

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

**LESSON 11: Overcoming Obstacles To Motivating Our Children**  
**Guest Speaker – Anthony Thomas**

Motivation is complicated, & it has several layers:

- A child must feel the need to complete the task. Mom feels the need.
- A child must take time to complete the task. Mom takes the time.
- A child must have a plan for accomplishing the task. Mom has the plan.
- A child must have the skill to complete the task. Mom has the skill.

1 – The Parenting Foundation -

***Eph. 3:16-19***

*16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.*

1.1 We need a Foundation that is rooted and grounded in Love.

1.2 There is only one perfect parent, and you aren't Him!

2 – Parental Obstacles That Threaten the Solid Foundation of Parenting:

2.1 Enmeshment Obstacle

- Overdependence or Over Identifying with the child

***Gen. 2:18***

*Then the LORD God said, “It is not good for the man to be alone; I will make him a helper suitable for him.”*

***Isa. 51:1***

*Listen to me, you who pursue righteousness, Who seek the LORD: Look to the rock from which you were hewn, And to the quarry from which you were dug.*

2.2 Anger Obstacle

- Ignoring and zapping

***Eph 6:1-4***

*1 “Children, obey your parents in the Lord, for this is right. 2 Honor your father and mother”—which is the first commandment with a promise. 3 That it may go well with you and that you may enjoy long life on the earth. 4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”*

2.3 Parental Health Obstacle

- Being worn down, spiritually or emotionally

***Gal. 6:2-5***

*2 “Carry each other’s burdens, and in this way you will fulfill the law of Christ. 3 If anyone thinks he is something when he is nothing, he deceives himself. 4 Each one should test his own actions. 5 Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.”*

### 3 – Developmental Obstacles That Threaten A Solid Foundation of Parenting

#### 3.1 Struggle for Freedom:

**Gal 5:13-15**

*13 For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. 14 For the whole Law is fulfilled in one word, in the statement, " YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF." 15 But if you bite and devour one another, take care lest you be consumed by one another.*

#### 3.2 Search for Identity:

**Joh 1:12**

But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.

#### 3.3 Desire for Godly Leadership:

**Ezr 7:10**

*For Ezra had set his heart to study the law of the LORD, and to practice it, and to teach His statutes and ordinances in Israel.*

#### 3.4 Need for Security:

**Heb. 12:5-10**

*5 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, 6 because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." 7 Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? 8 If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. 9 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! 10 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.*

#### 3.5 –Need for a Listening Ear:

**Pro 18:13**

*He who gives an answer before he hears, It is folly and shame to him.*

#### 3.6 – Reality of Secret Fears:

**Isa 41:10**

*'Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'*

#### 4 - There are three avenues of influence: Teaching, Modeling, & Helping you child Internalize.

#### **Small Group Questions:**

- 1 – Is motivation important in parenting? Why do you think it is so hard to motivate our children?
- 2 - What parenting obstacles to overcome most relate to you?
- 3 – What developmental obstacles do you think your children are expressing most clearly?
- 4 – What developmental obstacles were most important to you as a teenager?
- 5 – Parenting is complicated, why is the Foundation so critical, Eph. 3:16 – 19.
- 6 – Close with prayer...