

It's Just a Phase

Week 3 | Fight for the Heart

■ BOTTOM LINE

Choosing to fight for their heart **NOW** is fighting for their future **LATER**.

■ GOAL OF THE GROUP

Help parents learn how to fight for the heart of their child and develop a healthy family culture through connection and communication.

■ SCRIPTURE

Deuteronomy 6:1-5, 20-25; Ephesians 6:1-4

DISCUSSION QUESTIONS

Share:

1. Think about the home you grew up in: What was the approach to rules and discipline in your childhood home? Did you have a “rules” parent and a “relational” parent?
2. How have those things impacted your home today? Are you a “rules” or “relational” parent?

Read and Discuss:

1. Read Deuteronomy 6:1-5, 20-25. In these verses, Moses is giving rules but he is also giving reasons for the rules. What is at the center of his reasons for obedience to God? Does this same element show up in your own home with regard to rules?
2. Moses also makes the point to the Israelites that God can always be trusted. How does your belief in the faithfulness of God affect your love for Him and ultimately your obedience to Him?
3. This same principle applies for you and your children. What are you doing that is earning trust from your children? What are you doing that may be hurting their trust in you?
4. “Fight for the Heart” means to create a culture of unconditional love in your home to fuel the emotional and moral health of your children. What is the difference in fighting with your kids and fighting for your kids? Give an example from your family.
5. Share about a time when “*the wheels fell off*” emotionally for your child. How did you respond? Kids need to know that our fondness for them doesn’t diminish when the wheels fall off. And they need us to seek out the real struggle going on underneath. This leads to feelings of safety, stability, and love. Encouraging and embracing our children in the middle of their messes shows them the heart of God.
6. Read Ephesians 6:1-4. These verses encourage fathers (and all parents) to “*not exasperate your children.*” Think about each person in your family and what you are most likely to argue about with them. What is the root issue? (What does each of you really want? It might not be what you’re actually fighting about.) Note where you have your best conversations with that person (driving, tucking into bed, playing catch, etc.). Commit to try to work out issues with conversations in these “ideal environments” when neither of you are upset.

Discuss:

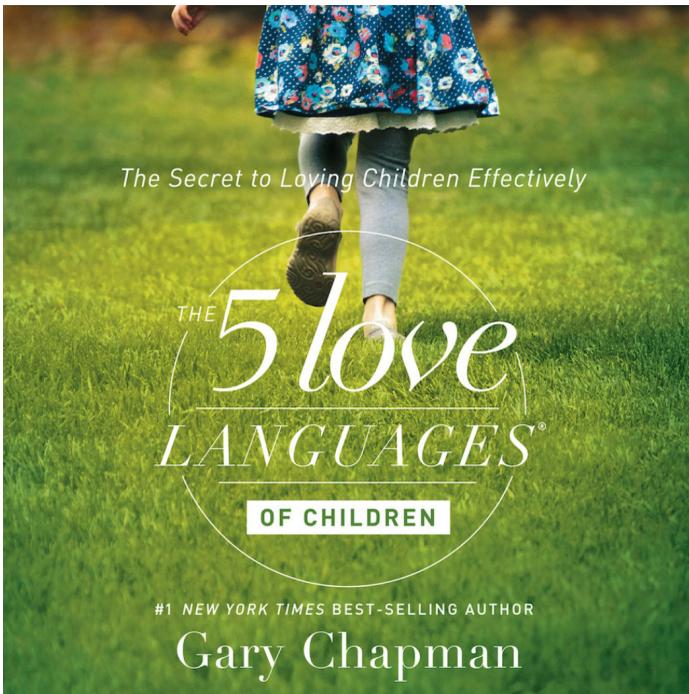
1. What do you think it means to communicate in a way that values the relationship? Here are some ideas:
 - Make eye contact. If your kids are young, get down on their level.
 - Acknowledge your own brokenness. Share a mistake you’ve made.
2. Share one way you will commit to fighting for the heart of your child this week.

Encouragement:

It's never too late to start fighting for the heart of your son or daughter!

Prayer Suggestion:

Have each parent share their biggest challenge in fighting for the heart of their kids. Pray for each family represented.



One way to show you are fighting for the heart is by communicating your love in your child's love language.

https://www.amazon.com/Love-Languages-Children-Secret-Effectively/dp/0802412858/ref=sr_1_1?ie=UTF8&qid=1518014879&sr=8-1&keywords=love+language+kid

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