

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

**LESSON 6: Negative Reinforcement. The Punishment vs. Discipline Factor.**

**Knowing The Difference Between Punishment and Discipline:**

	PUNISHMENT	DISCIPLINE
Purpose		
Focus		
Attitude		
Resulting Emotion in the Child		

**Two Key Biblical concepts :**

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.

1. **Actions** = consistent consequences

? Remove the benefit

? Logical consequences

? Corporal discipline

Proverbs 13:24 (NIV)

<sup>24</sup> He who spares the rod hates his son, but he who loves him is careful to discipline him.

Proverbs 22:15 (NIV)

<sup>15</sup> Folly is bound up in the heart of a child, but the rod of discipline will drive it far from him.

Proverbs 23:14 (NIV)

<sup>14</sup> Punish him with the rod and save his soul from death.

Proverbs 29:15 (NIV)

<sup>15</sup> The rod of correction imparts wisdom, but a child left to himself disgraces his mother.

2. **Words** (next lesson)

### **Seven Steps to Physical Discipline:**

1. Clear warning
2. Establish responsibility
3. Avoid embarrassment
4. Communicate grief
5. Flick the wrist
6. Sincere repentance
7. Unconditional love

### **Discussion Questions:**

1. What is your understanding of the difference in “punishment” vs. “discipline”?
2. What is your understanding of “negative reinforcement” and its benefit? What do you need to do to keep the focus on “positive reinforcement” before resorting to this?
3. What are some ways you can “remove the benefit” to behaviors you would like to correct in your children?
4. What are “logical consequences” to behaviors you want to correct in your children?
5. What is your understanding of what the bible teaches about spanking? Do you agree?
6. Are there some changes you need to implement after going through this lesson?
7. Update “Prayer Journals” and spend the last minutes in prayer together.