

Building Your Home on the Rock – Being Intentional

Week 2 – Sept 28 & Oct 5

DISCUSSION 1: Review the definition of discipline. Did learning or being reminded of this definition change anything in your parenting over the past 2 weeks?

DISCUSSION 2: What do your devotions look like right now? When, where do you do them?

QUIETING: take a few minutes to be silent and still. Take some deep breaths and relax your body as you focus on Jesus and the things in your life that you are thankful to Him for. If distractions come, practice putting them on a shelf to deal with later. Replace those thoughts with things you can be thankful for.

REFLECTION & GRATITUDE:

Matthew 7:24-27 *“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. ²⁵ Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock. ²⁶ But anyone who hears my teaching and doesn’t obey it is foolish, like a person who builds a house on sand. ²⁷ When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.*

Meditate on the fact that God wants to be your rock. Write down the first 3 things that come to mind when you imagine a life built on God’s unshakeable foundation.

How does it make you feel personally to know that the God of the universe wants to be your Rock and give you this kind of life?

Thank God for His promises that He wants to be your rock (even if you feel shaky right now).

Ask Him to respond and show you what He’s thinking about you this morning:

CONFESSION:

MATTHEW 7:26-27 ²⁶ *But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. ²⁷ When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.*

Proverbs 14:1 *The wise woman builds her house but with her own hands the foolish one tears hers down.*

Where have you been not building your home the way you know God wants you too? As a starting point, think specifically about your devotional life because this has to be our bedrock. Have you been spending sufficient time with Jesus? Have you been obeying His nudges for prayer, Bible reading and memory? Or any other area of your life where you are not obeying God's instructions for your life? Write a prayer of confession to God for the things that come to mind.

PRACTICAL: GOOD INTENTIONS ARE NOT ENOUGH. YOU'VE GOT TO MAKE A PLAN!

Ask God to show you 1-2 intentional things you can do this season to move your relationship with Him a step further. (Ex. Upping your devotions from 3 times a week to 4 or from 20 min to 30 minutes. Reading your Bible for 15 min before bed. Memorizing a certain passage. Etc.)

SHARING & PRAYER:

How to Be One Step Ahead of Your Kids

1. Tell your kids the plan and rules ahead of time.

2. Have a plan! What are you going to discipline for? How will you do it? Be consistent!

3. Keep your child in mind

Disciplining your child in public:

L.O.T.S.

L:

O:

T:

S:

DISCUSSION:

Are there situations in your live-it weeks that you could use this proactive approach? Brainstorm ideas together.

PUTTING IT INTO PRACTICE:

Think of a fairly common situation that requires discipline on your part. Maybe your child hits other kids or screams when you don't buy them things.

Now think about:

Can I role play this with my child to help them understand and practice good reactions? What expectations do I want to communicate to them ahead of time?

What's my plan for when they do this again? (Ex. If your child is under the age of 5 and they hit someone, they will have to sit with you for 5 or 10 minutes.)

Now take time to pray about this particular situation. Jesus wants to help you! Ask for wisdom and calmness in the moment. Even pray your child stops doing that thing.
