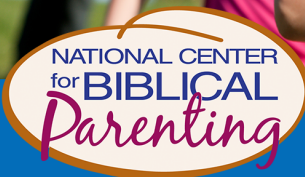


THRIVE!

PLOTTING THE COURSE FOR LASTING
CHANGE IN YOUR CHILD



By Dr. Scott Turansky and Joanne Miller, RN, BSN

A 12-Session Video Training Experience for Families

For individual Family Use or for Small Groups
(6 or 12 sessions)

Includes Video Teaching, Leader's Guide, and Family
Activities

WELCOME

Dear Leader,

Each of the twelve lessons in this program provides practical, biblical, heart-based solutions to empower kids to thrive. Each lesson contains five pages.

When Leading a Group of Parents...

Give parents the second and last page of the lesson to take home. Use the third and fourth pages during your meeting for parents to take notes during the video and discuss their solutions. Depending on your situation you can use the lessons in pairs (2 Lessons per Session) or individually to accommodate a schedule of 40-90 minutes, thus providing you with six or twelve sessions.

When Using the Program in Your Home...

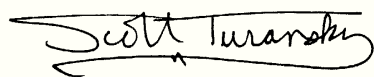
Make this program a family learning experience. Use the Starting Strong information on the second page and share it in ways that are appropriate in your family situation. If your children are older, encourage them to take notes using the third page of the lesson, especially looking out for the teaching directed to young people. Use the fourth page to ponder the lessons learned in the study, discuss with your mate or other caregivers, and engage your children on their developmental level. Use the fifth page to have fun in your home teaching a valuable heart-based idea to your children through activity.

Thrive is a program that helps children change and develop the life skills to equip them now and in the future. Be sure to point out success as principles are worked out in family life.

Parents can, if they would like, read the book "Change" found at biblicalparenting.org/change for additional thoughts and ideas.

Surprising things happen when you lead this material. You'll see things in your own heart that you'd like to change. We trust that you'll be blessed as you help kids thrive!

Blessings,



Scott Turansky



Joanne Miller

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To engage with other parents and coaches regarding this material, please visit ThrivingKidsConnection.com

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THRIVE!

LESSON 1A

IT'S WHAT'S IN THE MIDDLE THAT COUNTS



THE GOAL OF THIS LESSON

Recognize that targeting the heart produces the maximum change and to understand that a heart-based approach may require new strategies.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll be able to explore family life from a different perspective, looking at the heart, not just behavior.
- You'll be encouraged because you'll be able to approach problems from a new viewpoint.
- You'll be able to identify tendencies and heart qualities in yourself and your child.

It's What's in the Middle That Counts

STARTING STRONG

Parents

Look for Tendencies

Jesus taught us that the things that come out of the mouth come from the heart (Luke 6:45). So, if children have patterns of disrespect, meanness, or defiance, then those are heart issues. Looking for tendencies that children have is one of the fastest ways to get to the heart issues. If a child is disrespectful once, it might be an accident. A second time might be a coincidence. But if it's a pattern, then you're likely looking at a heart issue that, if not addressed, will grow worse instead of better.

Sometimes parents believe that children will grow out of bad attitudes. But the reality is that they often grow into them and they get worse. Negative tendencies are usually an indication of something that's wrong in the heart. Parents who identify those tendencies and take action see positive lasting change in a child's life.

Young People

Take Responsibility for Your Emotions

Emotions are a tricky thing. They're in our hearts and get triggered by desires and beliefs we hold strongly. Some people think that emotions are controlled by others and so they believe that if others would change in some way then they wouldn't be sad, angry or upset. Although external factors do play a role, you have more control over your emotional reactions than you may think. You don't have to get upset when things go wrong. With practice and God's grace you can be a person that is more emotionally controlled. Taking responsibility for your own emotions is a great way to demonstrate maturity now. There are actually a lot of adults who don't get this one idea. With practice your heart can become this great place of calm in the midst of difficulties. It will take some hard work because emotions sneak up on you. Work on it and you'll be glad you did.

A Parent's Prayer for Insight

Lord, thinking about the heart of a person can be daunting. Please give me eyes to see like you do, past the behavior to deeper issues. I want to be used by you in my child's life. I want to serve you in my home. I am realizing how much I don't know and how much I long for your insight into my child's heart. This is beyond my own abilities. I need your help. Please reveal to me new ideas about how I can reach my child. And Lord please help me see my own heart and the challenges I face. Give me the grace to move past my own issues in order to be the best parent I can be. Thank you. Amen.

It's What's in the Middle That Counts

Taking Notes During the Video

The most effective change starts with the heart

The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.

1 Samuel 16:7

But the things that come out of a person's mouth come from the heart, and these defile them.

Matthew 15:18

A heart-based approach vs behavior modification

Identify tendencies and triggers

Recognize the real cause of emotional episodes

It's What's in the Middle That Counts

Discussion & Assignments

In what ways do people who think about the heart think differently than those who focus on behavior?

Why is it helpful to use the map idea when approaching change in kids or parents?

What are some things inside the heart that might prompt an angry reaction in a parent or a child?

What is one heart quality (character quality) that was strengthened in you during your childhood?

This Week Think "Tendencies"

This week practice thinking more about the heart by looking for negative tendencies in your child, patterns of acting, reacting, or not acting, and identify positive character qualities or heart qualities that exist in your child.

Do the Family Activity worksheet with your children. You may want to journal each week and answer these questions, "What successes did I see in myself or my child?" "What challenges do I still face?" "What new ideas did I try or do I want to try?" "What are some things I'm learning?"

It's What's in the Middle That Counts

Family Activity

Supplies Needed

- 1 Ice Cream
- 2 Melon Scoop
- 3 Candy for Inside

Discussion

What's in the middle? Talk about how situations and experiences don't cause anger but rather are triggers that reveal something inside the heart. To draw out the discussion talk about Pet Peeves. A Pet Peeve is something that is important to you and tends to make you feel angry when it happens. We all have them. Each person share a pet peeve and talk about what that reveals about your heart. Why is it so important to you?

Activity – Ice Cream Mystery Balls

In advance, with a melon scoop carve out small 1 inch ice cream balls. Then put different things inside them. You might use raisins, jelly beans, peanut butter, chocolate chips, etc. Have kids eat them one at a time and talk about what's in the middle. Discuss how emotions are in the heart. That's where we experience values, expectations, and beliefs. Talk about ways to reduce angry reactions.

Application

List one important good quality that you'd like to see come out. What might that be? (thoughtfulness, helpfulness, compassion, etc.) and how might you try to show that good quality in your heart this week. End the time by praying for each other.