

It's Just a Phase

Week 2 | Playing for Keeps

BOTTOM LINE

When we see how much time we have left, we tend to do more with the time we have now. Consistent investments over a long period of time will have the most significant impact on their child.

GOAL OF THE GROUP

Parenting on Purpose. Help parents understand the importance of looking at their family through the lens of how much time they have left, and give them practical tools to be more present.

SCRIPTURE

Ephesians 5:15-17; Deuteronomy 6:7-9; Psalm 90:12

DISCUSSION QUESTIONS

Share:

Share about a phase in your child's life that you've said, *"I can't wait to get through this phase!"*

Read and Discuss:

1. Read Ephesians 5:15-17. These verses reference we have a choice in how we use our time. What are some of your family priorities? (things you do consistently and most often, daily, weekly, or monthly)
2. Read Deuteronomy 6:7-9. Moses was giving instructions on how to create a spiritual rhythm in the Israelite family that fit with their natural rhythm of life. A spiritual rhythm is about discipling our kids – helping them follow Jesus more closely each day and taking advantage of everyday moments to do so. Studies show the most opportune times are in the morning, in the car, over meals, and at bedtime. Which of these 4 do you feel you are taking advantage of for intentional moments? Which of these 4 do you think is an area you could increase the level of intentionality of?
3. What would you say is the biggest barrier or distraction to creating a spiritual rhythm in your family
4. Read Psalm 90:12. Time is a finite resource. We can get more of almost **ANYTHING** in this world. But not time. How might "numbering your days" change the way you parent?
5. When we see how much time we have left, we tend to do more with the time we have now. (Think about what happens in an important sporting event when the score is close and the timer gets down to about two minutes.) We pace ourselves. We narrow our focus. We guard our margin. We value quality interaction. We do more of what's important. This is a big shift from "just getting through the day!"

Discuss:

1. What are 3 values or characteristics you hope your children will embody? Are you doing anything intentionally and consistently to help develop those traits?
2. Figure out how many weeks till graduation each of your children have left. (You can use the Parent Cue app to help!)
3. Small deposits made consistently week after week have a more significant impact than things done once or twice.

Talk about some of these ideas in becoming a more intentional parent:

- Don't let your calendar command your rhythms. Schedule your priorities first.
- Look them in the eyes (away from screens) when you're together.
- Eat meals together
- Foster fun to build connection. Learn what they like.

Prayer:

What is one way you sense God asking you to make a shift in your priorities or your family rhythm in order to be more intentional with the everyday opportunities to disciple your kids? Pray for each other.

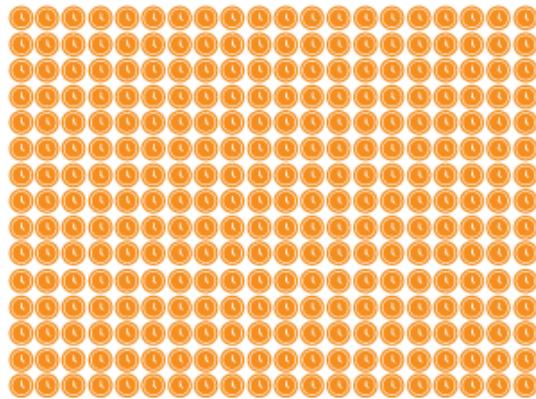
Encouragement:

You can't make a kid love God, have faith, or care about what matters most. But our hope is that we will begin to trust God more with what we can't control, and more fully engage in the areas of our child's development that we can.

The average CHURCH only has about **40 HOURS** in a given year to influence a life



The average PARENT has about **3,000 HOURS** in a given year to influence a life



TRY THIS

Download the Parent Cue app to help you make the most of your child's current phase!



*Consider joining an "Intentional Parenting" group at your campus. kensingtonchurch.org/intentionalparenting
For more ideas on how to make the most of your child's current phase, visit justaphase.com*