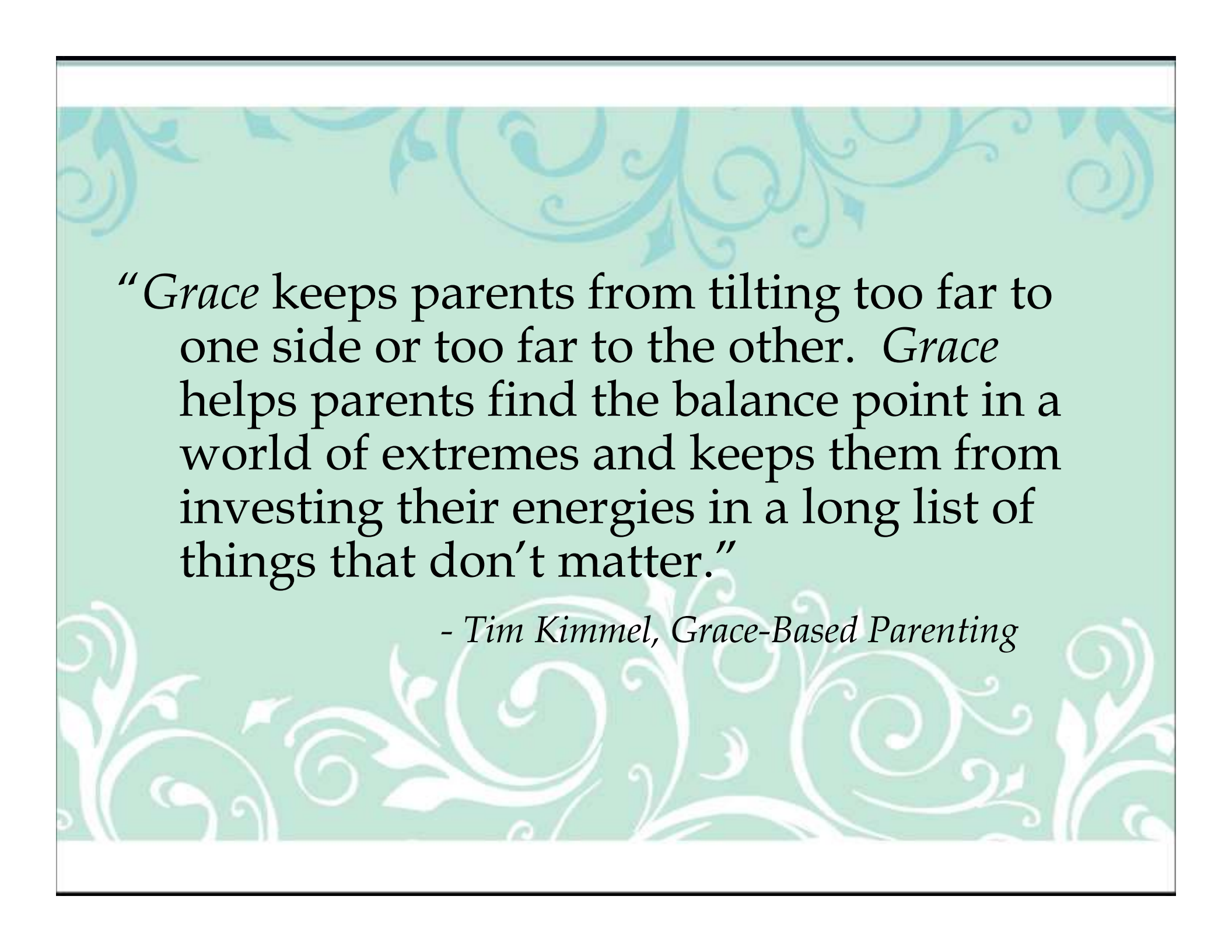




*Welcome to
Heart-to-Heart*

**Grace-based Parenting:
Learning to Discipline Your Children
the Way the Father Disciplines You**



“Grace keeps parents from tilting too far to one side or too far to the other. Grace helps parents find the balance point in a world of extremes and keeps them from investing their energies in a long list of things that don’t matter.”

- Tim Kimmel, Grace-Based Parenting

Hebrews 12:5-10

And you have forgotten that word of encouragement that addresses you as sons:

"My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.



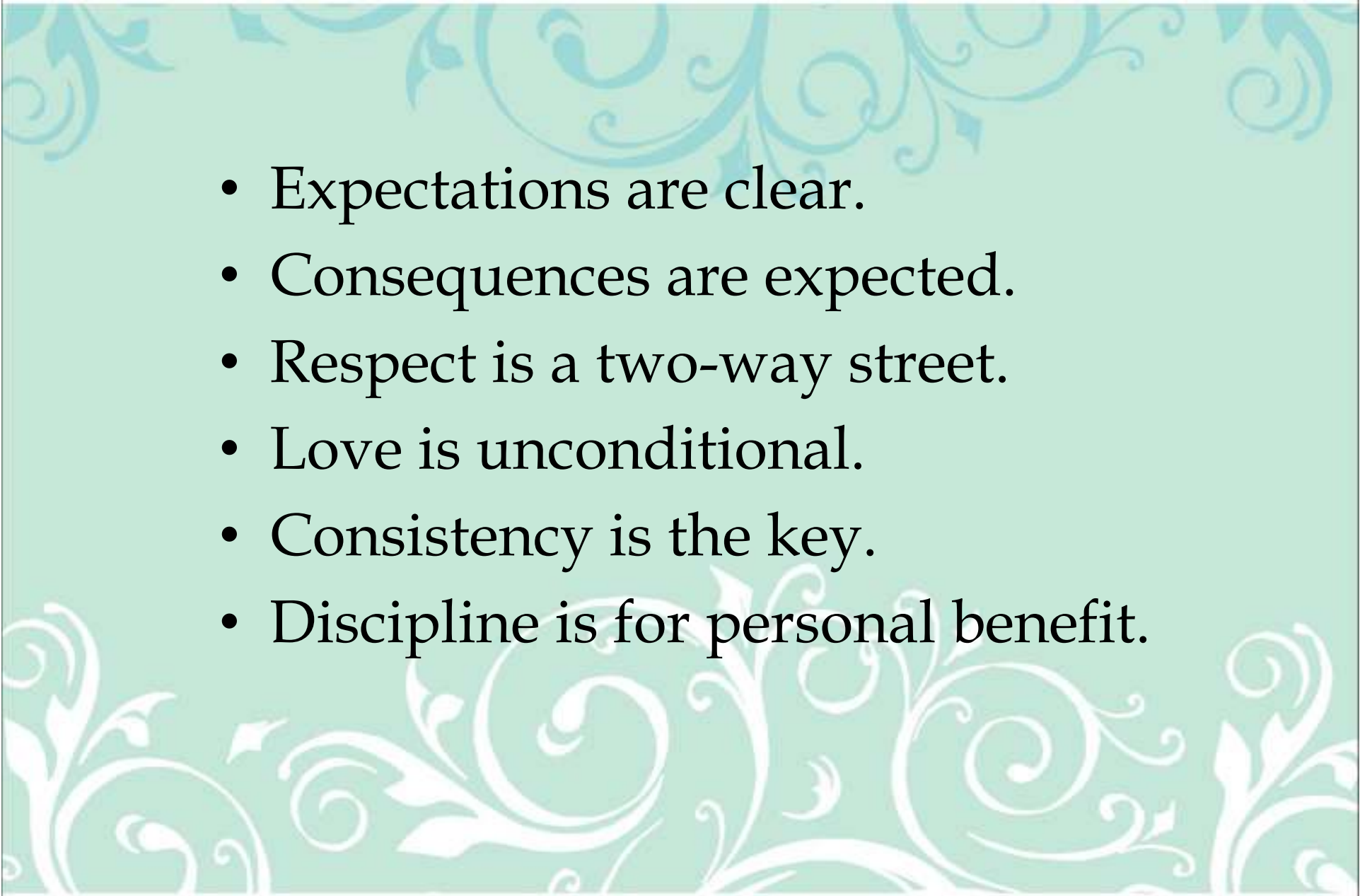
Biblical discipline (Greek) = to train children;
to be instructed, to learn

(punish = to chastise/flog → beating ... in the
context of suffering)

Deuteronomy 4:36

“From heaven he made you hear his voice to discipline you ...”

Biblical discipline (Hebrew) = to chasten, instruct or admonish

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- Expectations are clear.
 - Consequences are expected.
 - Respect is a two-way street.
 - Love is unconditional.
 - Consistency is the key.
 - Discipline is for personal benefit.

John 1:1,14,16,17

In the beginning was the Word, and the Word was with God, and the Word was God...

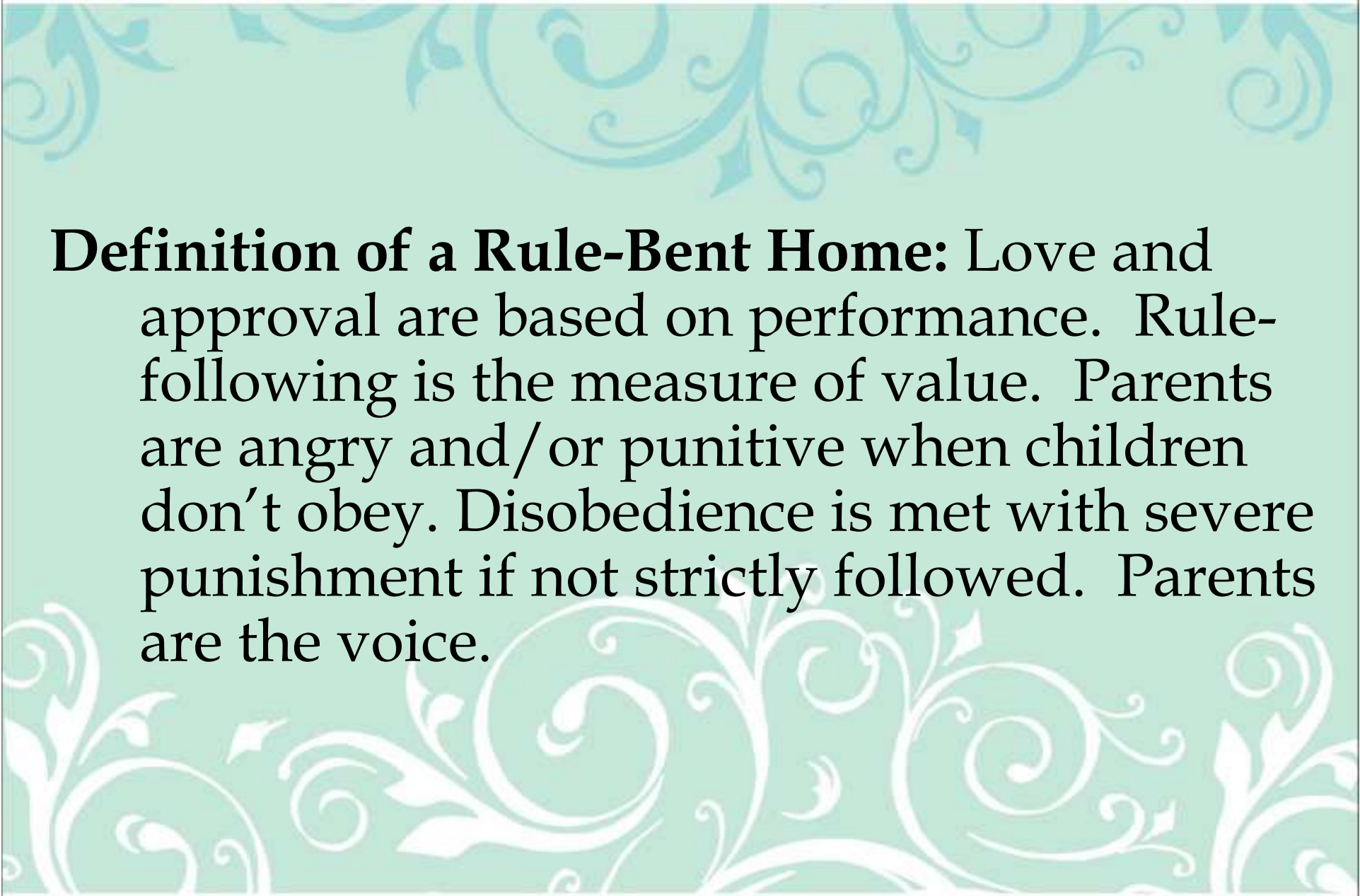
The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth...

From the fullness of his grace we have all received one blessing after another...

For the law was given through Moses; grace and truth came through Jesus Christ.

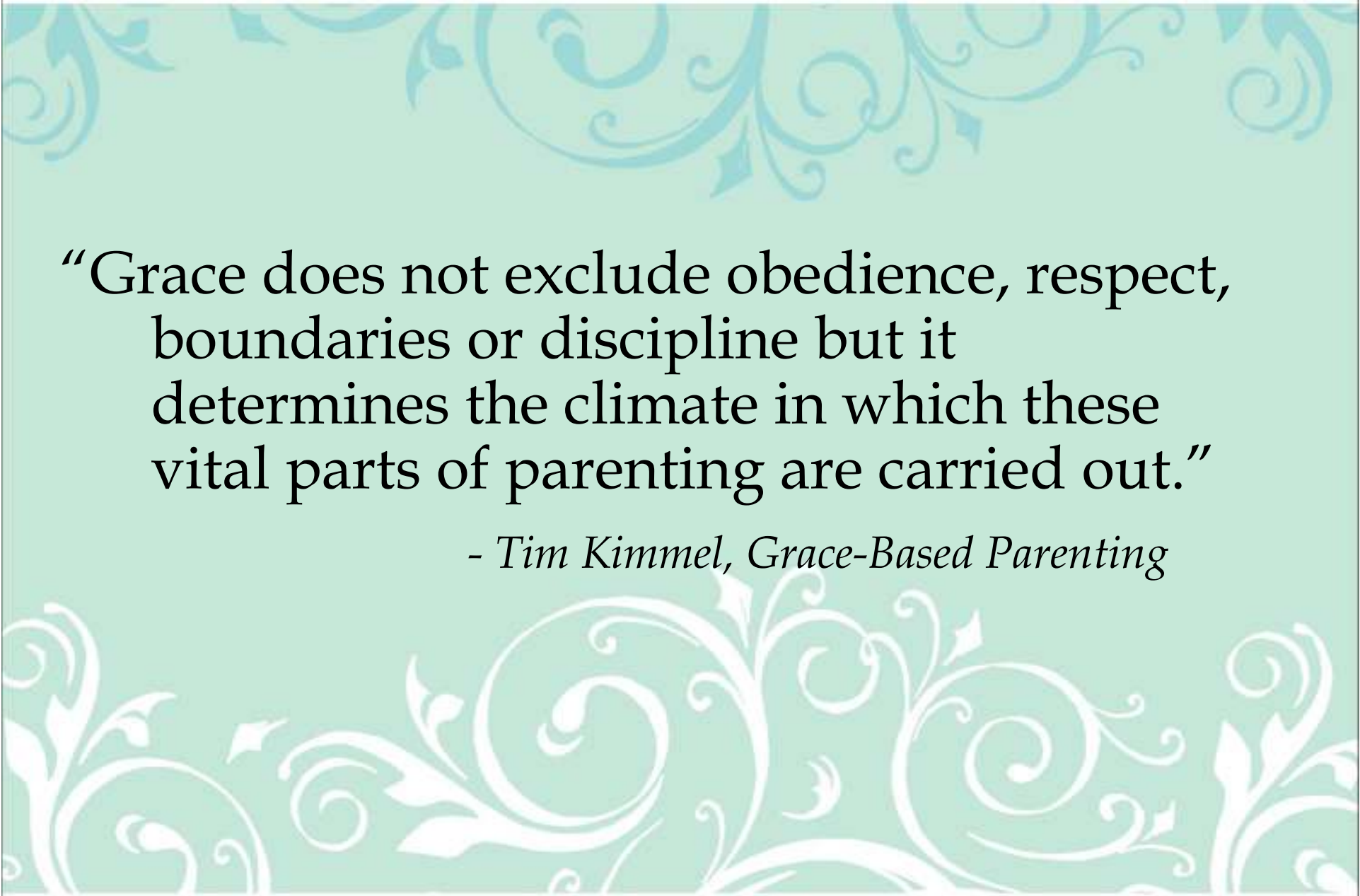


It's not truth OR grace but *both* characteristics partnering to parent children.



Definition of a Rule-Bent Home: Love and approval are based on performance. Rule-following is the measure of value. Parents are angry and/or punitive when children don't obey. Disobedience is met with severe punishment if not strictly followed. Parents are the voice.

Definition of a Grace-based Home: Love and approval are based on a child's value with no strings attached. Rule-following is for the benefit of the child. Parents are accepting and give favor when children deserve it, and when they don't. Disobedience is met with age-appropriate consequences. Parents *and* children have a voice.



“Grace does not exclude obedience, respect, boundaries or discipline but it determines the climate in which these vital parts of parenting are carried out.”

- *Tim Kimmel, Grace-Based Parenting*

Psalms 94:12,13

“Blessed is the man you discipline, O LORD, the man you teach from your law; you grant him relief from days of trouble, till a pit is dug for the wicked.”

Proverbs 5:23:

He will die for lack of discipline,
led astray by his own great folly.

Proverbs 13:24:

He who spares the rod hates his son,
but he who loves him is careful to discipline him.

Proverbs 22:15 :

Folly is bound up in the heart of a child,
but the rod of discipline will drive it far from him.

Proverbs 23:13-14:

Do not withhold discipline from a child;
if you punish him with the rod, he will not die.
Punish him with the rod
and save his soul from death.

3 Foundational Principles of Grace-based Parenting

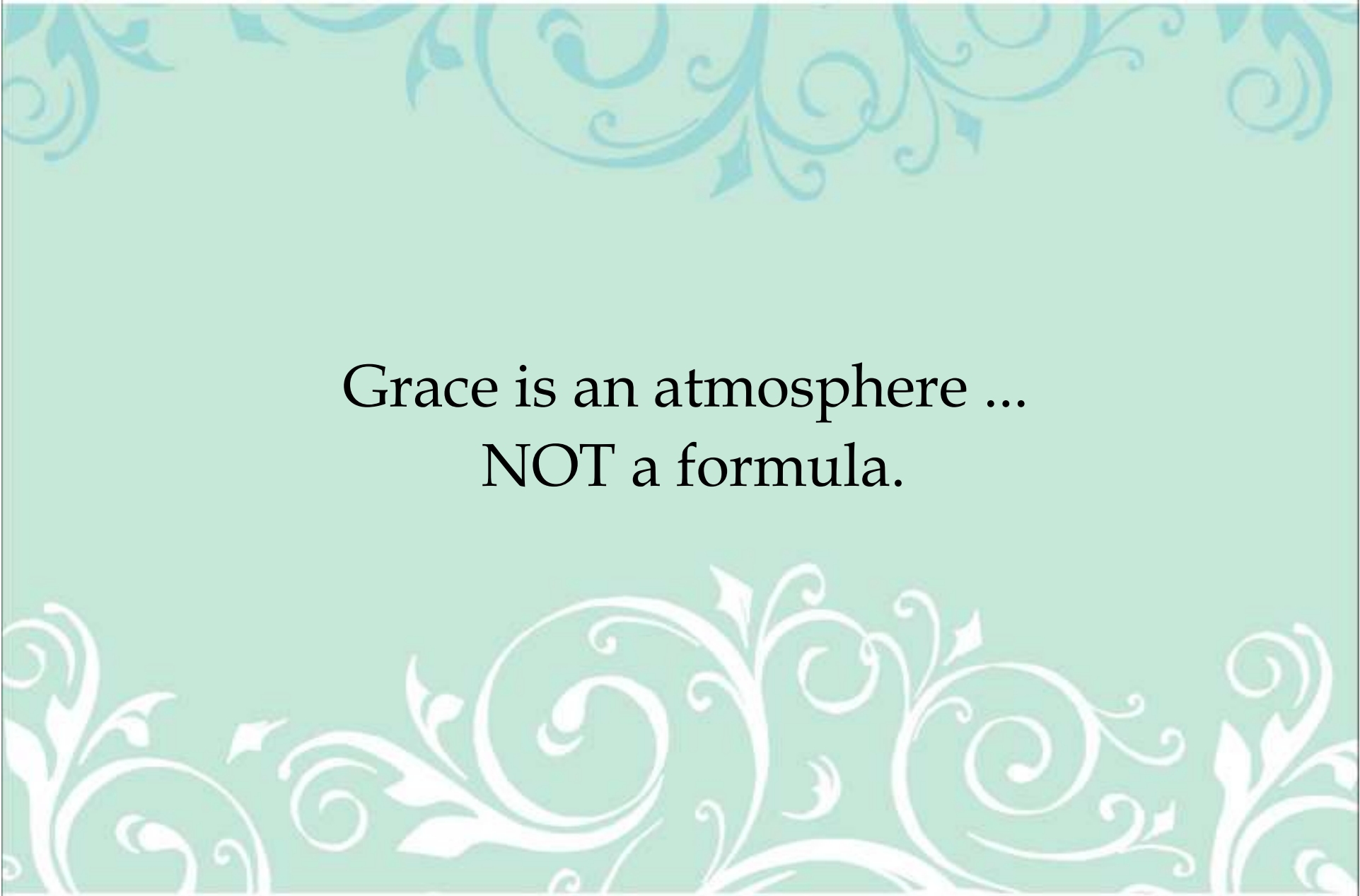
1. How children turn out is far more contingent upon what is going on inside them than what is going on outside of them.

3 Foundational Principles of Grace-based Parenting

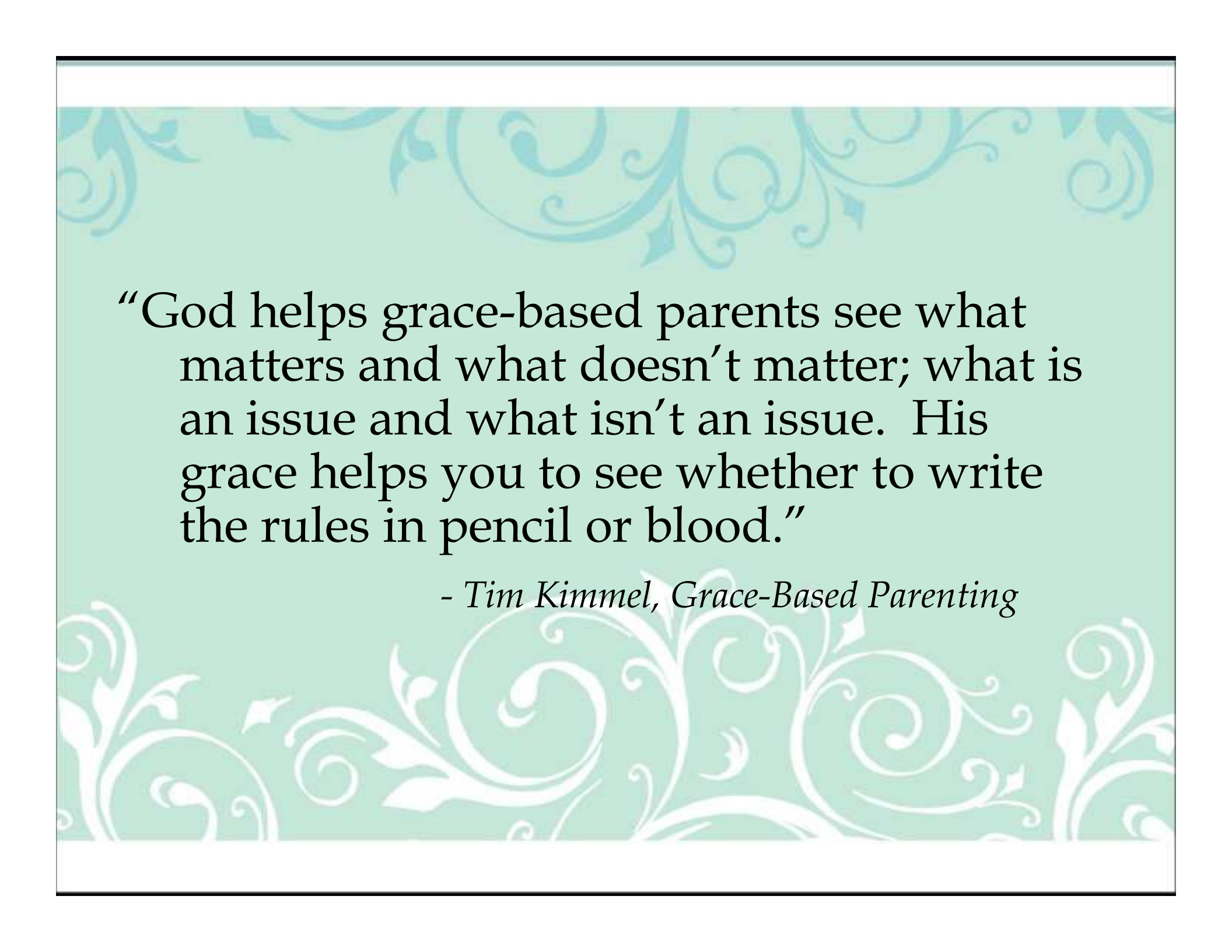
2. Parenting without grace undermines the desire of the Holy Spirit. The Holy Spirit wants to work on the inside of our children to build a sense of moral resolve in their hearts.

3 Foundational Principles of Grace-based Parenting

3. Grace is not so much about what parents do
but how they do what they do.



Grace is an atmosphere ...
NOT a formula.



“God helps grace-based parents see what matters and what doesn’t matter; what is an issue and what isn’t an issue. His grace helps you to see whether to write the rules in pencil or blood.”

- *Tim Kimmel, Grace-Based Parenting*

The Jameson List of Grace-based Attitudes & Behaviors:

- Sarcasm is not allowed as it always runs the risk of hurting others.
- Sibling rivalry is considered in-appropriate, NOT typical.
- Fairness is a priority. Parents explain “why” to children.
- Generalizations are not made or verbalized.
- Respect is expected by all; parents are as respectful to the children as they expect the children to be toward them.
- Children have a voice.
- Kindness is a habit.
- Manners and courtesy are expected. 😊
- Consequences are given because consequences teach and train.
- Punishment is not given because punishment hurts and offends.
- Saying I’m sorry is the norm not the exception.



react = to act in opposition to

respond = to reply; to react positively or cooperatively

10 Characteristics of Grace-based Parents:

1. Grace-based parents honestly affirm their children.
2. Grace-based parents give their children and his/her friends, their attention.
3. Grace-based parents admonish their children with grace and courtesy.
4. Grace-based parents instill hope in their children every chance they get.
5. Grace-based parents let go when it's time to let go.
6. Grace-based parents don't make it their aim to raise "safe" children.
7. Grace-based parents listen instead of lecture and pray instead of judge.
8. Grace-based parents created respectful ways for their children to voice their frustrations/feelings ABOUT their parents, TO their parents.
9. Grace-based parents accept that their children will struggle with personal sin.
10. Grace-based parents lead the way spiritually.