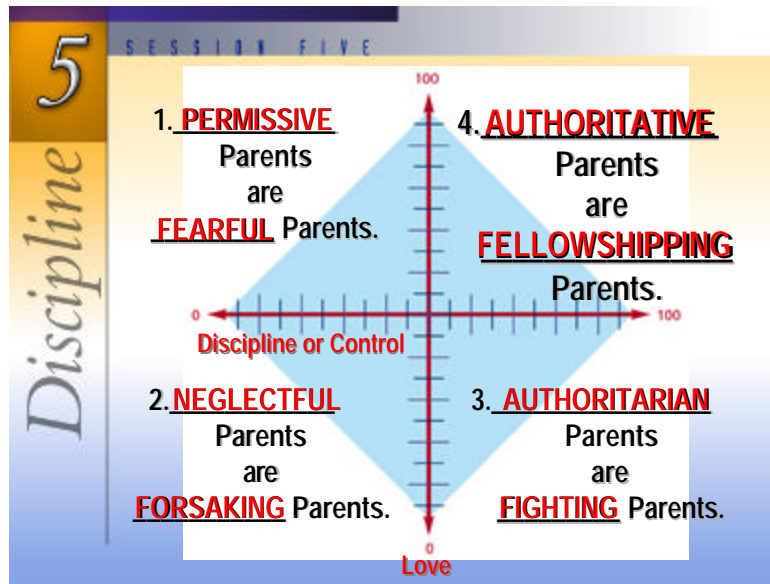


**Marriage and Family: Enjoying The Journey**  
**301: Healthy Friends & Family / Part-2 Parenting, Step-Parenting, Grand-Parenting & Mentoring Essentials**

**LESSON 5: Tender Love & Tough Love. How To Discipline Effectively**

**1. Case Study #1:**



**Summary:** The balanced authoritative parent who combines high levels of support with high levels of control typically produced children with high self-esteem, good coping skills, and a positive relationship with parents.

- ? **Personal rewards**
- ? **Activity rewards**
- ? **Tangible rewards**

**2. Case Study #2: Christians AD 66-70**

Hebrews 12:4-11 (NIV)

<sup>4</sup> In your struggle against sin, you have not yet resisted to the point of shedding your blood.

<sup>5</sup> 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,

<sup>6</sup> because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

<sup>7</sup> Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?

<sup>8</sup> If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons.

<sup>9</sup> 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!

<sup>10</sup> 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.

<sup>11</sup> No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

**Summary:** Discipline is teaching obedience to the Lord through consistent consequences (actions) and clear instructions (words) in an atmosphere of love.

Proverbs 3:11-12 (NIV)

<sup>11</sup> My son, do not despise the LORD's discipline and do not resent his rebuke,

<sup>12</sup> because the LORD disciplines those he loves, as a father the son he delights in.

**Five characteristics of Discipline: (from Hebrews 12)**

1. The necessity to deter destruction. (V.4)
2. The means: the actions and words(v.5)
3. The motive: to express love(vv.6-9)
4. The goal: to teach obedience (v.9)
5. The result: short-term pain and long-term gain (vv.10-11)

Discussion Questions:

1. Which of the four parenting styles best describes you? If you are married, which style best describes your spouse?
2. Which one best describes the way you were parented? How does that positively and negatively affect your parenting?
3. What do you need to do to be in more consistent balance in your parenting style?
4. What are some of the highlights that you learn from the Hebrews 12 case study of how God parents us? What examples would you like to follow more consistently?
5. Apply these lessons to one or two key behavioral issues you want to strengthen in your child (ex. school performance, respect to authority, etc).
6. Update prayer requests and close in prayer.