

calibration

C O U N S E L I N G

The gift of a healthy relationship together is the best gift you can give your children second only to, and along side, their upbringing in Christ.

**CALIBRATION
COUNSELING**

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Purposeful Parenting



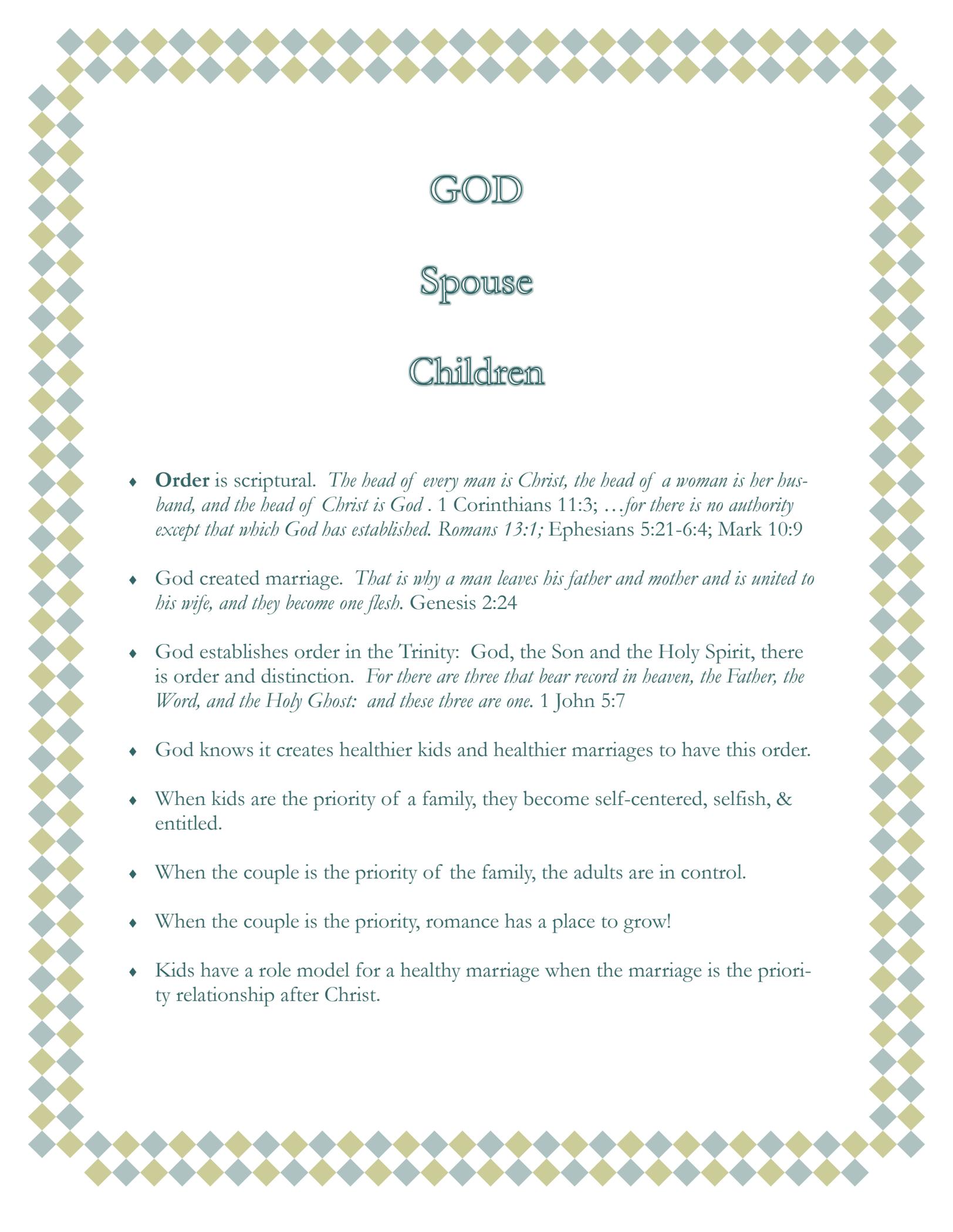
*Start children off on the way they should go, and even when they are old they will not turn from it. **Proverbs 22:6***

*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. **Matthew 6:33***

*Love the LORD your God with all your heart and with all your soul and with all your strength. **Deuteronomy 6:5***

*If you are a wife, you must put your husband first. **1 Peter 3:1***

*Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. **Ephesians 5:25-27***



GOD

Spouse

Children

- ◆ **Order** is scriptural. *The head of every man is Christ, the head of a woman is her husband, and the head of Christ is God . 1 Corinthians 11:3; ...for there is no authority except that which God has established. Romans 13:1; Ephesians 5:21-6:4; Mark 10:9*
- ◆ God created marriage. *That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Genesis 2:24*
- ◆ God establishes order in the Trinity: God, the Son and the Holy Spirit, there is order and distinction. *For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one. 1 John 5:7*
- ◆ God knows it creates healthier kids and healthier marriages to have this order.
- ◆ When kids are the priority of a family, they become self-centered, selfish, & entitled.
- ◆ When the couple is the priority of the family, the adults are in control.
- ◆ When the couple is the priority, romance has a place to grow!
- ◆ Kids have a role model for a healthy marriage when the marriage is the priority relationship after Christ.

GOD

- ◆ Create a **daily** time of prayer & thanksgiving Philippians 4:6, scripture reading, perhaps a devotional to guide, and allow time for stillness Psalm 46:10
- ◆ *Hide the Word in your heart* Psalm 119:11
- ◆ *Pray without ceasing* 1 Thessalonians 5:16-18
- ◆ *Please God through faith.* Hebrews 11:6
- ◆ Apply the Word and prayer to your life and decisions
- ◆ *Let the word of Christ dwell in you richly.* Colossians 3:16
- ◆ *Go and make disciples.* Matthew 28:19
- ◆ Allow the Holy Spirit to guide. *Those who are in the realm of the flesh cannot please God.* Romans 8:8; *I will ask the Father, and he will give you another Helper* John 14:16
- ◆ Deal with worry and hope issues in your life.
- ◆ Know your pride and belief issues.
- ◆ Deal with your sin. ...*Do not offer any part of yourself to sin.* Romans 6:13
- ◆ LISTEN AND OBEY *Be still, and know that I am God.* Psalm 46:10
- ◆ *Abide in me as I in you.* John 15:4
- ◆ *Surrender you heart to God; turn to him in Prayer, and give up your sins – even those you do in secret. Then you won't be ashamed; you will be confident and fearless.* Job 11:13-15
- ◆ *Your will be done* Matthew 6:10
- ◆ *Am I now trying to win the approval of human beings, or of God?* Galatians 1:10

Marriage

Pray Together. Stay Together

- ◆ Prioritize one another. Consider the other in every decision throughout the day.
- ◆ Be purposeful every day.
- ◆ Love & Respect each other. Ephesians 5:33
- ◆ Please your spouse.
- ◆ Partner Up in decision making.
- ◆ Sex begets sex!
- ◆ God created sex. Sex is healthy and good in the context of marriage. ~ Song of Songs
- ◆ Listen to your spouse
- ◆ Fight fair by learning how to disagree with the Fruit of the Spirit. Galatians 5:22-23
- ◆ Men, lead well; women, allow being lead. Ephesians 5:21-33
- ◆ Boundaries protect this precious relationship. ...*let not man put asunder*. Mark 10:8
- ◆ Vacations, budget one for just the two of you per year.
- ◆ Date Nights
- ◆ Create daily fun together, like bikes, walks, games, and meals without distractions.
- ◆ Be responsible to being healthy: *Do you not know that your bodies are temples of the Holy Spirit?* 1 Corinthians 6:19 ***Physically/Mentally/Relationally/Spiritually/Financially/Socially***

Parenting Purposefully Through Teaching Moments

LOVE ~ CONSISTENCY ~ FOLLOW THROUGH

Love

- ◆ As the parent begins teaching the child, communicate love first.
- ◆ Love with a new start every day. *The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.* Lamentations 3:22-23
- ◆ Love unconditionally through the Holy Spirit's help. *Perfect love drives out fear.* 1 John 4:18; *And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth.* John 14:16-17
- ◆ *The Fruit of the Spirit is Love, Joy, Peace, Forbearance, Kindness, Goodness, Faithfulness, Gentleness and Self Control. Against such things there is no law.* Galatians 5:22-23
- ◆ *Fathers, do not exasperate {madden, irritate, anger, provoke} your children; instead, bring them up in the training and instruction of the Lord.* Ephesians 6:4

Consistency

- ◆ Be Consistent.
- ◆ Rules & expectations are provided & established.
- ◆ Provide clear Boundaries.
- ◆ BE CLEAR
- ◆ Use IF/THEN Parenting

IF/THEN Parenting

If you choose to obey, then we can {REWARD}

If you choose to disobey, then {CONSEQUENCE}

If you are disrespectful, then {CONSEQUENCE}

If we have a good attitude at the mall, then we may {REWARD}

Follow Through

- ◆ Make the consequence possible for you to follow through on.
- ◆ The Consequence is what must ensue after the misbehavior.
- ◆ Natural Consequences are best
- ◆ Reward WHENEVER possible
- ◆ ***What are we trying to teach you?*** Ask at the beginning & end of consequence.
- ◆ Grace

Purposeful Parenting Tips

Build a great vocabulary around disciplining your children and those Teaching Moments

- ◆ *Respect: through kindness, regard, honor, listening*
- ◆ *The Truth: God's Word*
- ◆ *Trust: through honesty and being truthful, and being reliable, we build trust*
- ◆ *Honor: holding onto what others need and want as important and back it up with action*
- ◆ *Honesty: telling the truth*
- ◆ *Rules: Things we must do or there is consequence*
- ◆ *Expectations: what Mom and Dad expect from their children behaviorally*
- ◆ *Boundaries: Rules that protect us emotionally and mentally, physically and financially too*
- ◆ *Guilt: A God given emotion from our conscience to turn our wrongdoing around*
- ◆ *Shame: not believing we 'should' be forgiven; therefore, thinking ourselves as bad and unworthy of forgiveness; not accepting and/or realizing Jesus' death on the cross*
- ◆ *Responsibility: things individuals are in charge of to run our lives, our homes, and our commitments*
- ◆ *Forgiven: Jesus took care on the cross; not being held captive by the other person of our wrong doing, our sin.*
- ◆ *To Forgive: LET IT GO WITHOUT FURTHER CONSEQUENCE Ephesians 4:32*

Creating Responsible Kids

- ◆ Chores to build responsibility and responsibilities create belongingness. *You belong here, with as much right to the name Christian as anyone.* Ephesians 2:20
- ◆ Support your child's school and their expectations; follow through with them. *All governments are under God.* Romans 13:1
- ◆ Teach them their part in the problem situation. Owning responsibility is huge! *For each will have to bear his own load.* Galatians 6:5
- ◆ **Don't Over-Busy your Family or your Children**
- ◆ **Play Matters**
- ◆ Balance the work and play for, and between the adults; it creates less resentment! *Get rid of all bitterness...* Ephesians 4:31
- ◆ Providing play for children provides teaching moments, exercise, and social skills.
- ◆ Recognize the other messages we are teaching our kids in different situations. For example: Going to the gym is meaningful for all. Kids get to socialize & exercise, they see the importance of exercise, and they are not the center of your universe.
- ◆ Forgive and ask for Forgiveness whenever it is needed. *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.* Colossians 3:13