**The Parent and Child Relationship -**

**Counseling and Shepherding in Biblical Parenting**

Deuteronomy 5:16; 6:4-9

Ephesians 6:4

Colossians 3:21

I. The Parent’s Essentials

 a. The mission statement: “**Make disciples**” - Colossians 1:28

 b. The fundamental need: **salvation & grace** – 1 Corinthians 2:14

 c. The only source of truth: **God’s Word** – 2 Timothy 3:16-17

II. The Parent’s Attitude

 a. Humility – Galatians 6:1

 1. Not taking the child’s sin personally

 2. Seeing your own need of redemption

 b. Gratitude – Psalm 127:3

 c. Desiring wisdom – Proverbs 2:4-10

 d. Rejoicing in trial – James 1:2-4

 e. Raising **sinners**

 1. Shepherd unbelieving children towards conversion

 2. Shepherd believing children towards conviction.

 3. The heart of the parent is make disciples of their children.

III. The Parent’s Charge: Parent Them “In the LORD” – Ephesians 6:1-4

1. You are under God’s authority –

“Understanding this simple principle enables you to think clearly about your task. If you are God’s agent in this task of providing essential training and instruction in the Lord, then you, too, are a person under authority. You and your child are in the same boat. You are both under God’s authority. You have differing roles, but the same.”

 Tedd Tripp – Shepherding a Child’s Heart

1. Understand your child’s nature

2. You are appointed by God as an agent of redemption in your child’s life.

God’s circle of safety – Honor and Obey = Rescue & restore them to a proper relationship with God & parents.

1. **Fathers** are most responsible – Ephesians 6:4

 A Father’s Checklist: (for each child)

 - In general, he is to be **present** in the lives of his children (physically, mentally, emotionally)

 - Regularly obtain updates from my wife and communicate specific things to delegate to her

 1. **Play** - Plan how/when I will spend time with each child

 2. **Praise** - Identify specific areas in which my child needs encouragement. Specifically plan ways that I will encourage each child

 3. **Worship** –

 Develop & keep a specific plan for regular time in the Word with him/her

 Develop & keep a plan to pray with them

 Gather specific inputs as to how I can pray for him/her (from mother and child)

 Keep watch over their personal time in prayer/Word

 4. **Correct/Teach/Admonish**

 Lovingly and respectfully talk with him/her about any observed sinful patterns

 Appropriate discipline/punitive measures

 Use of rules and limits

 Formative – proactive in teaching, understand reward and consequences

 Corrective – the “ROD”

 Address requests for plans from him/her (freedom whenever possible/reasonable)

 5. **Confess** (Don’t be afraid to admit mistakes and say I’m sorry)

 Regularly gather questions, concerns, or inputs about my leadership and life.

 Talk of personal confessions and changes I need to make

c. You are not to exasperate them – Ephesians 6:4; Colossians 3:21

 Ephesians 6:4 – “do not provoke”

 

 Colossians 3:21 – “do not exasperate”

 

How am I exasperating my child?” (Ref. Adapted from The Heart of Anger (Ch. 2) by Lou Priolo)

1. Order & unity of my home

 Lack of marital harmony

 Parents reversing God-given roles

 Establishing and maintaining a child-centered home (Pr 29:15)

 Being inconsistent with discipline (Ecc. 8:11)

 2. Balance of my parenting activities

 Not making time “just to talk”

 Not praising or encouraging your child (Ro. 13:7)

 Not listening to your child’s opinion or taking his or her “side of the story” seriously (Pr. 18:13,15,17)

1. The example of my character

 Modeling sinful anger

 Not admitting you’re wrong and not asking for forgiveness (Mt. 5:23-24)

 Failing to keep your promises

4. In my speech

 Scolding

 Mocking your child (Job 17:1-2)

 Ridiculing or name calling

5. In my discipline/correction

 Chastening in front of others (Mt. 18:15)

 Habitually disciplining while angry (Jas. 1:19-20)

 Abusing them physically

6. In my goals/practices

 Having double standards

 Being legalistic (Mt. 15:8-9)

 Constantly finding fault (Pr. 19:11)

 Comparing them to others (2 Co. 10:12)

 Not allowing enough freedom “the automatic NO” (Jas. 3:17)

 Allowing too much freedom (Pr. 29:15)

 Unrealistic expectations (1 Co. 13:11)

 Practicing favoritism

 Child training with worldly methodologies as inconsistent with God’s Word

 d. You are to **nourish** them (Eph. 6:4; 1 Thess. 2:7-8; Phil 4:5; 1 Thess. 2:11-12)

IV. Counseling Parenting Considerations –

 Their walk with Jesus Christ

 Their relationship with each other

 Their conduct – consistent or hypocritical

 God’s standards or their standards

 Consistent disciplinary measures

 Leading and being in control

 Good order and discipline in the home

 Christ-centered or children-centered

 Accountability with church authority

 Giving them to the Lord………

V. Disciple Your Teen –

If your teen is a Christian, there are many practical things you can do to aid in their sanctification. As you are faithful to parent biblically, and as God continues to change your teen’s heart, you are more likely to see some of the behavioral changes you have been longing for.

Some of your teen’s typical age-related behaviors will pass in time. Others will need to be more specifically addressed from a biblical perspective. Wisdom is offered to parents in God’s Word. Do not lose heart, discipling your teen is a privilege!

Practical ideas to aid in your child’s spiritual growth:

 - Encourage them to attend church and all that it offers for their age group.

 - Encourage them to serve others.

 - Encourage them to have daily time with God in His Word and prayer. Model for them.

 - Have frequent, natural discussions about God, His Word, and the gospel. Weave it into conversations and family activities.

 - Do not punish them for any lack of growth. Encourage them when you see progress. Offer behavioral consequences that fit the situation (discipline), but do not be punitive.

 - Remind them of their new identity in Christ.

 - Talk about all the hard teen subjects together: sex, drugs, all of it. Don’t “freak out” when you realize they know more than you thought they did (or if you learn that they have experienced these things).

 - Attend counseling with them as the counselor directs. Remove the log out of your own eye, and remember you are also a sinner.

 - Seek their forgiveness where you have failed them.

 - Be interested in the things they are interested in. Engage.

 - Ask yourself at every step “Is this a battle I am willing to fight?” Stand firm on battles that would otherwise compromise spiritual wellbeing. Where there is only a difference of opinion, let it go.

 - Respond rather than react. Nothing shuts down a teen more quickly than an overly reactive parent.

 - Keep your own spiritual walk healthy.

 - Keep your marriage healthy.

 - Pay equal attention to other siblings in the family.

 - Remember that love is patient, kind, forbearing, and that we are called to long-suffering. This applies to our children, too.

 - Practice all of the one-another passages with them. Once your teen is a believer they are not only your child, but also a brother or sister in Christ. There are times to encourage and times to admonish, just as we are called to do with all believers

Resource - https://biblicalcounseling.com/resource-library/conference-messages/counseling-teens-from-proverbs/

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