

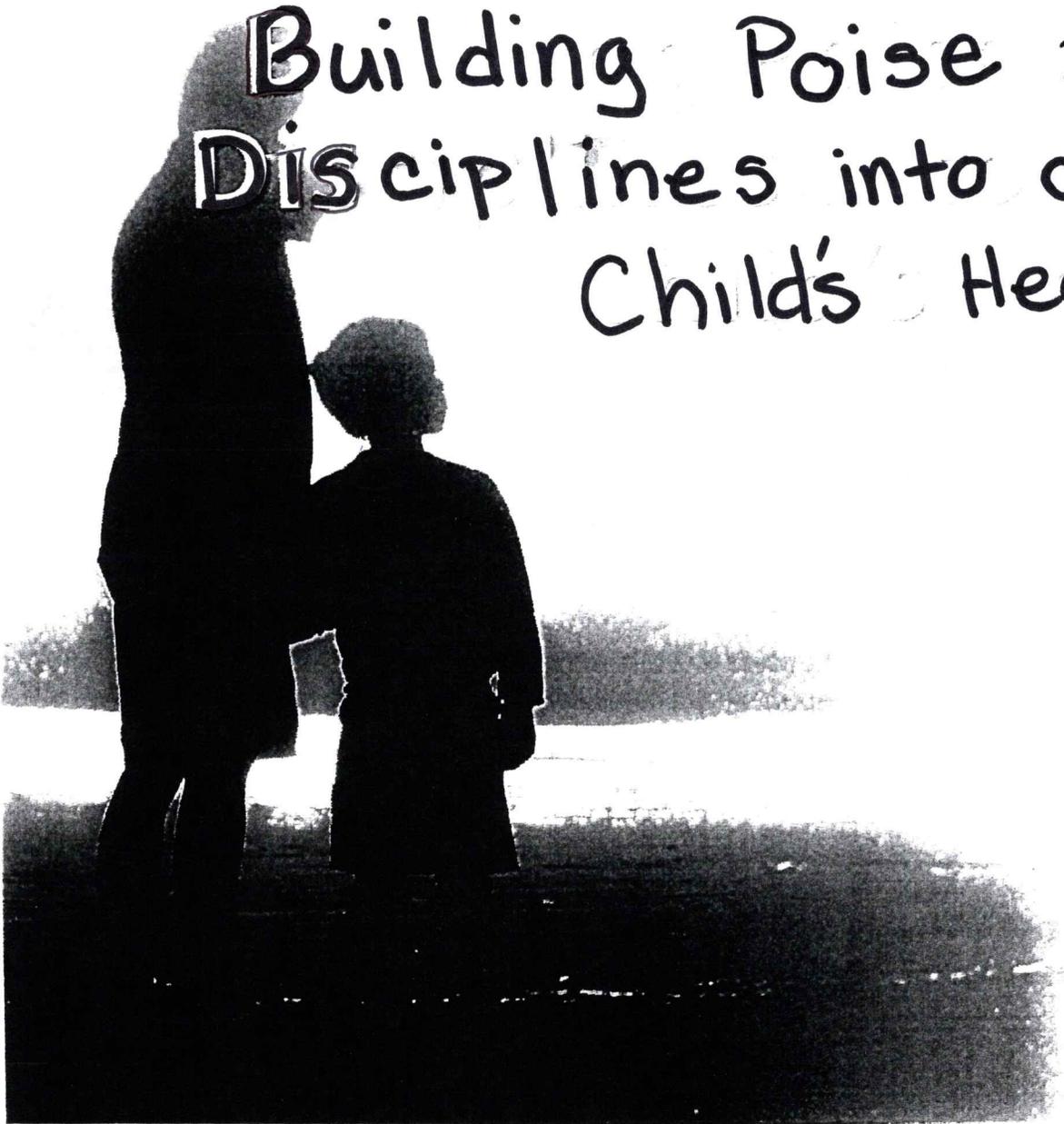
GRACE BASED parenting

VIDEO SERIES

Building Character

Session 3

Building Poise and
Disciplines into our
Child's Heart



Introduction

- If we want to raise children who stand strong, we must build the character traits of disciplines and poise into their hearts.
- Poise and disciplines are the natural next step of a life formatted by a clear faith and committed to personal integrity.

I. Our children need POISE in order to maximize their potential for true greatness.

Poise: A keen sense of the appropriate.

- A. Poise is gentle strength that enables people to balance between the extremes of life.

Do not be over righteous, neither be over wise—why destroy yourself? Do not be over wicked, and do not be a fool—why die before your time? It is good to grasp the one and not let go of the other. The man who fears God will avoid all extremes. Ecclesiastes 7:16-18

SESSION 3

Building Character

*There is a time for everything, and a season for every activity under heaven:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh ...
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.*
Ecclesiastes 3:1-4, 7b-8

- B. When we work to transfer poise into our children's lives, we are proving to be compassionate parents.

Compassion: Anticipating our children's needs in advance and doing things that minimize potential damage and maximize potential benefits.

- C. We need to equip our children with poise in each dimension of their lives: emotionally, socially, intellectually, physically, sexually, and spiritually.

1. In their _____

- Two gifts that God gave the human spirit to express itself are laughter and tears.
- Poised children need to learn how to properly handle their anger.

"In your anger do not sin:" Do not let the sun go down while you are still angry... Ephesians 4:26

2. In _____ settings.

- An understanding of how to behave in various social settings takes away fear while building confidence and a good reputation.
- Some social settings where our children need to develop poise are:
 - Celebrations
 - Death/Funerals
 - Emergencies
 - Embarrassments
 - Victories
 - Defeats

3. In their _____

- Both boys and girls need to be taught modesty.
- Both boys and girls need to be instructed about sex at home by their parents before their culture teaches them.

II. Our children need a network of DISCIPLINES in place in order to maintain a consistent life of true greatness.

Disciplines: Foregoing the immediate in order to guarantee the ultimate. It's saying "no" now in order to say "yes" later.

Session 3

Building Faith and Character

A. Disciplines are those habits we place around our children's strengths in order to help them reach a higher potential.

B. There are many _____ to building disciplines into our children's lives:

- Their bent towards laziness
- Our busy and distracted schedules
- Our own struggles with personal disciplines
- The fact that the results from our efforts aren't immediately seen

C. There are many _____ to building disciplines into our children's lives.

- Disciplines help kids live up to their potential.
- Disciplines give our children a great sense of confidence as they move into the future.
- Internal disciplines give our children freedom to live much greater, influential, and meaningful lives.

"Then you will know the truth, and the truth will set you free."

John 8:32

D. Building disciplined children requires that we transfer three essential _____ into our children's hearts:

- A willingness to delay gratification
- Advanced decision-making skills
- A focus on noble and wise goals

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training **(Advanced decision-making)**. They do it to get a crown that will not last; but we do it to get a crown that will last forever **(A Focused Goal)**. Therefore I do not run like a man running aimlessly **(Advanced Decision Making)**; I do not fight like a man beating the air. No, I beat my body and make it my slave **(Delayed Gratification)** so that after I have preached to others, I myself will not be disqualified for the prize.*

1 Corinthians 9:24-27, parentheses added

Conclusion

- Building poise and disciplines into our children's hearts sets them up for a far more fulfilling future.
- The greatest way to build poise and disciplines into our children's hearts is to show them what these traits look like under great stress in our own lives.

Making This Yours

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

Getting It Started

1. Poise was defined as a keen sense of the appropriate. Tim says that we need to equip our children with poise in each dimension of their lives. Share an example of a time when either you or your child successfully displayed poise or, on the other hand, had a lack of poise.

2. What are some practical ways you are teaching your children poise in these areas?

In their emotions:

In social settings:

In their sexuality:

3. Talk about a skill or ability in your life that has been developed through discipline. How did you feel about the hard work and focus required when you were developing this discipline? What would you be missing now if you had not "forgone the immediate in order to achieve the ultimate"?

4. There are many obstacles to building disciplines into our children's lives (listed below). What are you already doing and what would you like to do to minimize these obstacles?
 - Their bent towards laziness
 - Our busy and distracted schedules
 - Our own struggles with personal disciplines
 - The fact that the results from their efforts are not immediately seen

Taking It Deeper

1. Tim says that poise is the "gentle strength" that enables people to balance between the extremes of life. What do you think the author of Eccl. 7:16-18 was trying to tell his readers and how does it apply to poise and balance?

Do not be over righteous, neither be over wise—why destroy yourself? Do not be over wicked, and do not be a fool—why die before your time? It is good to grasp the one and not let go of the other. The man who fears God will avoid all extremes.
Eccl. 7:16-18

2. Hebrews 12:1-2 gives us metaphorical instructions of how to have a disciplined spiritual life. What would be some real life examples of transferring the character trait of disciplines to your child's heart?

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:1-2

Bringing It Home

1. Dinnertime provides a great opportunity to discuss character with your kids. What are some good examples of poise, or lack thereof, that you could have your kids discuss? It could be a current event or something that has recently happened in their lives.

Session 3

2. What is one goal that you think *your child* would like to achieve in their life? How will you use the steps found in 1 Corinthians 9:24-27 to help them develop the discipline necessary to accomplish this goal?

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training **(Advanced Decision Making)**. They do it to get a crown that will not last; but we do it to get a crown that will last forever **(A Focused Goal)**. Therefore I do not run like a man running aimlessly **(Advanced Decision Making)**; I do not fight like a man beating the air. No, I beat my body and make it my slave **(Delayed Gratification)** so that after I have preached to others, I myself will not be disqualified for the prize.*

1 Corinthians 9:24-27, parentheses added

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?

Bonus Section for Single Parents, Blended Families, and Other Unique Family Configurations

1. Am I doing what I can to remove residue from the past that is distracting me from carrying out the principles of this session? If there is more I can do, what am I going to do about this?

2. When it comes to applying the principles of this session, how am I going to deal with the additional stress on my family that is caused by:
 - Added Fatigue
 - Financial Pressure
 - Guilt
 - Unresolved Anger
 - Regret
 - The Reactions of My Children

3. Regarding this session, who can I count on to come alongside of me with encouragement and assistance? How am I going to communicate my needs?