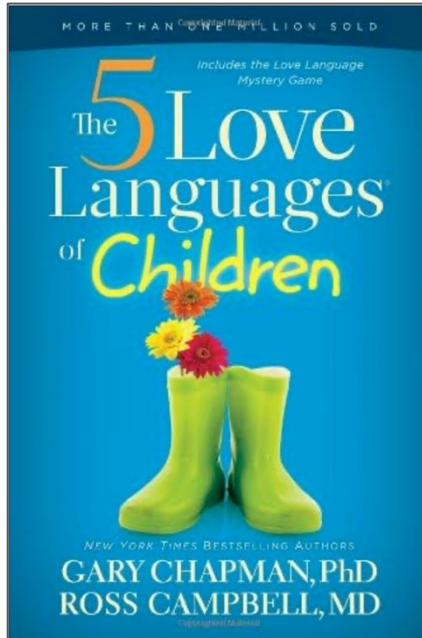
- Can identify if a book is in the Old or New Testament.
- Can pronounce some of the names of Bible people, places, and things mentioned in the Bible.
- Can locate several or all the books in the Bible without assistance in a limited time frame.
- Can find information asked for by reading a verse or passage.
- Can memorize short Bible passages.
- Can quote up to twenty-five individual verses when given the references.
- Can complete a verse and give the reference when started by a parent or leader.
- Is able to locate Bible passages in a limited time frame.
- Is able to locate from memory often used Bible passages.
- Knows that the Bible tells about God's plan for salvation.
- Can memorize God's plan for salvation.
- Can find the names of prominent Bible people in the books where their stories are recorded.
- Can increase their skills of using the Bible, both devotionally and as a resource to guide her daily living.
- Can discover and apply truths in a Bible passage.
- Can identify Bible writers who wrote multiple books.
- Knows all the books of the Bible in order.
- Knows and can say all the books of the Bible in order in a limited time frame.
- Can name the 10 divisions of the Old and New Testaments.
- Can begin to use other resources to enrich her Bible skills and knowledge (Bible dictionary, commentary, concordance, atlas, and computer sources).

## Preteen

- Can identify all the books of the Old Testament and the New Testament.
- Can pronounce most of the names of Bible people, places, and things mentioned in the Bible.
- Can locate all the books of the Bible in a limited time frame.
- Can begin to tell others the meaning of the biblical content of a verse or passage.
- Can memorize God's plan for salvation.
- Can identify prominent Bible people by the books in which their stories are recorded
- Can establish the discipline of daily Bible reading.
- Can apply biblical principles to personal and social issues
- Can use Bible study resources to gather information about Bible writers.
- Knows and can say all the books of the Bible in order in a limited time frame.
- Can name the 10 divisions of the Old and New Testaments in a limited time frame.
- Can use other resources to enrich her Bible skills and knowledge (Bible dictionary, commentary, concordance, atlas, and computer sources)



## Recommended Reading



[www.highpoint.church/familyhub](http://www.highpoint.church/familyhub)





# God calls parents to shape, aim, and release their children. But what is our target?

To aim at nothing is to hit nothing every time. To avoid aimless parenting, we need to know our target. What are we aiming our children toward. Is it success, happiness, protection, or morality? Or is there something more?



On Target Parenting is about providing parents with biblical principles and practical skills to aim their children towards the bullseye of loving God passionately and loving others purposefully.

Psalm 127 is the foundation and framework for this 10-session parenting study.

