

# GRACE BASED parenting

VIDEO SERIES

Building Character

## Session 4

# Building Endurance and Courage into Our Child's Heart

## Introduction

- If we want to raise children who stand strong, we must build the character traits of endurance and courage into their hearts.
- Endurance and courage add the tenacity and grit needed to help their faith, integrity, poise, and disciplines stand up under great pressure.

### I. Our children need **ENDURANCE** to withstand the setbacks to a life of true greatness.

**Endurance: The ability to keep going when everything is telling you to give up.**

There are five priorities for instilling endurance into a child's heart.

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

- Goals need to be realistic.
- Goals need to have the best interests of our children in mind.

2. Break goals into \_\_\_\_\_ moments.

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3. Make \_\_\_\_\_ their friend.

- Accept the fact that life is difficult.
- The difficulties in life are put there to make us strong.

*Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. James 1:2-4*

- Believe that the difficulties we encounter are allowed by a Heavenly Father who loves us.

*If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. James 1:5*

4. Crash through the \_\_\_\_\_ points.

5. Surround yourself with \_\_\_\_\_ rather than quitters.

*Do not be misled: "Bad company corrupts good character." 1 Corinthians 15:33*

## II. Our children need **COURAGE** to master the fears that want to keep them from a life of true greatness.

**Courage: The resolve to do what you ought to do in a given situation.**

- A. Courage is what we place around our children's weaknesses and innate fears in order to help them triumph over them.
- B. Children need courage in every dimension of their lives:
- Emotionally
  - Relationally
  - Morally
  - Spiritually
- C. Parents can build courage into their children's hearts by committing to three priorities:
1. We need to teach our children how to \_\_\_\_\_ and leverage their fears.

*Be strong and courageous! Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9*

- It takes a greater fear to cast out a lesser fear.
  - The number one fear to build into their lives is the fear of God.
2. We need to encourage our children to keep \_\_\_\_\_ with courageous people.

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3. We need to remind our children Who is ultimately in control and Who will have the last word.

*"I am the Alpha and the Omega" says the Lord God, "who is, and who was, and who is to come, the Almighty." Revelation 1:8*

*Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord. 1 Corinthians 15:58 (NASB)*

## Conclusion

- Our children need to see what endurance and courage look like by the way we live our lives.
- Grace-based parenting is much easier to maintain when it is fueled by an enduring commitment to God and a courageous faith in His love.

## Making This Yours

How did you do implementing the one practical application you committed to in the previous session?

## Getting It Started

1. Name a few things in your life that have been achieved by enduring. How would your life look right now if you had given up when things got tough? What is harder, going ahead when everything is telling you to quit or living with the consequences of giving up? Can you give an example?
2. What are some things about parenting that call for endurance and courage? Name some of the obstacles you face when it comes to hanging in there when you want to give up and how you have overcome them.
3. What are some of the "greater fears" in your life that have inspired you to cast out a "lesser fear"? Are there other things for which you should have a "greater fear"?

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4. Relate a story about someone in your life who was a conqueror rather than a quitter. What was it about their choices and/or actions that struck you as being enduring and courageous? How did this example inspire you in your own life and how can you transfer that experience to your children?

### Taking It Deeper

1. Tim suggests five priorities for instilling endurance into a child's heart:
  - Set goals
  - Break goals into manageable moments
  - Make trials their friend
  - Crash through the quitting points
  - Surround yourself with conquerors rather than quitters

Read 2 Timothy 2:3-6, 11-13. How do the analogies of a soldier, an athlete and a farmer illustrate these priorities? Choose an area in your life and/or your child's life that is ripe for endurance. What are some specific examples of how these priorities apply to that area?

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*Endure hardship with us like a good soldier of Christ Jesus. No one serving as a soldier gets involved in civilian affairs – he wants to please his commanding officer. Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. The hardworking farmer should be the first to receive a share of the crops....Here is a trustworthy saying: If we died with him, we will also live with him; if we endure, we will also reign with him. If we disown him, he will also disown us; if we are faithless, he will remain faithful, for he cannot disown himself. 2 Timothy 2: 3-6, 11-13.*

2. What is the theme of the verses below? How does this central promise shore up our courage regarding every day issues like our kids, our jobs, our health, our finances, and our marriage?

*Be strong and courageous! Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9*

*"I am the Alpha and the Omega" says the Lord God, "who is, and who was, and who is to come, the Almighty." Revelation 1:8*

*The LORD is with me; I will not be afraid. What can man do to me? The LORD is with me; he is my helper. I will look in triumph on my enemies. Psalm 118:6-7*

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*I, even I, am he who comforts you. Who are you that you fear mortal men, the sons of men, who are but grass, that you forget the LORD your Maker, who stretched out the heavens and laid the foundations of the earth ....* Isaiah 51:12, 13a

### Bringing It Home

1. Is there a "trial" that is discouraging your child right now (physically, mentally, socially, emotionally, spiritually)? How can you use Tim's suggestions below for turning this trial into a friend?
  - Accept the fact that life is difficult.
  - The difficulties in life are put there to make us strong.
  - Believe that the difficulties we encounter are allowed by a Heavenly Father who loves us.

If your child is too young for this question to apply, apply it to yourself.

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2. Who do your children idolize? Are they a positive example of courage? Why or why not? Who else would be a good example of courage in their life? How can you increase the influence of courageous people in their lives?
3. How has this session challenged and/or confirmed your perceptions and assumptions about parenting?
4. As you commit to raising kids who turn out right by building their character, what is one thing you are going to do this week to put into practice what you have learned in this session?