



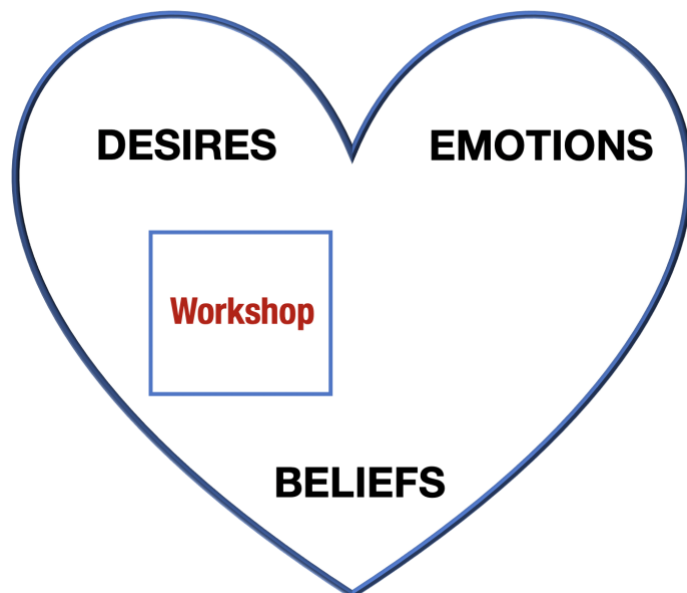
- **A Heart-Based Approach Changes EVERYTHING!**
- **by Dr. Scott Turansky**

Download these and other infographics at biblicalparenting.org/D6 including a package on Electronics Addiction

To learn more about the Biblical Parenting Coaching Program visit BiblicalParenting.coach

To learn more about the Child Behavior Inventory go to biblicalparenting.org/childbehaviorinventory

Contrast a Heart-Based Approach to Behavior Modification



A Heart-Based Approach Changes EVERYTHING!

A Romans 5 Approach to Change

“...suffering produces perseverance; perseverance, character; and character, hope.”—Romans 5:3-4

Notes:

CHARACTER QUALITY: A pattern of thinking and acting in response to a challenge.

The pursuit of pleasure leads to addiction!

An overemphasis on safety leads to anxiety.

The heart is the most sacred place on earth—it's where God wants to work and live.

Session 2: Obedience & Repentance

Esmeralda Ng

Introduction

1. Where do I seek parenting advice?
 - How can I know if the advice is sound?
2. Biblical parenting is A LOT of INTENTIONAL work!
 - 2 Cor 9:6 – 8

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

- What is the law of the harvest?
- What currency do my children operate in?
- How does God want me to give to my children?
- What is God's promise when we do His good work of raising His children?

Biblical Discipline

1. Biblical discipline is God's act of love.
 - Pro 13:24 *Whoever spares the rod _____ his son, but he who _____ him is diligent to discipline him.*
 - The entire Bible is filled with accounts of his children _____ and God _____ them, then _____ them to Himself.
 - God's worst punishment: Romans 1:28 – 32

*²⁸Since they thought it foolish to acknowledge God, he abandoned them to their foolish thinking and let them do things that should never be done. ²⁹Their lives became full of every kind of wickedness, sin, greed, hate, envy, murder, quarreling, deception, malicious behavior, and gossip. ³⁰They are backstabbers, haters of God, insolent, proud, and boastful. They invent new ways of sinning, and they **disobey their parents**. ³¹They refuse to understand, break their promises, are heartless, and have no mercy. ³²They know God's justice requires that those who do these things deserve to die, yet they do them anyway. Worse yet, they encourage others to do them, too.*

- Allowing us to do whatever we want is God's _____ punishment because it ultimately leads to _____ --eternal separation from God.
 - Allowing our children to do whatever they want is an act of _____ because it leads to _____.
2. Biblical discipline mirrors God's character. It is NOT harsh, abusive, or angry.
 - Why was Jonah angry with God? Jonah 4:2 *You are a _____ and _____ God, _____ to anger and _____ in love.*

- Hebrews 12:11 *For the moment all discipline seems _____ rather than _____, but later it yields the peaceful fruit of _____ to those who have been trained by it.*
 - Galatians 6:1 *If anyone is caught in any transgression, you who are spiritual should restore him in a spirit of _____. Keep watch on yourself, lest you too be tempted.*
3. Biblical discipline is a proactive lifestyle.
- Deuteronomy 6:7– 9
*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.*
 - Biblical discipline is a _____, not when tensions are high, but during non-confrontational times.
 - Biblical discipline is _____; it's proactive, not reactive. Why? So that when a crisis happens, _____
 - Why is role-playing a helpful tool?
 - What are some ways I can involve my children in my day-to-day life?
 - How can I convey godly wisdom to my children in the mundane times of everyday life?

Obedience: Action Point

1. Hidden within God's command to obey are principles children (actually everyone) need to be successful in life. Some character qualities children develop when they learn obedience include:
 - _____ to authority.
 - _____ their agenda.
 - Responsibility
 - Trust
 - What other qualities do children develop from the discipline of obedience?
 - Ephesians 6: 1 – 2; Deuteronomy 5:12
Children, obey your parents in the Lord, for this is right. "Honour your father and mother" (this is the first commandment with a promise), "that it may go _____ with you and that you may live _____ in the land."
 - In addition to God's reward for obedience, why does this command come with a promise?
2. But they never obey until I'm FUMING MAD!
 - Action Point = the point when I stop _____ and start _____; the point where I mean business and my children know I mean business.
 - To develop a tight Action Point:
 - i. _____ when my kids start doing what I say. What _____ do I give off that indicate they will be in trouble if they don't obey?

- ii. _____. Eliminate the negative cues (e.g. anger). _____ for a better way to motivate my kids to obey.
- iii. _____ new Action Point.
- iv. Address disobedience immediately. Only give instruction when I am _____ to follow through.
- v. Children will _____ you from time to time to see if your Action Point is still in place. Falling back to old habits is really easy, so be careful. Remember that this is only as effective as your execution and follow through.
- vi. _____ your children when they obey immediately. Children love approval, so offer praise generously.

Obedience: Cycle #1: The Instruction Routine

Isaiah 66:4

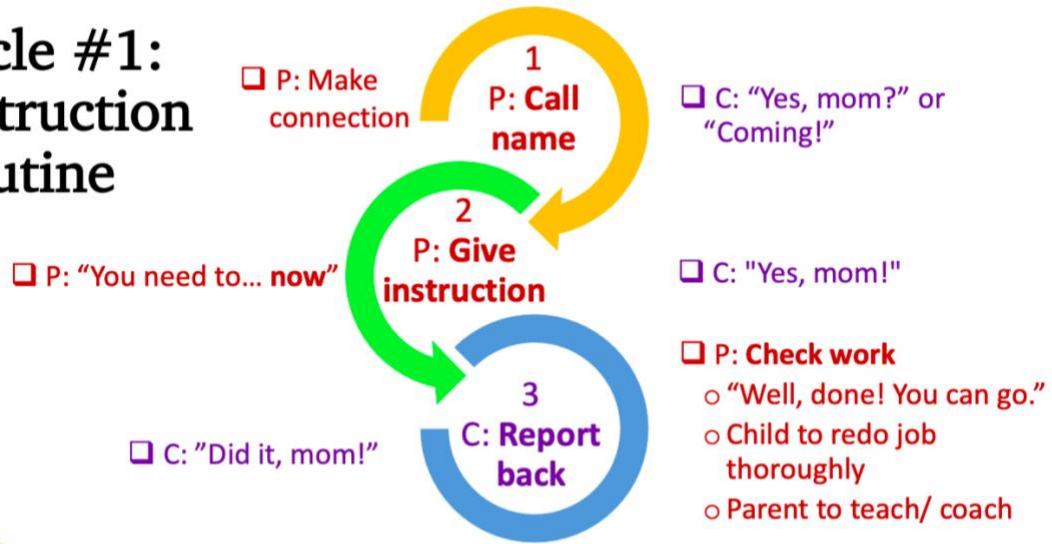
“For when I called, no one answered, when I spoke, no one listened. They did evil in my sight and chose what displeases me.”

The most basic form of obedience is _____.

1 Samuel 3

1. When did God call Samuel? Consider the _____.
2. When did God start speaking? When God had Samuel’s full _____.
 - Make _____ with child. Call child’s name.
 - Child must respond with, “_____.” A verbal response from child ensures he heard you and a connection has been made.
 - Children need to learn to _____ and _____.
 - “Come When Called” game.
3. Give the instruction
 - “You need to ____ now.”
 - Child must respond with, “_____.”
 - In doing the job, children learn _____ (to stick to the task even when it’s difficult and they don’t feel like doing it), _____ (to do a good job, not a haphazard, lousy job, _____ (to be hardworking and conscientious till the job is complete).
4. Upon completion of job, the child _____. This teaches the child _____. Parent needs to _____ the work.
 - If the child does a good job, I _____ and _____ him. This provides closure and a sense of freedom from obligation.
 - If the child doesn’t do a good job, he needs to _____ the job and report when he’s done.
 - If the child doesn’t know how to do the job, I need to _____ or _____ him.

Cycle #1: Instruction Routine



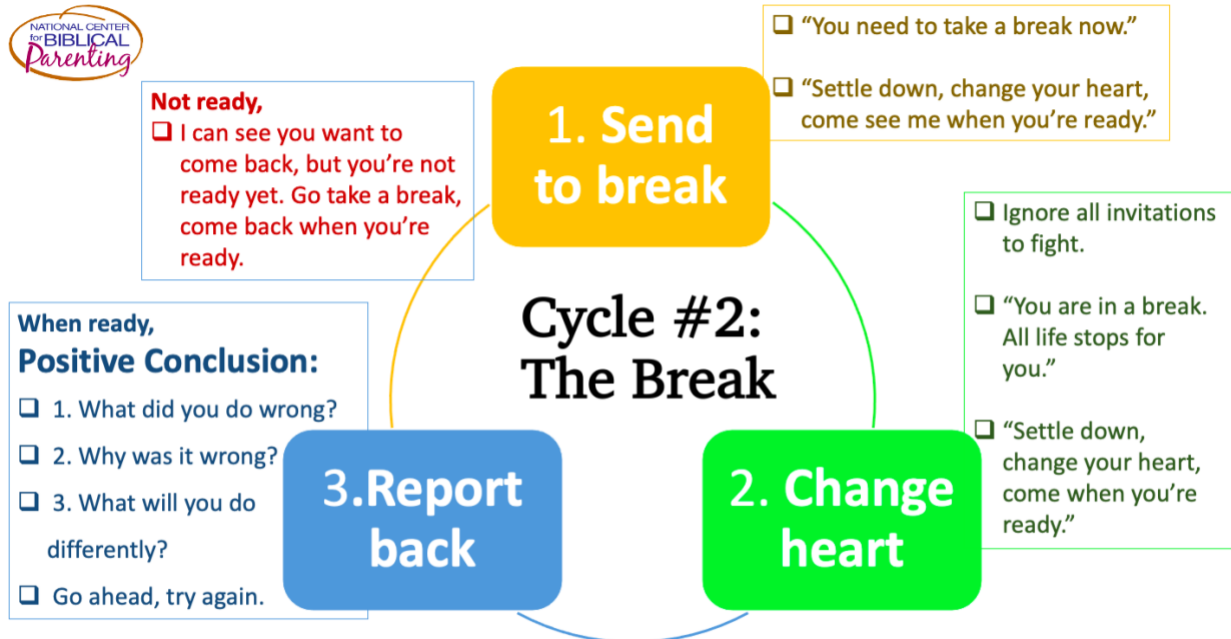
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Repentance: Cycle #2: The Break

What do I do when my child disobeys my instruction?

Jonah 1 – 3

1. When my child is off track, I need to parent _____. Don't get stuck in Cycle #__, move on to Cycle #__.
2. When my child disobeys, start with a gentle _____.
3. What's a suitable place for my child to take a Break?



Turansky & Miller, 2015

4. How is Time-Out different from The Break?

	Time-Out	The Break
Purpose		
Duration		
Target		
Role of Child		
Role of Parent		

Session 3: Encouragement for Discouraged Parents Esmeralda Ng

Change is Possible!

1. Change starts with my _____.
2. Paul introduces himself as, "I Paul, a prisoner of _____."
3. Who am I a prisoner of?
4. How does my attitude affect the perception of my children's misbehaviours?
5. Luke 15
 - My children misbehave because they are _____.
 - Parable 1: The Lost _____
 - Parable 2: The Lost _____
 - Parable 3: The Lost _____
 - Jesus came to _____ and _____ the _____ (Luke 19:10).
6. 1 Corinthians 10:13
No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also _____, that you may be able to endure it.
 - Where is this "way of escape" going to come from?

The Single Most Powerful Parenting Tool is the _____.

1. Proverbs 15:28
The heart of the righteous _____ to answer, but the mouth of the wicked _____ out evil things.
 - Why should I study the Bible?
 - How does it benefit kids to memorise scripture?

Provide the "Way of Escape": The Positive Conclusion

Q1: What did you do wrong?

Q2: Why is it wrong?

Q3: What will you do differently?

Go ahead, try again.

The PUT OFF – PUT ON Principle (Eph 4, Col 3, etc.)

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

²⁵Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. ²⁶"In your anger do not sin" Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold. ²⁸Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger,

brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Put Off: What did you do wrong?	Provide Insight: Why is that wrong?	Put On: What will you do differently?
Lying		
Anger <ul style="list-style-type: none"> • Yelling • Throwing things • Hitting 		
Stealing <ul style="list-style-type: none"> • Coveting • Discontent • Idolatry 	Stealing takes away from someone else’s hard work (Eph 4:28) Success is not measured by how much I own (Luke 12:15) Foolish desires are traps that can plunge me into destruction (1 Tim 6:9) Love of things takes the place of God and will pierce me with much grief (1 Tim 6:10)	Work and do something useful to share with others (Eph 4:28) Store up treasures in heaven (Matt 6:20) Be thankful for what I have, God made me, I am His little sheep in His pasture (Ps 100: 3 – 4) Since I cannot serve two masters, I choose to serve God (Matt 6:24)
Unwholesome talk <ul style="list-style-type: none"> • Harsh words • Yelling • Swear words 	Unwholesome talk tears ppl down (Eph 4:29) My bad words grieve the Holy Spirit living inside of me (Eph 4:30)	Speak words that build ppl up and benefit others, that makes the Holy Spirit happy (Eph 4:29 – 30)

	Out of the abundance of the heart, the mouth speaks (Luke 6:45)	The more I talk, the more I sin. Keep quiet if I am wise (Pro 10:19)
Tattling <ul style="list-style-type: none"> Gloating Pride 	<p>Tattling is gloating and delighting in evil (Pro 24:17; 1 Cor 13:6)</p> <p>There is not one person who is good no matter what I fool myself into thinking (Rom 3:12; Jer 17:9)</p>	<p>Spur one another on towards love and good deeds (Heb 10:24)</p> <p>Rejoice whenever truth wins out (1 Cor 13:6)</p> <p>Look out for the log in my own eye before judging the speck in another's eye (Matt 7:5)</p>
Whining <ul style="list-style-type: none"> Self-control Complaining 	<p>Whining shows a lack of self-control. Without self-control, I'm like a house without walls (Pro 25:28)</p> <p>When I whine and complain, I'm dissatisfied, despising the blessings that God has already given, and disobeying God (Ps 106:24 – 25)</p>	<p>Discipline my body, watch my tongue and keep my mouth shut, and I'll stay out of trouble (1 Cor 9:27; Pro 21:23)</p> <p>Do everything without complaining or arguing so that I can be an unblemished star shining for Jesus (Phil 2:14 – 16)</p>

Let's Practice!

Help these parents provide a "way of escape" for their children using the Positive Conclusion to form an intervention plan.

- Identify the sins that need to be put off.
 - What is the child doing wrong?
 - What is the parent doing wrong?
- Provide insight to the sins identified above. Tip: Use the Bible to help get to the bottom of the issue.
- Plan out practical age-appropriate solutions to help these families put on godly responses to their struggles.
 - What does the child need to do differently?
 - What does the parent need to do differently?

Case 1

It's incredibly difficult to get my 6 YO son going in the morning. He is very independent and wants to do things on his terms, which is wonderful, but we have to be at school at a certain time. He gets plenty of sleep (about 11 hours). He wakes up with a little grumbling (I do too, haha), but then refuses to get dressed. When we convince him to get dressed, he then doesn't want to brush his teeth, pee, eat breakfast, etc. He is often running out the door at the last minute, with shoes and breakfast in his hand, because he just doesn't want to get moving in the morning. Sometimes we are late because of it.

Last year, he was in kindergarten and there was no real school consequence to him when he was late. This year, if he is late too often, he will miss out on field trips or fun class activities. Aside from not wanting him to miss out on fun school events, I just don't want to feel like I am a drill sergeant in the morning.

He gets frustrated at me and tells me I am "bad" or he doesn't like me. I have given him a space to talk to me about why he says those things/feels that way, but he always tells me that he doesn't know why outside of being frustrated, he doesn't actually think I am a bad mama. When he says those things, I know he is just taking out his frustration on me because I am a safe person to do it with, but it makes me sad and just starts the morning off in a rocky way.

How can I help the morning go smoothly? How can I gently relay to him that we have a schedule to keep and that we have to be prepared to get up and go?

I know it will be asked, so I will confirm that we have tried an earlier bedtime, a later bedtime, and earlier wake up time, a later wake up time, ...any combo of those things. He LOVES school and everything there is to do with learning, so I know that this struggle has nothing to do with the desire to be there.

Case 2

My 13-year-old girl has been struggling with her self-image lately. She wants to look exactly like the models in her magazines and bursts into tears when she wakes up in the morning and looks in the mirror. She hates that she has "fat thighs" and a "zit face" to use her words, when really, she doesn't have such large legs and I have seen girls with much more acne than she will ever have.

She has younger siblings that have not yet experienced the changes she has gone through, and sometimes they tease her on her worse acne days and when she is feeling down.

What should I say to her to tell her that she is beautiful inside and out and that her thighs and one pimple doesn't change that?

One Last Encouragement: Complaint of the Perfect Parent

Isaiah 1: 2 – 4

Hear me, you heavens! Listen, earth! For the Lord has spoken:

"I reared children and brought them up,
but they have rebelled against me.

The ox knows its master,
the donkey its owner's manger,
but Israel does not know,
my people do not understand."

Woe to the sinful nation, a people whose guilt is great, a brood of evildoers children given to corruption!
They have forsaken the Lord; they have spurned the Holy One of Israel and turned their backs on him.