

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...

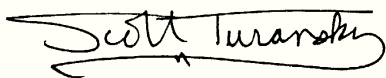
Make this program a family learning experience. Use the Starting Strong information on the second page and share it in ways that are appropriate in your family situation. If your children are older, encourage them to take notes using the third page of the lesson, especially looking out for the teaching 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

TABLE OF CONTENTS

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

Lesson 1A	7
It's What's in the Middle That Counts	
Lesson 1B	13
Treasure Seekers Use a Map	
Lesson 2A	18
Firmness Builds Character	
Lesson 2B	23
How to Use Consequences in a Heart-Based Approach	
Lesson 3A	28
Embracing a Vision for Change	
Lesson 3B	33
Visioning Empowers Hope	
Lesson 4A	38
Teach Kids "How" not just "What"	
Lesson 4B	43
Transferring Responsibility to the Child	
Lesson 5A	48
Tap Into Super Powers for Change	
Lesson 5B	53
Coaching Helps Kids Win	
Lesson 6A	58
3 Levels of Thinking	
Lesson 6B	63
Using 3 C's to Teach Initiative	

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

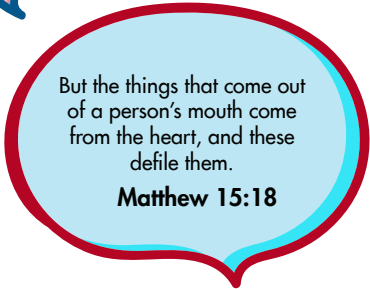
Taking Notes During the Video

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 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.

THRIVE!

LESSON 1B

TREASURE SEEKERS USE A MAP



THE GOAL OF THIS LESSON

Understand Point B where your child needs to go. This one idea can bring hope to children and young people and make parenting positive.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll see your child's heart like a map, moving from the present problem to a heart-based solution.
- You'll experience a hopeful shift in your work with a child because the current training is contributing to a future life skill.
- You'll be able to define a Point B quality that will help your child think and act differently.

Treasure Seekers Use a Map

STARTING STRONG

Parents

Emphasize Training Over Correction

Parents tend to go to consequences too quickly. You hear it in the grocery store: "If you don't come here then I'm going to..." and we're already into consequences. When a child has a weakness, then that's an indication of a lack of something. The child who has anger episodes lacks self-control. The child who is mean lacks kindness or compassion. The child who is defiant lacks cooperation. That line of thinking moves a parent from focusing on behavior to looking more deeply at the heart. That's why Ephesians 6:4 emphasizes training when it says, "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

Correction may be a tool used to motivate change, but a much stronger tool is training. Practicing cooperation, kindness, or self-control in many areas of life can help children develop the internal ability to handle their challenges. Thus, the parent's whole approach becomes more positive. And, the child starts to develop life skills that will not only cause the problem area to diminish, but it will provide the child with an internal strength that will be used well into adulthood.

Young People

Your Future Success Starts Now

Who will you be in five years? In ten years? The answer to those questions starts now. Will you be an organized person? Patient? Caring? Responsible? You are developing patterns of thinking and acting that will last a long time. If you want to be more organized then you'll take the extra minute to put something away, clean up after yourself, or think ahead. It only takes a minute, but you have to be willing to give that minute in order to develop that quality.

If you live with someone in your home that is annoying, then now is the time to develop patience and communication skills in order to deal with it. Likely you'll encounter an annoying person or two when you get older and are working at a job. If you develop the skills now, you'll be able to relate more effectively later on. Think about the challenges in your life now as opportunities to grow and develop. If you do, you'll be a much stronger person as you get older.

A Parent's Prayer for Perseverance

Father, I can't do this in my own strength. Sometimes I get angry, or I just give in, or become overly controlling. I need your help to maintain the balance of firmness without getting overly emotional. Please help me to do this precious job of parenting well. I love my child and I want to do the best job possible but the day-to-day work can be overwhelming. Today, I'm asking you to give me the strength I need for today. Help me to hang in there and be the leader, coach, coordinator, helper, and emotional support my child needs. I love the way you do that for me. I want to pass on that same gift to my child. Thank you for being there for me and caring for my deepest needs. I need you today. Amen

Treasure Seekers Use a Map

Taking Notes During the Video

Identify Point B, where you want to go

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 CORINTHIANS 5:17

But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

PHILIPPIANS 3:13-14

Strategy is characteristic of a heart-based approach

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

The Arena is where the action takes place in the heart

Treasure Seekers Use a Map

Discussion & Assignments

How can a focus on Point B make your parenting more positive?

What is one heart quality that you would like to see your child develop and how would that help reduce the challenges?

How might your child think or act differently if this quality was strong?

What is a common arena in your child's heart where a battle against temptation needs to take place?

What are some ways that an understanding of God's work with us affects our parenting?

This Week Think "Strategies"

This week look for ways to see common problems as opportunities to develop a heart quality. Try to identify what that heart quality is and ways that it might help decrease the challenges you're seeing.

Take time to thank God for his work in your own life as his child. Try to look for ways that he works in your life and think about how you might use some of those same strategies to help your child change.

Treasure Seekers Use a Map

Family Activity

Supplies Needed

- 1 Clues on Paper
- 2 Fun Activity or Treat

Discussion

When parents, children, and young people think bigger about family life they realize that there are hidden treasures right around them. Treasure hunters keep their attention focused on the goal. What is one quality you can be working on this week in our family? Remember it can't start with "not." (i.e. not whining, not being mean or disrespectful. It has to be positive.) With this quality being the goal, look for opportunities throughout this week to practice it.

Activity – Treasure Hunt

Usually 5 clues is about right. Hide each clue around the house or backyard, each clue leading to the next with a surprise at the end. That surprise might be a written announcement that we're going to the pool, out for dinner, or to a fun park. Or it might be a chocolate bar, a batch of cookies, or a bag of water balloons. To make it more interesting you might hide the clues in plastic eggs or even in a small zip lock bag stuffed into a frozen water bottle requiring extra work to figure out the next clue.

Application

The family is a laboratory where each person is developing the internal treasure that will help them be successful in life. Identify one quality you're working on. How do you have to think differently in order to be that different kind of person?

THRIVE!

LESSON 2A

FIRMNESS BUILDS CHARACTER



THE GOAL OF THIS LESSON

To learn how to use firmness as a tool in the change process. You will feel empowered with new ways to set boundaries. Since parents often move to consequences too quickly, you need other firmness strategies to use first. Young people will gain a great understanding of why following instructions, especially when they don't feel like it, is important.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll think about the idea of strategy and begin to develop a unique written plan for change in your child.
- You'll feel empowered to use firmness to make Point A uncomfortable, but do so without harshness.
- You'll be able to start using an Instruction Routine to train a child to be more responsive and cooperative.

Firmness Builds Character

STARTING STRONG

Parents

Think Strategy

If you view children on a map from Point A to Point B, then you'll start thinking the way God thinks about his children. Philippians 1:6 says, "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." God is moving us from where we are to where we need to be.

Many parents instead practice Reactive Parenting. They simply react to negative behaviors and things they don't like hoping to extinguish the negative actions. A change of heart often requires a multi-faceted approach to change. In fact, you don't know whether it will be a firm approach or a meaningful conversation, or some new teaching or a combination of those things that might bring about significant change. If you're focusing on strategy, you're more likely to reach a child on a heart level rather than simply trying to put out fires throughout the day.

Young People

Following Instructions Well Builds Responsibility

Life is full of people telling us what to do. It might be parents, teachers, and coaches now but in the future it will be family, coworkers, bosses, government, and other leaders. There are several skills developed as you learn to respond well when given an instruction. You learn how to give up your current activity or agenda without getting upset. You learn how to communicate in a way that shows a good attitude instead of one that expresses irritation. You learn to be responsible, complete a task thoroughly, and report back. You learn to consider the needs of others, not just your own. It's amazing that God has provided so many life skills for young people in the simple day-to-day interaction with parents who tell them what to do. If you will view instructions as a training tool for your heart, you'll advance more quickly to the next level of your own personal development.

A Parent's Prayer for Wisdom

Lord, I often find myself second-guessing my responses. Should I apply more grace or be more strict? Should I confront this instance or let it go? Knowing how to respond in the moment is challenging. And then sometimes I react and later regret my actions. I need your guidance and wisdom to see how my actions might affect my child before I act in the first place. Please help me see the bigger picture, that viewpoint that you have. Help me to see that the choices and responses I make can fit into a grander plan that you want for my child. Lord, today please help me to have your eyes and your wisdom as I walk through this day to meet the challenges I'll face. Amen.

Firmness Builds Character

Taking Notes During the Video

Five key words form the outline for your plan

God gave the instructions about the cloud to the Israelites when they came out of Egypt. But when they came to the promised land they didn't have enough faith to go in. All of the older generation (except for Joshua and Caleb) died during that wandering but God trained up the new generation and had them practice following instructions so that they would be able to obey even when they didn't understand.

**The Cloud in Numbers
9:15-23**

Firmness is an important part of any plan

Examples of firmness to consider

Firmness Builds Character

Discussion & Assignments

For some parents the idea of strategy brings hope. Why do you think that might be?

Firmness makes Point A uncomfortable. How might a parent increase the discomfort with the problem without increasing the discomfort with the parent who is trying to help bring about that change?

Some parents go to firmness very quickly. Others shy away from it altogether. How might a parent develop a balance or know when to be more firm or more relational in their parenting?

Discuss the idea that, "Parents are the best therapists for their children if they have a good plan." Do you agree or disagree and why?

This Week Think "Practice"

Practice the Instruction Routine this week. By practicing 20 times a day a child learns several things. 1) To give up his agenda for someone else - the foundation for cooperation. 2) To respond well to authority - an others-centered approach to life instead of me-first. 3) To feel uncomfortable when given a task - the beginning of responsibility.

Have a positive meeting and discuss why you're going to work on this: to reduce tension, build character, and help the child build life-skills needed for success. Then teach a child to come when called. With teens, determine that you'll come together and interrupt the electronics or activity before giving the instruction. That helps to exercise the heart and foster a good working relationship. Next, give the child a simple task like straightening up the pillows on the couch or emptying the trash from the bathroom. Remember, that you're building a healthy process, not focusing on getting things done. Older children need to be able to cooperate and respond well too. As you overcome resistance and see positive change, affirm character development in your child.

Firmness Builds Character

Family Activity

Supplies Needed

- 1 Jell-O
- 2 Cookie Cutters

Discussion

The “Getting Things Done” department of family life involves all of the things that families do regularly. Getting up, getting ready in the morning, preparing food and clothes, doing chores, getting out the door, working with school and homework, following instructions, and finally getting into bed at night. That’s a lot of what we do in family life. Many families experience unnecessary tension when trying to get things done and it increases distance in their relationships. A few changes on the part of parents and children can make all the difference. In the same way that Jell-O needs some boundaries as it sets, the human heart needs structure in order to develop character. When parents learn to give instructions well and kids learn to receive them well, children and young people develop some internal strength.

Activity – Jell-O Jigglers

Make Jell-O Jigglers. Add 2.5 cups of boiling water to four 3 oz packages of Jell-O gelatin. Stir 3 minutes until completely dissolved. Pour into 13x9 inch pan and put in the refrigerator for 3 hours or until firm. Take it out and set the pan in hot water for about 15 seconds to loosen from the bottom. Cut into squares or use cookie cutters to form shapes. Have fun playing, talking, and eating them together.

Application

Practice the Instruction Routine many times a day this week and work toward more cooperation in your home. Remember that tendencies of resistance, defiance, or bad attitudes exist in the heart and practicing the right thing can go a long way to build new tendencies of cooperation, responsibility, and responsiveness to authority.

THRIVE!

LESSON 2B

HOW TO USE CONSEQUENCES IN A HEART-BASED APPROACH



THE GOAL OF THIS LESSON

To learn how to use consequences in a heart based approach. You'll be inspired to use firmness without harshness. Young people will learn to view correction as something positive.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll know the place of consequences in a heart-based approach and how to use them most effectively to move children toward Point B.
- You'll feel refreshed in your parenting, relieved by a new approach to consequences.
- You'll know to transfer responsibility for change to the child. You'll understand the difference between firmness and harshness.

How to Use Consequences in a Heart-Based Approach

STARTING STRONG

Parents

Use Firmness but Avoid Harshness

Firmness builds character. It simply says to a child
1) We aren't going to live this way anymore, and
2) We are going to practice a better response. That kind of firmness provides a structure inside of a child's heart and gives more clarity regarding expectations. Firmness isn't just about consequences. It also provides a structured plan for doing the right thing.

Sometimes parents view firmness and harshness as inseparable. They yell at their kids and think they are being firm. Proverbs 15:1 says, "A gentle answer turns away wrath, but a harsh word stirs up anger." Harshness damages relationship, and, in the end, works against positive heart change. Firmness draws a line and says this is what's going to happen. Harshness pours all kinds of emotional intensity into the situation to try to communicate that the parent means business. Develop a tighter action point, require immediate responsiveness, practice doing what's right and firmness will produce positive change.

Young People

View Correction as a Gift

It takes courage and humility to receive correction well. When you're corrected for something, there are two possible scenarios. Either you have done something wrong and you can be grateful that someone has pointed that out. Or you're being misunderstood and you didn't actually do something wrong and you might have an opportunity to communicate graciously. Be careful. There are defense systems inside your heart that are tricky. Sometimes they indicate that you aren't wrong when you really are, or they choose to focus on the wrong someone else has done and not on your own offense. Here's a key point to remember: There's usually something you can learn when corrected. It may be that you didn't do something wrong this time but you have a reputation of doing the wrong thing and this is an opportunity for you to address it more clearly. Or maybe you were misunderstood and it's an opportunity to demonstrate grace and maturity. Correction is a gift and the best response is always to examine your own heart first to see where you can grow.

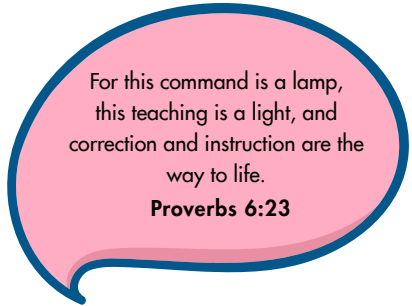
A Parent's Prayer for Self-Control

Father, I never realized that I was so impulsive. I tend to react to things and then later feel regret or see a better way to handle the situation. I want to ask you to provide for me today the self-control that comes from the fruit of the Holy Spirit you offer. I know that the words that I say can make a lasting impression on my child. Please give me the right words, the ones that will provide positive change, encouragement to do what's right, and inspiration to follow you. Please help me to guard my tongue, slow my reaction, and measure my interaction with my child. I want to be used by you and sometimes my first reaction isn't the best. Please give me the self-control that comes from your Spirit control in my life today. Amen.

How to Use Consequences in a Heart-Based Approach

Taking Notes During the Video

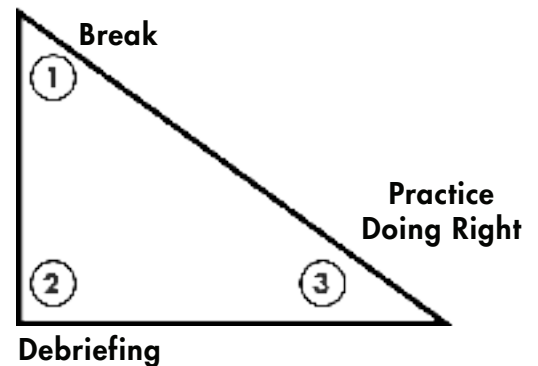
Use consequences to transfer responsibility for change to the child



Correction is a gift

Be firm without being harsh

A triangle of discipline



How to Use Consequences in a Heart-Based Approach

Discussion & Assignments

How does a heart-based approach use “hope” to bring about change?

In what ways is correction a gift?

How can parents be firm without being harsh?

Discuss the difference between a justice mentality, emphasizing punishment, and a map mentality that focuses on strategy. How might this difference affect your parenting?

This Week Think “Training”

First, take some time to outline what your Point B quality would look like in practical terms. In other words, what would it mean for a child to be more cooperative or self-controlled? You might even have your child help define specific ways to demonstrate this quality.

Next, set up practice sessions to work on the development of that quality using training instead of punishment.

If tension increases and a child becomes too emotional, stop the process and require a Break where the child sits down in a boring place to settle down. The child then initiates to return to you for a debriefing about what went wrong and most importantly what to do differently next time. After the debriefing, go right back and practice again to do what’s right, affirming the development of the heart-quality.

How to Use Consequences in a Heart-Based Approach

Family Activity

Supplies Needed

- 1 Serving Bowl
- 2 Food Coloring
- 3 Several small objects to drop into the water

Discussion

Words of kindness are a gift that can have a profound impact on another human being, no matter what their age. In fact, Proverbs 15:1 gives some good advice for the family. It says, "A soft answer turns away wrath, but a harsh word stirs up anger." Emotions are contagious and both kindness and harshness can trigger emotions that ripple through family life. As you do this activity, imagine how kind words might impact your home.

Activity – The Kindness Drop

Fill a large serving bowl or your kitchen sink with water. Add a few drops of food coloring. Blue works well. coloring makes seeing the movement on the water a bit easier than just looking at clear liquid.

Drop several objects into the water from a height of about a foot. Watch what happens. For example, you might try a one-inch rock. Notice the ripples. You could take a larger rock and it will create a big splash. Harsh words are often like that. They create more than ripples. They disrupt everything around. Then try some smaller objects such as a marshmallow, a mini-marshmallow, a small rubber band, a paper clip, and lastly one cupcake sprinkle. Make observations about what happens to the water.

If you have a round container and drop a mini-marshmallow into it, you can see the ripples go to the sides and return back to the same place, an interesting observation with great application to kindness. It often returns back to you as well.

Application

What applications can you make from the science experiment to the ripples that kindness produce in the heart of someone else? Look up Proverbs 15:1. Considering the experiment you just did, what might we learn from this verse? Talk about ways to encourage kindness in your home this week. You might call them Ahhh moments and share them at dinner or in the evening. The personal testimonies about kindness can often spur others on to see ways they too might create ripples in the lives of those around you.

THRIVE!

LESSON 3A

EMBRACING A VISION FOR CHANGE



THE GOAL OF THIS LESSON

To learn how to communicate a sense of vision for the character quality developing in the child. You will feel hopeful about moving forward and will have more determination to proceed toward the goal. Young people will learn that their experiences and responses right now are building internal patterns for the future.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll use visioning to give your child a bigger perspective of the current challenges.
- You'll feel hopeful as you position yourself in a positive way and learn to transfer that hope to your child.
- You'll be prepared to have a positive meeting with your child to introduce changes and strategies.

Embracing a Vision for Change

STARTING STRONG

Parents

Provide Vision to Motivate Change

One of the most powerful agents for change is providing a vision for something different and its benefits. That's why we like Bible verses such as Jeremiah 29:11, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Vision helps children and young people understand why the current changes are important and how they will benefit them both now and for the future.

Visioning usually takes place in a positive meeting with the child that affirms the good that parents see and gives the child a preview of changes that are to come. Instead of a "laying down the law" type of attitude, parents express a vision for the importance of the changes and how they will, in the end, benefit that child. In essence to work now will create life skills that will help a child well into the future.

Young People

Pleasure is Not the Ultimate Goal

It's interesting to see some young people, and even some adults, act as if the goal in life is to be happy, have fun, and experience pleasure. If someone believes this then you'll see lots of time being spent playing and being entertained. When people make pleasure their goal, then they open themselves up to all kinds of problems. They take drugs because it makes them feel good. They do the wrong thing because it seems fun. And they shirk responsibility because it doesn't bring pleasure. One of the signs of maturity is realizing that life isn't all about pleasure. It's about a mission to be responsible, contributing to the lives of others, and being a disciple of Christ. Interestingly enough, when you work to that end, you experience something greater than pleasure: joy. That's big. Don't be confused by the lie that childhood is all about having fun. If you do, you'll miss out on the biggest blessings available to you in life.

A Parent's Prayer for Hope

Father, I see the Parent's in my heart. I get frustrated sometimes because the same problem continues to happen and my attempts to bring about change seem to have little lasting impact. I then get discouraged resulting in my own issues clouding my parenting. I need your strength and your hope in my life to help me to continue to be positive and do this important work of parenting. Please help me see that you are in control and that you are good. Please give me signs of hope today as I try to look past behavior to the heart. Help me to look long term and see that my current actions are very important for a greater work that you are doing in my child's life. Today Lord give me such a strong hope in you that it becomes contagious to others around me. Amen.

Embracing a Vision for Change

Taking Notes During the Video

Vision gives a child a picture of the future

Being confident of this,
that he who began a good work in
you will carry it on to completion
until the day of Christ Jesus.

Philippians 1:6

We know that suffering produces
perseverance; perseverance,
character; and character, hope

Romans 5:3-4

Vision helps kids understand “why” and the benefits of this quality for the rest of their lives

The Meeting

“The Journey is just as important as the destination.”

Embracing a Vision for Change

Discussion & Assignments

How will visioning help your child in the midst of the training?

How will visioning help you as a parent when working with a child's challenges?

Think about the way that God works with us. How does he use visioning?

How might you help a child understand that the daily interactions of life can be considered "suffering" and become the first step toward hope?

This Week Think "Visioning"

This week practice visioning by making positive comments regarding the challenges you and your child face. What might be a way that your child is actually demonstrating a good quality in a negative way?

Have a meeting with your child to share some perspective and visioning about the changes you're working on. You might even ask your child for suggestions of how the current challenges might provide opportunity to practice new and positive responses and how these changes will contribute to life-skills for the future.

Embracing a Vision for Change

Family Activity

Supplies Needed

- 1 Aluminum Foil
- 2 Pennies
- 3 Tub of Water

Discussion

What happens to you when you're under pressure? Do you get angry? Withdraw? In this experiment we're going to each create a boat out of foil and see which boat can handle the most pressure? Then you'll have a second chance to improve your boat's design.

Activity – The Penny Boat

Give each member of the family a six-inch square piece of aluminum foil. Each person should form their piece of foil into some kind of boat knowing that the boat will be placed in a tub of water and expected to hold pennies. The pennies will be added one at a time until the boat sinks or tips over.

Place the boats into the water and each person add one penny at a time to their own boat, how many that boat can hold. Once your boat sinks, you get to try again. See if you can beat your own score. Avoid the temptation to compete with each other. Rather compete with yourself and see how many more pennies you can add to your second boat.

Application

Integrity is the ability to withstand pressure in life. Sometimes it's the pressure to lie. Or it might be the pressure to react in anger, or to have a bad attitude, or to do a partial job. A person with integrity can stand up against the pressures of life. The reason you did the activity twice is because you can learn from experience. Once you try one idea you'll often come up with a better one. The same is true in life. We can learn from past mistakes. and do better.

Lack of integrity often comes from negative thinking. Which word in the following verse stands out to you as one you'd like to think more about? Philippians 4:8, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

THRIVE!

LESSON 3B

VISIONING EMPOWERS HOPE



THE GOAL OF THIS LESSON

To learn how visioning communicates “why?” You’ll learn to think differently about current challenges you face with your children in general and, in particular, will see the benefits of working on honor in your home. Young people will learn how “others-focused” thinking is customer service and is practiced right now in the family.

WHEN YOU’RE DONE WITH THIS LESSON

- You’ll use visioning to move kids toward where they need to go instead of just focusing on their problems.
- You’ll feel inspired to help your kids see what needs to be done and do it without being told using the biblical concept of honor.
- You’ll be able to transfer responsibility to your child and use honor in the “Getting Things Done” Department in order to train children to take initiative.

Visioning Empowers Hope

STARTING STRONG

Parents

Honor Changes People

When it comes to a biblical understanding of childrearing, many parents focus on obedience but don't know what to do with honor. Both are mandates for children to learn. We can define honor as "Treating people as special, doing more than what's expected, and having a good attitude." In short, honor is customer service brought home. It teaches children to think of others instead of themselves and look for things that need to be done and do them without being told. It teaches children to be kind and compassionate.

Honor isn't optional. It's part of the job description of a child. Practice using the term at home and teaching children how to honor you, others, and even the home you live in. You might ask your child, "What is an honor thing you can do today?" Or, "It looks like your brother needs some care. Maybe you could show him some honor." Or, "Would you please go into the living room and do an honor check and see what you can do to make it better?" Take time to teach honor and you'll help kids dramatically. Honor is God's anti-selfishness curriculum and it starts in the home.

Young People

Look for Ways to Give, not Just Take

Have you ever noticed that some people seem to be "Takers" and others are "Givers?" One of the signs of maturity is that people learn to give and take but the balance tends to lean to the giving side. It's these people that do better in life, are appreciated more, and who feel better about themselves. And, most importantly, they are being more godly. God himself is characterized as a giver. Take a few minutes and evaluate yourself. In fact, maybe watch yourself during the day and look for ways you might increase your giving side. A kind word to a sibling, a helpful action for a parent, and an encouraging comment to a friend are all ways that you can give to others. Even if people don't notice or appreciate it, you'll know that you are doing the right things and that's one of the greatest rewards.

A Parent's Prayer for Patience

Father, thank you for your patience with me. I'm so grateful that you're committed to my growth and strength. Please help me know what that patience looks like with my own child. I suppose that my own fears cloud my thinking at times. I become afraid of what others think of me as a parent or afraid of my child's future if these current problems are not changed. I know I need to persevere and do my job as a parent, but Lord, please give me patience to trust in you in the process. That's a hard balance, trust and action, but I want to do it well with your grace. Please give me the patience today to look past the immediate to the bigger picture. Let my responses today be centered on what you would want in my child's life and not in my own selfishness. Please help me to be patient today. Amen.

Visioning Empowers Hope

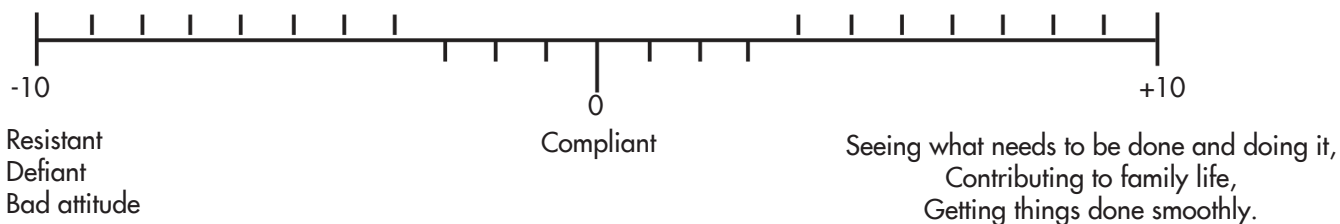
Taking Notes During the Video

Visioning helps move kids to a new level by building internal motivation.

Children, obey your parents in the Lord, for this is right. "Honor your father and mother"—which is the first commandment with a promise— "so that it may go well with you and that you may enjoy long life on the earth."
Ephesians 6:1-3

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11

COOPERATION INDEX



The Meeting

How to help children develop more cooperation

Honor is...
Treating people as special, doing more than what's expected, and having a good attitude.

Visioning Empowers Hope

Discussion & Assignments

Describe a time you chose to move to a new level of your own development because of visioning (i.e. lose weight, become more organized, stop or start a habit)

How do you see honor as different from obedience when getting things done in family life?

What are some practical ways to bring customer service home into your own family?

What are some ways you can start the teaching on honor by your own example in your home?

This Week Think "Honor"

You're likely already honoring your child in a number of ways. For example, when you go grocery shopping you might purchase your child's favorite ice cream or cereal. Now when you take it out of the bag, you might say, "I wanted to honor you by getting your favorite..." Using the word "honor" in family life can help the concept come alive for your children.

Have a meeting with your child and talk about ways to practice honor around the house. Brainstorm about ways your child could add to family life and see things that need to be done and do them without being told. Watch for honor this week and express affirmation and gratefulness for growing cooperation.

Visioning Empowers Hope

Family Activity

Supplies Needed

- 1 Glass
- 2 Cooking Oil
- 3 Food Coloring
- 4 Alka Seltzer Tablets
- 5 Water

Discussion

Who keeps things moving in your home? Often it's Dad or Mom pushing things along to get out the door, food on the table, clothes clean, and dishes put away. But whose job is it to add energy to family life? The answer should include everyone. All members of the family have a responsibility to add energy to a home. Sometimes children believe that it's their job to have fun and take the energy and parents' job to add the energy. Unfortunately, some parents believe that too, preventing their children from developing their own responsibility.

Activity – Getting Things Moving

Using a tall glass cylinder, a drinking glass, a jar, or a vase, first add 2 cups of cooking oil. Then add to that 3 Tablespoons of water. Next you'll want to add about 20 drops of food coloring representing the tasks that need to get done around the home. You might even brainstorm together about all of the things that need to get done as you add the drops. Next, you add the activators. These are two alka seltzer tablets representing those who are adding energy in the family to get things done. Then watch what happens as things get moving in the jar.

Application

Philippians 2:3-4 give some specific instructions to all people about how they should be others-centered. "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." Talk about some ways that each person can be an activator in your home to get things done and show honor.

THRIVE!

LESSON 4A

TEACH KIDS "HOW" NOT JUST "WHAT"



THE GOAL OF THIS LESSON

To learn how a working definition can identify specific ways a child can change. You'll also learn to break a character quality down into measurable and attainable pieces for a child. You'll feel hopeful that your kids can actually change one step at a time. Young people will learn how character is built and how to define specific steps to practice.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll know how to equip children to change by focusing on "how," determining practical steps toward the goal.
- You'll feel empowered with a new way of approaching a tendency in your child that has been hard to change.
- You'll be able to use a working definition to define specific steps to bring about that change.

Teach Kids “How” not just “What”

STARTING STRONG

Parents

Make Character Practical

Sometimes parents emphasize the “what” and don’t talk about the “how.” Talking about developing kindness, patience, or respect are good but helping children understand what that looks like in practical terms can maximize change. Working definitions that are child-specific are often helpful to encourage character development in practical ways.

For example, a plan for kindness for Billy might define it this way. Kindness is letting my brother have the first turn, or listening to my brother’s ideas. Patience might be waiting with a happy heart, or not interrupting. In each case the definition details specifics that a child can actually do and say to develop that quality. David focused on outward words and inward dialogue when he wrote in Psalm 19:14, “May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.”

Young People

Consider “How” not just “What”

You likely have a lot of expectations placed on you. Most of those are good. But sometimes the focus is on “What” you need to do. “Finish your homework.” “Clean your room.” “Be kind to your sister.” And the list goes on and on. Notice that all of those examples focus on your behavior. But they also point to something inside your heart. Thoroughness, organization, and thoughtfulness are heart qualities that those expectations illustrate. One of the ways to be more successful is to focus on the “how” not just the “what.” Develop a plan to get your homework done, room cleaned up, or to be kind to your sister. If you think about the how, you’ll get very practical and you’ll find yourself overcoming the hurdles that are presently in your way. More importantly, though, you’ll find yourself developing the heart qualities that are actually life skills to drive you forward.

A Parent’s Prayer for Peace

Father, I know that if I had more peace then my child wouldn’t react as much. It seems that my family rides the waves of my own emotions at times. I know they need me to express a peace in the midst of the storms of life. I can only receive that from you. When my child is upset, please help me to communicate calm. I know that you provide that peace that passes all understanding and I ask that you would give it to me today. Please help me to fit into your plans so well today that I feel an overwhelming sense of calm in my heart. Please communicate your grace through me to my family today. Thank you. Amen.

Teach Kids “How” not just “What”

Taking Notes During the Video

Teaching answers the question, “How?”

Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling,
Philippians 2:12

A Working Definition gives specific practical ways that in individual child might practice the target quality.

Internal dialogue takes place in the heart

Use a “working definition” to make a character quality practical

The teaching component brings hope

Teach Kids “How” not just “What”

Discussion & Assignments

In the story about Ralph addressing impulsivity, what was it that empowered him to change?

If a child continually says “wait a minute” when instructed to do something, what internal dialogue might need to change?

In your home, how might you define cooperation in practical ways for you child?

Cooperation is...

How might the teaching bucket produce hope in a child’s heart?

This Week Think “Practical”

Meet with your child and together look for practical how-to ideas for thinking differently about a challenge your child is facing. Determine the character quality needed and together create some working definitions of that quality that provide specific ideas to empower your child to change.

You might want to list specific things your child should be saying internally and use that list as you prompt your child during the week. Your promptings can help your child adjust his or her own internal dialogue.

Teach Kids “How” not just “What”

Family Activity

Supplies Needed

- 1 Styrofoam cups
- 2 Toothpicks
- 3 Golf Balls or Rocks

Discussion

Gravity pulls things down to the earth. It takes a force greater than gravity for something to rise up. In the same way, there are a lot of temptations that drag a person down and without some other kind of force at work, a person naturally is brought down into negative territory in their lives resulting in angry episodes, critical talk, bad attitudes, fighting, and resistance to others. Which do you think will land first, a small ball or a large ball, when dropped from the same height? The answer is that they both will land at the same time. In fact, the same is true for a marble and a piano. Unless wind resistance enters the picture such as with a parachute, then objects of any weight all fall at the same rate. Hmm. That's an interesting thought.

Activity – A Stronger Force

If you want to defy gravity, that is have something move up, then you have to exert a pressure that's greater than the pull to the earth. Try this experiment. Give each person in your family a Styrofoam cup, a golf ball (or rock,) and several toothpicks. Pushing multiple toothpicks through the sides of the cup, maneuver the ball up to and over the edge of the cup. It's not as easy as it sounds and requires a plan. You might want to think about your plan in order to be successful.

Application

There are tendencies in our lives toward negativity, laziness, messiness, and being self-focused. In order to overcome those tendencies each person needs a plan. For example, let each person share what their plan is to avoid an angry outburst. It's interesting to listen to the ideas each person has. In fact, often sharing those ideas with each other can provide others with ideas that they themselves can try. You can ask the same question about being organized, or thinking positively, or staying on track, or thinking about others. Read 1 Corinthians 13:4-8. Which of the things listed would you like to implement in your own life? What is one part of your plan that might help you do that?

THRIVE!

LESSON 4B

TRANSFERRING RESPONSIBILITY TO THE CHILD



THE GOAL OF THIS LESSON

To learn how to transfer responsibility to children. You'll use a T-chart with your child to explore ways to overcome a particular challenge. Using anger as an example, parents, and children can discuss real solutions that work. Teens will be challenged to think practically and specifically about what change looks like in their lives.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll understand what it means to transfer responsibility to the child for change.
- You'll feel energized with a new tool to empower children to change.
- You'll use the T-Chart to help your child have a specific plan.

Transferring Responsibility to the Child

STARTING STRONG

Parents

Transfer Responsibility to the Child

Children can learn to report back after receiving an instruction, take initiative to get things done, and see what needs to be done and do it without being told. But, in order for that to take place, parents must do some training. If Mom and Dad try to be the conscience for a child by continually prompting, children will often become dependent. But if parents train children to look for ways to help, manage themselves in the morning, and do chores without reminders, then kids learn responsibility. This helps kids practice a verse like Philippians 2:3-4, "in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

Furthermore, in the correction process it's important for children to take responsibility for their part of the problem. Asking the questions, "What did you do wrong?" "Why was that wrong?" "What are you going to do differently next time?" empowers kids to make changes instead of blaming or rationalizing their actions.

Young People

Become More Independent

Everyone needs a plan to deal with the small things of life. Sometimes young people have a plan for their education or future occupation, but what about a plan to deal with just getting things done around the house or getting along with other people? Interestingly, some young people rely on parents to be their plan. Parents then remind kids to do their daily tasks, get things done, and stay on track. This often increases tension between parents and young people. Parents don't want that role because they feel like they're nagging but they also see the need to get things done. One of the signs of maturity is to be able to manage yourself. In order to do that, you need a plan. How will you remember to do your responsibilities? You also will need some internal motivation instead of relying on externals like parental guidance to get through life. Some young people then over react and try to become so independent that they can't work with anyone but themselves. True maturity requires an inter-dependence, the ability to manage oneself but also to work with others in a cooperative way. That careful balance is a sign of true maturity.

A Parent's Prayer for Love

Father, I love you so much. And I experience your love for me in many ways. In fact, I'm learning a lot about love by being a parent myself. I need more. My selfishness can get in the way pretty quickly. In fact, I used to think that I was a pretty loving person until I had children. At times my love feels so strong toward my child, and other times I see selfishness in me in ways that I never realized. I need your supernatural love. Please show me how to look past myself and demonstrate love freely. I know that sometimes my firmness is a demonstration of my love, but it doesn't feel that way at times. Life sure is complicated. I know that you say that love covers a multitude of sins. Please help me demonstrate an overarching love for my child that is felt deep in the heart. I pray that the love I have for my child will allow me to hang in there in the tough times and to enjoy the pleasant times more. Most importantly I ask that you would show me how I can communicate your love to my child. Thank you. Amen.

Transferring Responsibility to the Child

Taking Notes During the Video

One of the pillars of a heart-based approach is to transfer responsibility to the child

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.
Psalm 19:14

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
1 Corinthians 10:13

Billy's Anger Plan	
Billy	Ideas
1.	Do Say
2.	
3.	
4.	
5.	

Principles to remember when using the T-Chart

Transferring Responsibility to the Child

Discussion & Assignments

What does it mean to transfer responsibility to the child?

Why do you think the T-Chart idea works?

1 Corinthians 10:13 says that temptation is “common to mankind.” That implies that we all are tempted with challenges like anger. How does that truth help you as you try to bring about change in your child?

What are some specific solutions that you and others have for addressing anger? List both things you DO and things you SAY to yourself in your heart.

This Week Think “Transfer Responsibility”

First, determine an area of change in your child’s heart that might benefit from a T-Chart. It might be organization, anger management, or kindness. Then, create a mock up of a T-Chart with some ideas you might suggest. This will help you get very specific about how to become more mature in that area of thinking and acting. Don’t show your T-Chart to your child, but rather, have a meeting and explain the idea of the T-Chart using vision. Have your child create his or her own T-Chart with ideas about how to respond to an area of challenge.

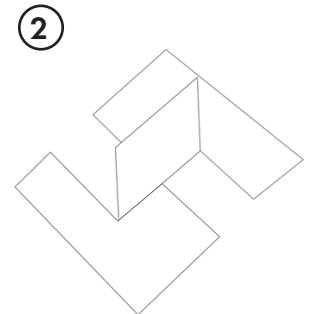
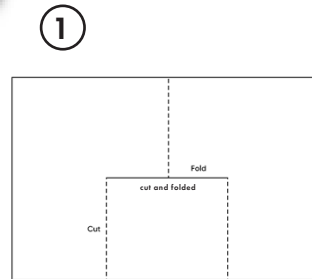
The T-Chart requires accountability. It’s often helpful to meet and talk about it or point out that this is a time to use it during actual life situations. Point out areas of success when you see them and use the T-Chart as a working document, adding more solutions as necessary.

Transferring Responsibility to the Child

Family Activity

Supplies Needed

- 1 Paper precut, folded and standing on the table



Discussion

Humility grows in our hearts when we realize that there are things we don't know that we don't know. Then we're always willing to learn something new. People often think they have things figured out, but often, new information about how to work with someone, or get things done, or how to reduce tension can turn light bulbs on in a person's heart. It's good to remember that there are always things we don't know that we don't know.

Activity - The Impossible Cut

Precut a piece of 8 1/2 x 11 paper using the diagram above (1). Make three cuts as shown by the dotted lines. Fold along the solid line in the middle. Hold the sheet with one hand on each end and rotate one end 180°. You now have what appears to be an impossible cut. Preset the paper on the table and maybe even tape it down. Tell people they can look but don't touch. Can you figure out how the paper was cut? Then allow people to touch the paper, pick it up and figure it out. Enjoy the Ah ha moment and then discuss.

Application

Sometimes we think there's no way to do something. When the Israelites were trapped with their backs to the Red Sea and the Egyptians were coming to kill them, they needed a vision for something bigger than what they knew. Moses said to the people in Exodus 14:13-14, "do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still." And then it happened. God opened up the Red Sea and they went across. God always wants to surprise us with new ideas.

THRIVE!

LESSON 5A

TAP INTO SUPER POWERS FOR CHANGE



THE GOAL OF THIS LESSON

To learn how the scriptures, prayer, and the Holy Spirit are relevant tools for changing character. You'll feel empowered to use prayer and family devotions to energize spirituality in your children. Young people will experience the power of God's Word through creativity and a personal relationship with him.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll understand how God's grace is available to you and your child in the change process.
- You'll feel encouraged by spiritual tools that God provides for change.
- You'll share spiritually with your child.

Tap Into Super Powers for Change

STARTING STRONG

Parents

Tap Into God's Grace

Any biblical approach to change recognizes the power of God to transform the heart. Not only should parents be praying to that end, but kids can tap into superpowers offered by their Heavenly Father. God has a fruit basket of qualities available to his children listed in Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Notice that these qualities come from the Holy Spirit, not simply from a person's will power.

Talking about God and what he's doing in and around us is an important part of a child's growth and development. If children only have head knowledge about Bible stories, or only hear about God on Sundays then they miss the daily benefits of God's grace in their lives to empower them every day. God cares about a clean room, finished homework, and kindness toward an annoying sibling. In fact, he not only cares but he provides the energy to do those things. He calls it grace.

Young People

God Offers You Super Powers

The greatest secret that a young person learns is that your faith isn't dependent on your parents but it can be your own. This truth opens the door to many super powers that propel you into mature, successful adulthood. Unfortunately, some young people believe that they can do life on their own and miss the spiritual awakening. Salvation is more than just a decision one makes as a child. It's a lifestyle that interacts with God continually. He then provides insight into life, guidance to handle decisions and tough situations, and strength to progress through life. The personal interaction with God allows life to flow more smoothly since you're cooperating with the God who designed you and wants your success. Your goals are then not selfish but directed toward God's plan for the universe. When you submit to God's direction amazing changes take place in your heart and you enjoy peace, experience hope, and are capable of loving in a mature way. This decision is unlike what most of your peers understand. What about you? Will you take the spiritual challenge?

A Parent's Prayer for Spiritual Strength

Father, I submit myself to you. I love you with my whole heart. I need the strength that you provide. I'm already dealing with fatigue, lack of sleep, and stress from the daily grind. I need the regular boost of your spiritual strength in my life. Please help me as I go through my day to experience the power of your grace. Give me endurance when I have to persevere. Give me the strength to do more than just get things done. Help me to reach my child's heart. I know that spiritual battles take place around us all the time, and I ask that you would open windows into my child's heart that would allow us to connect above and beyond what normally happens in our home. And I'll give you the credit for carrying me through. Thank you. Amen.

Tap Into Super Powers for Change

Taking Notes During the Video

When a person changes his own heart we call that repentance but we must also realize that God can also change the human heart. This opens the door to another bucket of resources for change.

I have hidden your word in my heart that I might not sin against you.

Psalm 119:11

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23

The Bible is exciting and relevant for the daily lives of children

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1:8

More ideas about ways to use the scripture with children

Prayer connects us to God's work in our child's life

Tap Into Super Powers for Change

Discussion & Assignments

How do children receive God's grace?

The Bible changes what people believe. Name some mistaken beliefs that children often hold and the biblical truth to counter them. Start with this common belief among children: "When things aren't going my way, I have the right to express my misery to others."

What are ways that you as a parent can more effectively connect with the super powers of God's Word? and then how might you help your children to also get connected?

What is the danger of only using the scriptures during correction times with kids?

This Week Think "Grace"

Spend some time this week reading scripture through the eyes of a child, looking for some practical ways to help them see that the Bible is relevant and practical for their lives. Pray for the right time to share something you're learning using an attitude of discovery instead of an attitude of criticism.

Pray for your child this week that God might provide you with ways to work where God is working on a heart level. Plan a fun spiritual activity with your child. If you need some guidance, check out the Family Time Activities Books at biblicalparenting.org.

Tap Into Super Powers for Change

Family Activity

Supplies Needed

- 1 Ivory Brand Bar Soap
- 2 Paper Plate
- 3 Microwave Oven
- 4 Raw Egg and Bowl

Discussion

Microwaves are invisible but powerful. They can boil water in a couple of minutes or thaw out frozen food in just a short period of time. Microwave ovens can do some surprising things that are fun to watch. In the same way spiritual resources do amazing things to the human heart. You'll learn more about them in this fun activity.

Activity – Exploding Soap

Take a bar of Ivory brand soap and put it into the microwave on a paper plate. We use Ivory brand soap because it has so much air whipped into it, making the effect quite dramatic. Just about one and a half minutes set on high should create quite a spectacular show so watch closely as the drama unfolds. Be careful when you take it out. It's fun to touch but it can be quite hot.

And if experiments are fun, then explosions are remembered forever. Put a raw egg in the shell into the microwave under an inverted clear glass bowl to contain the explosion. The result is a rather significant mess so be ready to clean it up if you're bold enough to try this one.

Application

In the same way that a microwave oven has dramatic power, God offers us spiritual powers that actually effect our lives in amazing ways. These aren't powers that come from the human will. They actually come from God himself working in your life, no matter what age you are. Look at Galatians 5:22-23 and choose two of those nine qualities that you would like to have for yourself. Have each person share their answers. Notice the first part of the verse to discover where they come from. As you pray and ask God for the quality, he will provide you with opportunities to develop it and receive it. Be ready to see amazing changes in your own heart when you allow the super power of the Holy Spirit to affect you.

THRIVE!

LESSON 5B

COACHING HELPS KIDS WIN



THE GOAL OF THIS LESSON

To learn to position yourself as a coach with your child. Parents and young people are on the same team. We are not opponents. You'll also learn the value of practice sessions to develop the Point B quality. Young people learn to value their parents as coaches in life, helping them move toward the goal of maturity and responsibility.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll know what a coaching approach is and the value of relationship in the change process.
- You'll feel encouraged because of a new type of relationship you can have with your child.
- You'll have an approach to change that positions you on the same team as your child.

Coaching Helps Kids Win

STARTING STRONG

Parents

Position Yourself as a Coach

When Jesus was leaving the earth he promised his disciples in John 16:7, "Unless I go away, the Advocate will not come to you." He was referring to the Holy Spirit who would convict of sin, guide us into all truth, and confirm in our hearts our identity as his children. Those coaching activities empower us and encourage us in our own walk with God.

In the same way that God assumes a coaching attitude toward his children, we, as parents, can become coaches for our kids as well. If you've identified the positive quality your child needs to develop, provided vision for why it's so valuable, and taught about how to get there, then coaching naturally follows. When parents move from an umpire or policeman attitude to the coaching attitude, kids often become more receptive, seeing their parents on the same side.

Young People

Parents are Coaches

One of the tasks of adolescence is to move from a parent/child relationship to an adult/adult relationship. One of the biggest changes can take place, when you and your parents view your relationship as a coaching one to help you get through life most effectively. Life isn't just about getting the dishes done and the clothes put away. It's about being the person that God wants you to be, developing character, and growing in maturity. Parents have significant wisdom that they wish they could pass on to their young people. But knowing how to do that is complicated sometimes by a young person's reaction to instructions, correction, or limit setting. Young people sometimes treat their parents as if they are on the opposing team or as if they are mountains that must be overcome in order to get what they want. Both parents and young people can make an important adjustment in their working relationship: view parents as coaches and use the daily interactions and tasks of life as opportunities to develop life skills both now and for the future.

A Parent's Prayer for Humility

Lord, raising a child is producing humility in me. I used to think I was pretty strong and now I see my own weakness. I used to think I was pretty smart, but now I see how much I have to learn. I use to think I was pretty righteous but I now see my sin more clearly than I ever wanted to. I need you. It's becoming clearer every day. Raising a child is certainly more complicated than I ever imagined. I actually think sometimes that I'm a good parent, but then my child has some significant struggles that I'm not sure I know how to face. I need your help to do this awesome task you have given me. Lord, I am growing in my humility and as I do I want so much the benefits you offer. You say that you give grace to the humble. I certainly need your grace, so please continue to grow my humility so that I can see that you are the only answer to my challenges both personal and those in my family. Thank you for all that you've done for me and for all that you are. Amen.

Coaching Helps Kids Win

Taking Notes During the Video

Coaching uses the power of relationship to help bring about change

But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.

John 16:7

Characteristics of a coaching approach

Firmness and Compassion together help children change

Coaches practice in order to build new tendencies

Coaching Helps Kids Win

Discussion & Assignments

How is a coach different than a policeman? How might a coaching attitude on the part of parents change how they interact with their kids?

How can parents move from anger to compassion in their emotional response to their children?

If a child has a problem accepting no as an answer, how might a parent practice with that child to develop a new tendency or pattern of reacting?

How does the Holy Spirit coach us toward the goal?

This Week Think "Coaching"

Spend some time evaluating the words you use with your child to bring about change. Are they coaching kinds of words? While keeping firmness, look for ways this week to position yourself on the same team with your child as you target an area of change.

Practice is important so explain to your child what character quality you believe needs to develop. Remind your child of the working definitions you created to make that quality very practical for your child. Vision about its importance and set up practice sessions in order to bring about change.

Coaching Helps Kids Win

Family Activity

Supplies Needed

- 1 Blindfolds
- 2 Objects to serve as Landmines

Discussion

A minefield contains hidden traps called landmines that damage vehicles and people in a battle. In the same way there are landmines in life, things like addictions, bad relationships, debt, and negative thinking. What are some other landmines in life that might cause a person damage?

Activity – Avoiding Landmines

In this activity one person is blindfolded and the others are trying to be the guides around “mines” on the floor. The goal is to move from one area of the house to another without touching the landmines by following the leadership of your guides. You could also pair up so that more than one team is heading toward the goal. Mines might be a chair, a toy, a pillow or other obstacles that are in the way. Communicating directions can be a challenge both for the guide and for the receiver. You might find it helpful to have the guide be a child. It’s always fun for others who are watching to give their input along the way.

Application

Because life has a lot of landmines, young people benefit greatly from having wise coaches in their lives to provide insight and direction. Proverbs 15:22 says, “Plans fail for lack of counsel, but with many advisers they succeed.” Parents should be high on that list of counselors or coaches for their young people.

In the activity, what made being the guide easier? What made being the receiver easier? What made each task harder? What can parents do and young people do to make the exchange of guidance in family life easier?

THRIVE!

LESSON 6A

3 LEVELS OF THINKING



THE GOAL OF THIS LESSON

To learn about the three levels of thinking. You'll feel empowered to help your children move to Level 2 thinking in general and, in particular, think through the morning routines. Young people will understand what responsibility is and how to ask different questions about life.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll be able to practically define and teach responsibility to your child using the Three Levels of Thinking.
- You'll feel excited about this new way to train children to be responsible.
- You'll have a new way to approach morning routines to help children think responsibly.

3 Levels Of Thinking

STARTING STRONG

Parents

Help Kids Think Outside Themselves

When speaking of the end times Paul shares in 2 Timothy 3:2 that, "People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy." Notice the self-focused tendencies. In some homes children are inadvertently encouraged to primarily think about their own welfare, having fun, and pleasing themselves. In fact, some parents believe that making their children happy is the key to being good parents and raising well adjusted adults.

God has a different plan. It's all about giving and thinking and caring about others. In fact, true blessings come when kids learn to contribute. Doing chores, cleaning even when they didn't make the mess, and looking for ways to help not only increase a child's thoughtfulness, but also prepare that child for success in the future.

Young People

Think Bigger in the Small Things

It's amazing how many lessons can be learned in the daily tasks of life. Regularly take a moment to ask yourself, "What can I learn in this situation?" and you will find very important treasures every day. For example, if you get up in the morning and make your bed, you're learning self-discipline. If you are gracious with an annoying sibling you are learning patience. If you give up your agenda when your parent interrupts you to tell you to do something, then you are learning cooperation. All of these life skills are hidden in your daily agenda. One of the keys to your success is to seize these opportunities as practice sessions in order to build the internal strength to face life. When you develop qualities like self discipline, patience, and cooperation you'll be a much more effective parent yourself someday, or manager, or employer or employee. This is big. Get it now and you'll grow into leadership, maturity, and success. Use life as a training ground and you'll grow faster than you ever imagined.

A Parent's Prayer for Joy

Lord, I want your joy to flow through me. Where I need to be healed, empowered, and changed, I invite you to do that deeper work. I don't want to have an attitude that looks forward to joy someday. I know that you enable me to experience your joy today, in the imperfect, within the challenges, as I go through the difficulties of life. Please teach me how to rely on you more for that joy. I know that the joy of the Lord is my strength, so please give that to me. I want to be an outpost of your joy so that others can experience you in the midst of their struggle. Sometimes my child gets angry, confused, discouraged, or selfish. Lord, please help me not only address those issues, but do so with such confidence that I can reveal your supernatural joy to my child. I know that you want me to rejoice always. Please help me to do that today and experience the amazing joy that you want for me. Amen.

3 Levels Of Thinking

Taking Notes During the Video

1) Level 1 - Thinking about self, what I want and what I'm doing

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4

2) Level 2 - Asks different questions about life that demonstrate responsibility

3) Level 3 - What is God doing in this situation?

Moving children from Level 1 to Level 2 thinking

3 Levels Of Thinking

Discussion & Assignments

In what ways have you seen your child demonstrate Level 2 thinking?

How would morning routines be different if children practiced Level 2 thinking?

How might you stimulate Level 3 thinking in your home?

What are some ways to help children move from Level 1 to Level 2 thinking?

How can parents do a better job of thinking on Level 2 and Level 3?

This Week Think "Responsibility"

Look for ways that you are demonstrating Level 2 thinking and maybe even doing it for your child. Try to think of some ways to get your children to think on Level 2 for themselves. Be careful that you don't use nagging or lecturing to try to teach this idea. Rather look for meaningful conversations and creative ways to inspire your children to ask bigger questions on their own.

Spend some time on Level 3 thinking with your child looking for ways to encourage spirituality in your home.

3 Levels Of Thinking

Family Activity

Supplies Needed

- 1 Tea Spoons
- 2 Small Glass



Discussion

There's always a second game. The first game is the activity you're doing now, playing with legos, making a sandwich, taking out the trash, or playing a video game. The second game has to do with how you're doing it and how you are involving and treating others in the process. People who focus on the second game always win. They are encouraging, complimenting, and grateful. They look for ways to build others up. The person who gets upset when losing the first game will find great encouragement by playing the second game. It's where the wisdom is demonstrated.

Activity – The Second Game

For this activity you'll need two spoons and a small glass. Use one spoon as a lever so that when you hit it, the other spoon pops up in the air and lands into the glass. However, the goal of this activity isn't just to get the spoon into the glass. The real goal is to make encouraging comments to the person who is trying. Keep track of the encouraging comments each person is making. That list determines the real winner of the game. You're playing two games and you can have fun with both.

Application

Jesus tried to teach two competing boys about the second game. James and John came to Jesus and asked if they could have the best seats in the kingdom, one on Jesus' right and the other on his left. Jesus knew that they were playing the first game. He helped them see that there is another game, one that builds others up, and when you play it, you always win. He says in Mark 10:43, "Whoever wants to become great among you must be your servant." Look for ways to play the second game as you live life this week.

THRIVE!

LESSON 6B

USING 3 C'S TO TEACH INITIATIVE



THE GOAL OF THIS LESSON

To learn to use cues to move children to Level 2 thinking. You'll also understand the role of training the conscience to build internal motivation. You'll become hopeful as you evaluate your current patterns of getting things done and learn to transfer more responsibility to your children in practical ways. Young people will learn what responsibility looks like in practical terms and be inspired to see what needs to be done to do it without being told.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll understand the value of the conscience in your child for everyday activities.
- You'll feel energized to find practical ways to transfer responsibility to your kids.
- You'll practice the 3 C's in your home to help kids take initiative in their lives.

Using 3 C'S to Teach Initiative

STARTING STRONG

Parents

Teach Kids to Take Initiative

Ask a child, "How do you know when it's time to leave in the morning, start your homework, or do a chore?" If the answer is "When Mom tells me," then we probably need some work on initiative. Galatians 6:2 says, "Carry each other's burdens, and in this way you will fulfill the law of Christ." Some children have never thought of carrying someone else's burden. In fact, they believe that they are doing a service by just carrying their own burden.

Children need training. They have a responsibility to clean up, pick up, fix, put away, refill, and add to family life. Everyone in a family has a responsibility to contribute. Some children believe that parents are the ones contributing and they are the recipients and can just take. It's important to help children change that kind of thinking in order for them to be successful in relationships, at work, or on a sports team.

Young People

Manage Yourself

Can you manage yourself in the morning from the time you get up until you get out the door or start your day? Or do you still rely on your parent to prompt you to do what you need to do to get ready? The same question could be asked about getting homework done, doing chores, or even leaving the bathroom ready for the next person. In fact, if you find that you're hearing the same concern from your parent over and over again, maybe it's time to look at yourself a bit more. Could you manage yourself instead of having your parent manage you? Sometimes the answer given by a young person when asked why they don't do what they know is right is, "I don't want to do what's right. I'd rather play, or be entertained, or just do my own thing." Keep in mind that you don't have to feel like doing the right thing in order to do it. In fact, maturity isn't always about wanting to do what's right. It's doing the right thing even though you don't want to." That sense of obligation is known as responsibility. It's part of growing up and maturing. When your sense of obligation exceeds your desire for pleasure then you know you're making important strides toward success.

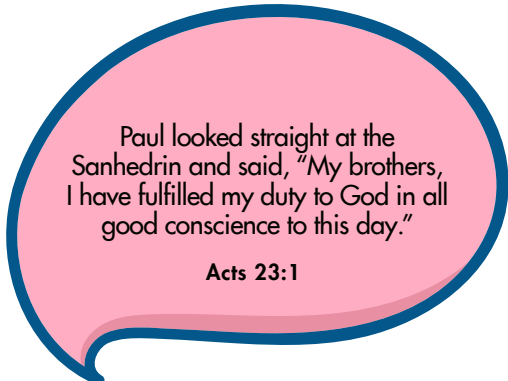
A Parent's Prayer for Gentleness

Father, sometimes I know that I'm right, and I then I start communicating with confidence instead of empathy. I need both. Please help me to be more gentle and gracious. I know that often means a little bit more time, an extra sentence of empathy, or a listening ear when I already know the answer. Please help me to demonstrate that gentleness with my child today with such a great confidence that change comes about easier. Thank you for being gentle with me. Please help me to remember your work in my life and overwhelm me with gratefulness so that my heart remains soft toward my child. May my words and my actions and my touch today be gentle. Amen.

Using 3 C'S to Teach Initiative

Taking Notes During the Video

The conscience needs training



Paul looked straight at the Sanhedrin and said, "My brothers, I have fulfilled my duty to God in all good conscience to this day."

Acts 23:1

Cues

Conscience

Character

Using 3 C'S to Teach Initiative

Discussion & Assignments

What areas of family life would benefit from greater conscience training in order to transfer responsibility to kids to take initiative?

How might you parent differently to help your child connect with the cue instead of relying on you to be the cue?

The conscience needs training. What is the right way to leave the table or leave the bathroom that you'd like to teach your child?

What character quality is learned by cleaning up a bedroom and how might a parent use the tools suggested in this lesson to help kids grow in character in this arena?

This Week Think "Initiative"

Spend some time evaluating what cues you currently use to get things done. And which of those might you be able to teach to your child so that you can get out of the middle? Plan a positive meeting with your child about responsibility and initiative. Talk about cues you use and encourage your child to choose a cue or two of his or her own. Throughout the week look for opportunities to point out the cue rather than give the instruction.

Using 3 C'S to Teach Initiative

Family Activity

Supplies Needed

- 1 2 Paper Clips
- 2 A Strip of Paper 3" x 8"

Discussion

When children learn to take initiative, their responsibility quotient rises significantly. A three-year-old can learn to put his toys away on his own and the sixteen-year-old can take out the trash without being prompting. But this requires training, and an adjustment in parental guidance. Parents sometimes act as the conscience for their kids and just do those things or they teach their children to rely on them for prompting. The goal is to teach kids to add to the family and contribute without prodding. Then people are working together to accomplish the tasks of family life. Today's activity can be done with one person or, try to practice doing it with two people.



Activity – Bringing People Together

You'll need two paper clips, a piece of paper and some scissors for this activity. Cut a piece of paper approximately 3 inches by 8 inches. Brainstorm to list 5 things that need to get done regularly in family life. Bend the paper (without folding it) into an "S" shape. Put two paper clips on the places where the paper in the "S" touches to hold it in place. Pull on the ends and watch what happens to the paper clips. If you do it right, then the paper clips will be joined together. In the same way, if you do "Getting Things Done" right, it can bring people closer together instead of creating tension in the relationships.

Application

What are some ways that children and parents can have a more partnering attitude? Your solutions might involve words like initiative, responsiveness, cooperation, helpfulness and so on. Practice this week looking for ways to increase cooperation. Identify the challenges to cooperation and if there are negative patterns in the people involved, look for ways to change them.



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- Father of a sixteen-year-old who had run away*

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