MSSNL

PREMIUM FIELD GUIDE

Jesus & Parenting Field Guide

A guided fieldbook for formation, wisdom, and raising sons and daughters under Christ.

Ryan D. Eldridge

Live it before you lead it. Form with grace. Release them to Jesus.

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Jesus & Parenting Field Guide

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This field guide is written for spiritual formation, parental reflection, and family discipleship rooted in the life, teaching, and leadership of Jesus Christ. It is intended to help mothers, fathers, families, and caregivers receive the truth of Scripture, name what is true in the home, and take one faithful step at a time.

Scripture references are provided for study, reflection, and application. Unless otherwise noted, references follow the English Standard Version (ESV). Readers are encouraged to study the Word of God prayerfully and in community, seeking wise pastoral, counseling, medical, legal, educational, or professional care where needed.

The stories, examples, conversations, and illustrations in this guide are used to communicate biblical truth and practical faithfulness. Some details may be adapted for clarity and teaching purposes.

This guide does not replace Scripture, local church community, pastoral care, professional counseling, medical care, educational support, legal reporting obligations, emergency support, or personal responsibility before God.

SAFETY AND WISDOM

This guide must never be used to shame, humiliate, intimidate, silence, coerce, or endanger a child. Honor and obedience do not require a child to keep harmful secrets or comply with sinful or unsafe instructions. Where there is abuse, violence, sexual harm, serious mental health risk, threats, coercion, addiction, exploitation, or other danger, seek appropriate professional, pastoral, legal, medical, and emergency support.

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How This Field Guide Works

Jesus & Parenting is the book. This Field Guide helps you work its message into daily family life. Each Guided Practice connects to one chapter in the book. You can read the matching chapter first, use the guide on its own, or work through it with your spouse, co-parent, mentor, pastor, trusted friend, or church community.

Use It This Way	What To Do
Read and Apply	Read the matching chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Your Own	Use the guide to notice what Jesus is showing you about your own parenting before focusing on the child.
Walk Through It Together	Use the trusted conversation pages with a spouse, co-parent, mentor, pastor, or another wise parent.
Invite Wise Support	Bring in appropriate pastoral, counseling, medical, educational, legal, or professional help when the situation requires more than a field guide.

The MSSNL Rhythm

Movement	What It Means
Word	Receive the truth of Scripture. Ask what it reveals about Jesus, people, and a life under Christ.
Wonder	Slow down and reflect honestly. Notice where truth meets your parenting, fear, hopes, relationships, and choices.
Walk	Choose one faithful response. Keep it clear and practical. Invite another person to pray, encourage, or follow up.

Move through the guide this way: Read Scripture slowly. Check what is true. Write only what helps you name the present season. Pray. Talk honestly. Take one faithful step.

FORMATION PATHWAY

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The Jesus & Parenting Pathway

Movement	Guided Practices	What It Forms
Lead Under Christ	01 - 03	Example, stewardship, authority, dignity, listening, and honor under Christ.
Form Character & Wisdom	04 - 05	Shared family language for obedience, self-control, honor, patience, and practical wisdom.
Correct & Prepare	06 - 08	Positive Direction, IDEAL correction, restoration, preparation, and growing responsibility.
Root Them in Truth	09 - 10	A clear picture of God, dignity as His creation, truthful family language, and identity in Christ.
Prepare & Release	11 - 12	Courage under pressure, a road back from failure, spiritual strength, resilience, community, and mission.

Contents

	Guided Practice
01	Live It Before You Lead It
02	Children Are Received, Not Possessed
03	The Way of Honor
04	Four Words That Form a Child
05	Four Paths to Wisdom
06	Correction That Leads Somewhere
07	Discipline Ends in Restoration
08	Prepare Before the Moment
09	Teach Them Who God Is
10	Tell Them Who They Are
11	Prepare Them for When
12	Teach Them to Stand

A Covenant for Faithful Parenting Work

Create a place where parents can tell the truth, seek wisdom, protect the dignity of children, and take faithful action under Christ.

Commitment	What It Looks Like
Presence	Phones away when possible. Attention given. We slow down enough to see the child and the moment.
Child Dignity	We correct behavior without humiliating, mocking, labeling, or treating the child as the problem.
Shared Responsibility	We do not use the guide to win against a spouse or co-parent. We ask what belongs to us and seek alignment where possible.
No Keeping Score	We do not collect failures or make yesterday a permanent name over a child or parent.
Safety and Wisdom	We take abuse, threats, sexual harm, self-harm risk, coercion, addiction, and serious danger seriously and seek appropriate help.
Faithful Follow-Through	We choose one next step and a clear return point instead of trying to fix everything in one conversation.

Questions That Help

- ☐ What feels most true in our home right now?
- ☐ What part of this belongs to me as a parent?
- ☐ What would faithful leadership look like here?
- ☐ What one response can we practice this week?
- ☐ What might this child be carrying beneath the behavior?
- ☐ What truth from Jesus do we need to receive?
- ☐ Do we need outside wisdom or support?

Baseline Assessment

Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is actually present in your parenting today. This is an honest starting picture, not a verdict.

HOW TO SCORE

1 = Needs Attention Now. 2 = Needs Support. 3 = Growing. 4 = Strong and Steady. A lower score is not failure. It helps you identify where honest attention, support, and one faithful next step are needed most.

Guided Practice		Score 1-4	What Stands Out Most?
01	Live It Before You Lead It		
02	Children Are Received, Not Possessed		
03	The Way of Honor		
04	Four Words That Form a Child		
05	Four Paths to Wisdom		
06	Correction That Leads Somewhere		
07	Discipline Ends in Restoration		
08	Prepare Before the Moment		
09	Teach Them Who God Is		
10	Tell Them Who They Are		
11	Prepare Them for When		
12	Teach Them to Stand		

Choose Your First Focus

You do not need to repair every area at once. Choose the place where Jesus is inviting your attention now.

Choose One

☐ I will begin with my lowest score.	☐ I will begin with the area creating the most pressure.
☐ I will begin with the area affecting my child or family most.	☐ I will begin with the place Jesus keeps bringing to mind.

My first focus is:

Choose Your First Response

☐ Pray honestly about this area.	☐ Complete the matching Guided Practice.
☐ Read the related Scripture slowly.	☐ Talk with my spouse or co-parent.
☐ Tell one trusted person what is true.	☐ Ask for pastoral or professional support.
☐ Take one simple action this week.	☐ Schedule a time to return and review.

OPENING PRAYER

Jesus, show me what is true. Meet me with grace. Give me wisdom to lead the child You have entrusted to me and courage to take one honest step toward You.

Live It Before You Lead It

Notice what your children are learning from your life and choose one place to follow Jesus more visibly.

BOOK CONNECTION

BOOK CHAPTER 1

PRIMARY SCRIPTURE

First Corinthians chapter 11, verse 1

WHY THIS PRACTICE MATTERS

Parenting begins with the life a child sees. Name what your words, reactions, habits, work, relationships, and repentance are teaching before you ask your child to follow.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Live It Before You Lead It

Children learn long before they understand that they are learning. They watch how a parent speaks, responds to pressure, treats a spouse, handles failure, and returns to Jesus. The home becomes a classroom through ordinary life.

This practice is not about performing for your children. It is about bringing your own life under Christ so the pattern they see is honest, repentant, and increasingly faithful.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Example	Notice what your children are learning from your ordinary patterns.
02 Speech	Listen to the way you speak about yourself, your spouse, work, failure, and other people.
03 Return	Practice repentance and let your children see the road back to Jesus.
04 Multiplication	Choose one pattern you want to live before asking your child to practice it.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

First Corinthians chapter 11, verse 1. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Children learn by watching a life.
- ☐ Parents also live under the authority of Christ.
- ☐ Repentance can become part of the example.
- ☐ Faith should be visible in ordinary life.

One phrase or truth I want to carry forward:

Wonder

- ☐ My tone when I am frustrated.
- ☐ How I speak about myself.
- ☐ How I speak about my spouse.
- ☐ How I carry work and responsibility.
- ☐ My use of Scripture and prayer.
- ☐ The way I apologize and repair.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
My children see me return to Jesus in ordinary life.	
My words about myself and others are usually truthful and honoring.	
I can apologize to my child when my response is wrong.	
The faith I teach is visible in the way I live.	

My total: _____ / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
My example may be sending mixed messages. Begin with one visible area where repentance or a new pattern is needed.	You can see the importance of example, but pressure may still expose inconsistency. Practice one clear return to Jesus.	Your children are seeing a faith that is lived, not only taught. Guard humility and keep returning to Christ.

WHAT TO DO NEXT

Choose one area where you want your life to match the formation you hope to see in your child this week.

My next step:

I may bring this to:

Home Mirror Audit

Look at what your children may be learning from the way you live before you focus on what they need to change.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Area	What My Child Sees	What It May Teach	One Faithful Shift
Speech and tone			
Work and responsibility			
Marriage / family language			
Failure and repentance			
Scripture, prayer, and worship			

FORMATION NOTE

Children do not need a flawless parent. They need a truthful parent who keeps following Jesus.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Apologize for one response I handled poorly.	☐ Change one repeated phrase my child hears from me.
☐ Let my child see me pray about a real concern.	☐ Speak one word of honor about my spouse in front of the children.
☐ Protect one simple Scripture or prayer rhythm.	☐ Ask someone I trust what my children may be learning from me.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, form me as I form my children. Let my life make the road toward You clearer, and teach me to return quickly when I fail.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What do my children see when I am under pressure?	☐ What words do they hear me repeat about myself or others?
☐ Where do I need to apologize or repair?	☐ What part of my faith is visible at home?
☐ What one pattern do I want to multiply?	☐ How can you pray for me as I practice it?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Children Are Received, Not Possessed

Receive stewardship, release control, and see the son or daughter God has entrusted to you.

BOOK CONNECTION

BOOK CHAPTER 2

PRIMARY SCRIPTURE

Psalm chapter 127, verse 3

WHY THIS PRACTICE MATTERS

Children belong first to God. This practice helps you distinguish faithful responsibility from control and see your child as a person to steward rather than a life to possess.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Children Are Received, Not Possessed

A child arrives with a personality, body, story, gifts, weaknesses, and future that a parent did not create. Parenting carries real authority and responsibility, but that authority is borrowed.

Stewardship asks a different question than possession: Who has God entrusted to me, and what does faithfulness require in this season? That question makes room for both responsibility and open hands.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Receive	Name what is unique about the child in front of you.
02 Steward	Clarify the responsibility God has actually given you now.
03 Release	Notice where fear, image, or personal dreams may be becoming control.
04 Prepare	Help the child carry increasing responsibility under Christ.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Psalm chapter 127, verse 3. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Children are a gift entrusted by God.	☐ Parental authority is real and temporary.
☐ A child is more than a parent's hopes or reputation.	☐ Faithful parenting moves toward responsibility and release.

One phrase or truth I want to carry forward:

Wonder

☐ A dream I hold tightly for my child.	☐ A label I may have placed over them.
☐ A place I rescue too quickly.	☐ A place I control because I am afraid.
☐ A strength or gift I need to notice.	☐ A responsibility my child may be ready to carry.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
I can describe my child without reducing them to labels or performance.	
I can distinguish responsibility from control in our current season.	
I allow age-appropriate consequences and responsibility to teach.	
I can hold hopes for my child with open hands before God.	

My total: _____ / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Fear or expectations may be making stewardship feel like control. Begin by naming one place to loosen your grip.	You see your child as entrusted, but some areas may still require clearer responsibility or release.	You are practicing open-handed stewardship. Keep preparing your child to carry more responsibility under Christ.

WHAT TO DO NEXT

Name one area where faithful stewardship requires either clearer leadership or more open-handed release.

My next step:

I may bring this to:

Stewardship Map

See the child God entrusted to you and separate what belongs to faithful parenting from what belongs to God or to the child.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Area	What I See	Where I Grip or Rescue	What Stewardship Looks Like
Personality and temperament			
Gifts and interests			
Current responsibilities			
My hopes and expectations			
Growing independence			

FORMATION NOTE

Your child is entrusted, not owned. The goal is faithful care that gradually prepares open hands.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Release one expectation I have been treating as a requirement.	☐ Give one age-appropriate responsibility back to my child.
☐ Name one gift without turning it into identity.	☐ Allow one natural consequence to teach.
☐ Pray specifically for the person God is forming, not only the outcome I want.	☐ Ask my child one question that helps me see them more clearly.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, thank You for the child You have entrusted to me. Give me courage to lead, wisdom to release, and open hands for the story You are writing.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Where am I most tempted to control?	☐ What part of my child do I need to see more clearly?
☐ What responsibility am I carrying that may now belong to them?	☐ What hope do I need to surrender to God?
☐ Where does my child need stronger leadership?	☐ What would open-handed faithfulness look like this week?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

The Way of Honor

Build a home where authority, dignity, listening, and respectful disagreement are practiced under Christ.

BOOK CONNECTION

BOOK CHAPTER 3

PRIMARY SCRIPTURE

Exodus chapter 20, verse 12

WHY THIS PRACTICE MATTERS

Honor reaches beneath outward compliance. It forms the posture with which children listen, respond, disagree, receive correction, and eventually carry authority themselves.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

The Way of Honor

The home is one of the first places a child encounters authority, responsibility, trust, and submission. Honor teaches a child to recognize that another person matters and that self does not have to remain at the center of every relationship.

Biblical honor does not silence a child or excuse harmful authority. It teaches humility, truthful speech, appropriate submission, and the courage to bring what is wrong into the light.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Listen	Teach children to stop, hear, and understand before reacting.
02 Respond	Give language for an honoring response, even when the child disagrees.
03 Model	Let children hear parents honor one another and other people.
04 Discern	Distinguish rebellion from fear, confusion, overwhelm, or a safety concern.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Exodus chapter 20, verse 12. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- [ ] Honor and humility belong together.
- [ ] A child can disagree and still respond with respect.
- [ ] Parents carry authority under Jesus, not above Him.
- [ ] Truth is never dishonoring.

One phrase or truth I want to carry forward:

Wonder

- [ ] A repeated disrespect pattern.
- [ ] My own reaction when I feel disrespected.
- [ ] How we handle disagreement.
- [ ] How we speak about other authorities.
- [ ] How Mom and Dad speak about each other.
- [ ] Whether my child knows they can tell the truth when something is unsafe.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
Our children know what an honoring response looks and sounds like.	
Disagreement can happen without contempt or humiliation.	
I model honor in the way I speak about my spouse and other people.	
My child knows that truth and safety matter more than protecting an adult's image.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Honor may be unclear or reactive in the home. Begin by defining one simple response and modeling it yourself.	You value honor, but conflict may still pull the family toward contempt, defensiveness, or overreaction.	Honor is becoming part of the culture of your home. Keep pairing humility with truth and safety.

WHAT TO DO NEXT

Choose one recurring moment where your family can practice an honoring response instead of only correcting dishonor.

My next step:

I may bring this to:

Honor Culture Map

Use one ordinary pattern to make honor visible in both the child's response and the parent's example.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Moment	Current Pattern	What Honor Could Sound Like	What I Need to Model
Receiving an instruction			
Disagreeing with a parent			
Sibling conflict			
Speaking about Mom / Dad			
Speaking about other authority			

FORMATION NOTE

Honor is taught directly and caught indirectly. The parent's posture is part of the lesson.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Practice the phrase "Try that again with honor."	☐ Teach one respectful disagreement sentence.
☐ Recognize one honoring response instead of only noticing dishonor.	☐ Change one way I speak about another authority.
☐ Apologize for a moment when I demanded respect while speaking without it.	☐ Clarify the trusted adults my child can approach when something feels wrong or unsafe.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, teach our home the strength of humility. Help us listen, speak truth, carry authority wisely, and show honor without surrendering dignity or safety.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What does dishonor usually look like in our home?	☐ How do I respond when I feel personally disrespected?
☐ Where does my child need a voice?	☐ Where does my child need humility?
☐ What honor are my children seeing between adults?	☐ What one response can we practice this week?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Four Words That Form a Child

Obey. Self-Control. Honor. Patience. Turn four simple words into shared family language for formation.

BOOK CONNECTION

BOOK CHAPTER 4

PRIMARY SCRIPTURE

Colossians chapter 3, verse 20

WHY THIS PRACTICE MATTERS

Four simple words can give a family clear language for responsibility, desire, relationships, and waiting. They are tools for formation, not a substitute for the gospel.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Four Words That Form a Child

Children need language they can carry into real moments. Obey teaches responsiveness to rightful authority. Self-control teaches that feelings and desires do not have to become masters. Honor forms humility in relationships, and patience teaches a child to wait without being ruled by frustration.

These words reach beyond childhood. Each one eventually points beyond the parent toward a life under Christ.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Obey	Practice responsive obedience to rightful authority.
02 Self-Control	Name emotion while keeping truth in authority over the next response.
03 Honor	Carry obedience, disagreement, and relationships with humility.
04 Patience	Learn to wait, endure, and trust when desire is delayed.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Colossians chapter 3, verse 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Obedience is connected to the Lord.	☐ Self-control is strength governed by truth.
☐ Honor teaches humility and responsibility.	☐ Patience creates space between desire and demand.

One phrase or truth I want to carry forward:

Wonder

☐ A place where obedience requires repeated warnings.	☐ A repeated emotional reaction.
☐ A tone or attitude that needs honor.	☐ A place where waiting becomes conflict.
☐ How I model the four words.	☐ Which word our family most needs right now.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
Our children understand what we mean by obey, self-control, honor, and patience.	
We use the four words consistently without turning them into slogans or shame.	
I model the same four words when I am under pressure.	
We connect the four words to following Jesus, not merely good behavior.	

My total: _____ / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The language may be inconsistent or mostly used during conflict. Choose one word and teach it clearly this week.	The four words are familiar, but practice or parent modeling may still be uneven. Strengthen one repeated moment.	The four words are becoming shared family language. Keep pointing them beyond behavior toward Christ.

WHAT TO DO NEXT

Choose the one word your family most needs in this season and build one repeated practice around it.

My next step:

I may bring this to:

Four Words Formation Map

Use the four words to name what your child is learning and what you need to model in the same area.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Word	What It Means Here	Current Pressure Point	Our Practice This Week
Obey			
Self-Control			
Honor			
Patience			

FORMATION NOTE

The words are simple. Formation is repeated. Keep them connected to Jesus, grace, and the work of the Spirit.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Teach one word before the next conflict happens.	☐ Use a redo instead of a long lecture.
☐ Name the emotion while holding the standard.	☐ Create one small waiting practice.
☐ Recognize one example of honor or self-control.	☐ Ask which of the four words I need to practice as a parent.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, form these words in us before we ask them of our children. Teach our home obedience, self-control, honor, and patience under Your leadership.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Which of the four words is most difficult right now?	☐ Does my child understand what the word means in practice?
☐ How have I been modeling it?	☐ Where do we need clearer follow-through?
☐ Where do we need more encouragement?	☐ How can we connect this formation to Jesus?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Four Paths to Wisdom

Think ahead. Listen well. Say no and act. Loosen up and open up. Practice wisdom in ordinary life.

BOOK CONNECTION

BOOK CHAPTER 5

PRIMARY SCRIPTURE

Proverbs chapter 9, verse 10

WHY THIS PRACTICE MATTERS

Wisdom is more than information. These four paths help children think, listen, develop conviction and resilience, and remain open to joy, honesty, and relationship.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Four Paths to Wisdom

Every parent wants a child who can make wise decisions when pressure rises. Wisdom develops as children learn to look ahead, listen beyond themselves, say no when conviction requires it, act when the next right step is clear, and remain open enough for relationship and joy.

The paths balance one another. Planning without openness can become control. Listening without conviction can become passivity. Strength without tenderness can become hardness. Jesus holds wisdom together perfectly.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Think Ahead	Think before speaking, plan more, and prepare earlier.
02 Slow Down	Listen well and consider what another person may be carrying.
03 Stand and Act	Say no, develop resilience, and take the next faithful step.
04 Open Up	Make room for joy, honest emotion, better questions, and connection.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Proverbs chapter 9, verse 10. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Wisdom begins with the fear of the Lord.	☐ Preparation creates room for wiser responses.
☐ Listening is part of loving.	☐ Conviction and openness need one another.

One phrase or truth I want to carry forward:

Wonder

☐ Speaking too quickly.	☐ Waiting until the last minute.
☐ Difficulty listening to another person.	☐ Fear of saying no.
☐ Avoiding a clear responsibility.	☐ A home that needs more joy or honest conversation.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
My child is learning to pause and think before reacting.	
My child can listen and consider another person's perspective.	
My child is developing resilience, conviction, and the ability to take action.	
Our home makes room for honest emotion, questions, laughter, and joy.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
One or more paths may be underdeveloped. Choose a single ordinary practice rather than trying to fix everything.	Wisdom is growing, but one path may still disappear under pressure. Practice it before the next hard moment.	Your child is developing balanced wisdom. Keep helping them ask God for wisdom and apply it in real life.

WHAT TO DO NEXT

Identify the path your child most needs in the next thirty days and choose one practice that makes it concrete.

My next step:

I may bring this to:

Four Paths Wisdom Map

Choose one real-life situation for each path and decide how you can coach wisdom without taking over the decision.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Path	Where It Shows Up	What I Can Teach	One Practice
Think / Plan / Prepare			
Slow / Listen / Consider			
Say No / Toughen Up / Act			
Loosen Up / Open Up			

FORMATION NOTE

Wisdom grows through practice. Coach the next response, then gradually hand more of the decision back to the child.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

- ☐ A repeated parenting pressure point.
- ☐ A belief, fear, or expectation that needs honesty.
- ☐ A pattern in my response to my child.
- ☐ A relationship or responsibility that needs attention.
- ☐ A hard conversation we have been avoiding.
- ☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

- ☐ Teach a pause before one recurring reaction.
- ☐ Help my child prepare one responsibility earlier.
- ☐ Ask my child to explain another person's perspective.
- ☐ Practice one clear no before pressure comes.
- ☐ Let an appropriate difficulty build resilience instead of rescuing.
- ☐ Create one moment for play, laughter, or an honest question.

3. Make It Simple Enough to Follow Through

My first step:

- ☐ I will begin today.
- ☐ I will begin within two days.
- ☐ I will begin this week.
- ☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Peace
- ☐ Courage
- ☐ Trust
- ☐ Humility
- ☐ Self-control
- ☐ Repair
- ☐ A stronger rhythm
- ☐ Clarity
- ☐ Hope

MY PRAYER

God, give us wisdom generously. Teach my child to think, listen, stand, act, and remain open to the life You are giving.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Which path is strongest in my child?	☐ Which path is weakest?
☐ Where am I rescuing instead of coaching?	☐ Where does my child need courage to say no?
☐ Where do we need more listening or joy?	☐ What would one wise practice look like this week?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Correction That Leads Somewhere

Use Positive Direction and IDEAL to move correction toward clear, calm, loving formation.

BOOK CONNECTION

BOOK CHAPTER 6

PRIMARY SCRIPTURE

Proverbs chapter 22, verse 6

WHY THIS PRACTICE MATTERS

Correction should do more than stop a behavior. Positive Direction shows the better response, and IDEAL helps parents address the moment with purpose, steadiness, and love.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Correction That Leads Somewhere

It is possible to stop a behavior without forming a child. Positive Direction helps parents name what faithfulness looks like instead of only repeating what must stop.

IDEAL gives correction a steady posture: Immediate, Direct, Even, Actionable, and Loving. The goal is not formulaic parenting. The goal is correction that keeps pointing somewhere.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Positive Direction	Name the faithful response, not only the problem.
02 Immediate + Direct	Address the behavior while the connection is clear and engage the child personally.
03 Even + Actionable	Keep the tone steady and show what needs to happen next.
04 Loving	Let the relationship remain secure while truth and consequences still matter.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Proverbs chapter 22, verse 6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- [ ] Training teaches a better response.
- [ ] Words can give children a vocabulary for faithfulness.
- [ ] Truth can remain calm.
- [ ] Correction should end with the relationship secure.

One phrase or truth I want to carry forward:

Wonder

- [ ] A correction I repeat without teaching the alternative.
- [ ] A moment where I become too loud or reactive.
- [ ] A consequence that feels disconnected from the lesson.
- [ ] A child who needs a redo instead of a lecture.
- [ ] A good pattern I need to notice and encourage.
- [ ] A place where love needs to remain visible after correction.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
I usually give my child a clear positive direction, not only a negative command.	
My correction is timely and personally engaged rather than distant or explosive.	
My tone usually remains steady enough for the lesson to be heard.	
Consequences and redos point toward responsibility, repair, and a better response.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Correction may be stopping behavior without clearly teaching what to do instead. Begin with Positive Direction.	You have a direction for correction, but one IDEAL element may disappear under stress. Strengthen that one.	Correction is becoming clear, calm, actionable, and loving. Keep encouraging the behavior you want to multiply.

WHAT TO DO NEXT

Choose one recurring correction and rewrite it as Positive Direction, then plan how you will respond IDEALly next time.

My next step:

I may bring this to:

Positive Direction + IDEAL Planner

Use one recurring correction. Name the better response, then prepare how you want to carry the moment.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Recent Moment	Positive Direction	IDEAL Response	Repair / Follow-Through
Instruction ignored			
Harsh or disrespectful speech			
Sibling conflict			
Responsibility not completed			

FORMATION NOTE

Correction is coaching toward faithfulness. Clear direction plus a steady parent creates room for learning.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Rewrite one repeated negative command as Positive Direction.	☐ Pause before correcting so my tone can become even.
☐ Move toward the child instead of correcting from a distance.	☐ Use one redo to practice the better response.
☐ Match one consequence to the responsibility that needs to be learned.	☐ Recognize one good response I want to multiply.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, make my correction purposeful, clear, steady, and loving. Help me show my child where faithfulness leads.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What correction do I repeat most often?	☐ Does my child know the better response?
☐ Which part of IDEAL is hardest for me?	☐ What happens to my tone under pressure?
☐ Does the consequence teach or only punish?	☐ What good behavior do I need to notice more often?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Discipline Ends in Restoration

Carry discipline through Accountability, Encouragement, and Forgiveness so truth has an ending.

BOOK CONNECTION

BOOK CHAPTER 7

PRIMARY SCRIPTURE

Hebrews chapter 12, verse 11

WHY THIS PRACTICE MATTERS

Discipline should not leave a child standing forever in failure. Accountability tells the truth, encouragement gives hope, and forgiveness moves the relationship toward peace.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Discipline Ends in Restoration

A consequence can teach that choices have weight, but consequences alone cannot teach confession, encouragement, forgiveness, or repair. Those things require relationship.

Restoration gives discipline an ending. Truth is faced, responsibility is taken, grace remains, and the family moves forward without turning old failures into permanent weapons.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Accountability	Name what happened and what part belongs to the child.
02 Encouragement	Recognize honesty, courage, and the possibility of growth after failure.
03 Forgiveness	Teach sincere apology, forgiveness, and the gospel foundation beneath both.
04 Restoration	Allow consequences and trust-building while letting the relationship move toward peace.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Hebrews chapter 12, verse 11. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Accountability is specific and personal.	☐ Conviction should lead toward repentance, not hiding.
☐ Encouragement gives a future beyond failure.	☐ Forgiveness and wisdom can live together.

One phrase or truth I want to carry forward:

Wonder

☐ Blame that keeps responsibility moving elsewhere.	☐ A failure that has become a label.
☐ A confession that needs encouragement.	☐ An apology that stays vague.
☐ A consequence that remains after forgiveness.	☐ An old failure we keep bringing back into new conflict.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
Our children are learning to name their own choices without immediately blaming someone else.	
We can encourage honesty even when the truth reveals something serious.	
Apply and forgiveness are taught with specific, truthful language.	
After discipline, the relationship can move forward without recycling the failure as a weapon.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Discipline may be ending at punishment or blame. Begin by walking one recent moment all the way through restoration.	You practice parts of restoration, but one movement may be missing when pressure is high.	Accountability, encouragement, forgiveness, and restoration are becoming familiar roads in your home. Guard that culture.

WHAT TO DO NEXT

Take one recent discipline moment and ask which movement still needs to happen: accountability, encouragement, forgiveness, or restoration.

My next step:

I may bring this to:

Restoration Path

Walk one real situation all the way through so discipline has a clear ending.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Recent Moment	Accountability	Encouragement	Forgiveness / Repair
What happened?			
What belongs to the child?			
What growth can be named?			
What needs to be repaired?			

FORMATION NOTE

Grace is generous. Trust is stewardship. Forgiveness can be real while consequences and rebuilding still remain.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

- ☐ A repeated parenting pressure point.
- ☐ A belief, fear, or expectation that needs honesty.
- ☐ A pattern in my response to my child.
- ☐ A relationship or responsibility that needs attention.
- ☐ A hard conversation we have been avoiding.
- ☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

- ☐ Ask "What part of this belongs to you?"
- ☐ Replace a label with specific language about the choice.
- ☐ Thank my child for telling the truth.
- ☐ Teach a sincere apology that names the wrong.
- ☐ Apologize for my own wrong response.
- ☐ Let a confessed and repaired failure stay in the past.

3. Make It Simple Enough to Follow Through

My first step:

- ☐ I will begin today.
- ☐ I will begin within two days.
- ☐ I will begin this week.
- ☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Peace
- ☐ Courage
- ☐ Trust
- ☐ Humility
- ☐ Self-control
- ☐ Repair
- ☐ A stronger rhythm
- ☐ Clarity
- ☐ Hope

MY PRAYER

Jesus, help our family tell the truth without hiding, carry responsibility without shame, receive grace, and move toward restored relationship.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Where does blame usually appear?	☐ What language of shame needs to stop?
☐ How do we respond when a child confesses?	☐ Are apologies specific or forced?
☐ What trust may need rebuilding after forgiveness?	☐ What would help this moment truly end?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Prepare Before the Moment

Use Pre-Game Talks and Five-Minute Warnings to lead ahead of pressure and teach growing responsibility.

BOOK CONNECTION

BOOK CHAPTER 8

PRIMARY SCRIPTURE

Deuteronomy chapter 6, verses 6 and 7

WHY THIS PRACTICE MATTERS

Parents do not have to wait until something goes wrong to disciple a child. Preparation gives children clarity, space to ask questions, and something faithful to carry into the moment.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Prepare Before the Moment

Many difficult moments become harder because expectations arrive after pressure has already taken over. Preparation helps children know what is coming, what faithfulness looks like, and where to go when they need help.

The Pre-Game Talk prepares before a situation. The Five-Minute Warning helps with transitions. Both are forms of leadership that see a little farther and gradually teach children to prepare themselves.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Clarify	Name the few expectations that matter most before the moment.
02 Check + Encourage	Ask the child to repeat what they heard and offer confidence rather than predicting failure.
03 Transition	Use a clear warning when possible so the child can finish, anticipate, and shift.
04 Transfer	Let preparation become the child's own planning as maturity grows.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Deuteronomy chapter 6, verses 6 and 7. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Faith is taught in ordinary rhythms before crisis.
- ☐ Wisdom looks ahead.
- ☐ Preparation does not guarantee obedience.
- ☐ The deeper goal is a child who can prepare himself under Christ.

One phrase or truth I want to carry forward:

Wonder

- ☐ A store, meal, gathering, or transition that often becomes conflict.
- ☐ A child who needs clearer expectations.
- ☐ A teenager entering a pressure-filled environment.
- ☐ A transition that feels sudden every day.
- ☐ A warning that has turned into negotiation.
- ☐ A responsibility my child could begin preparing independently.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
I prepare children for common pressure points instead of only reacting afterward.	
Our Pre-Game Talks are clear, brief, and connected to encouragement.	
Warnings help transitions without becoming negotiations.	
As children mature, I am handing more preparation and planning back to them.	

My total: _____ / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The family may be reacting to predictable moments without enough preparation. Choose one recurring pressure point.	You use preparation sometimes, but consistency or follow-through may still be unclear.	Preparation is becoming part of your parenting rhythm and is gradually building ownership in your child.

WHAT TO DO NEXT

Choose one predictable pressure point this week and prepare the conversation before the moment arrives.

My next step:

I may bring this to:

Preparation Planner

Plan one upcoming moment before pressure arrives. Keep expectations clear, short, and age-appropriate.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Situation	What Is Coming	What Faithfulness Looks Like	What My Child May Need
Upcoming event / gathering			
Daily transition			
School / sports pressure			
Teen social situation			

FORMATION NOTE

Preparation creates pathways. Under pressure, people often travel familiar roads.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Give one clear Pre-Game Talk before an event.	☐ Ask my child to repeat the expectation in their own words.
☐ Add encouragement instead of predicting failure.	☐ Use a Five-Minute Warning and follow through.
☐ Stop extending a warning because of bargaining.	☐ Ask an older child to make their own preparation plan and review it with me.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, help me lead ahead of the moment. Give my children clarity, courage, and growing ownership as they learn to prepare themselves under You.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Which difficult moment is most predictable in our family?	☐ What expectations are currently vague?
☐ What anxiety or concern might my child be carrying?	☐ Are warnings becoming negotiations?
☐ What could my child begin preparing independently?	☐ What would faithfulness to Jesus look like in the next moment?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Teach Them Who God Is

Build ten truths into ordinary family life so children know the God Scripture reveals.

BOOK CONNECTION

BOOK CHAPTER 9

PRIMARY SCRIPTURE

John chapter 17, verse 3

WHY THIS PRACTICE MATTERS

Children need more than vague spirituality or moral rules. They need a true picture of God that can hold when suffering, failure, questions, and the future become real.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Teach Them Who God Is

Long before children can explain theology, they are forming a picture of God. Parents cannot create faith in a child, but they can teach what is true, answer questions honestly, and live beneath those truths in ordinary life.

The ten truths in this chapter are not a checklist. They are anchors to repeat through disappointment, prayer, comparison, decisions, service, and the slow work of learning to trust God.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Character	Teach that God is good, loving, intentional, and faithful.
02 Word + Prayer	Return to Scripture and make prayer normal in the home.
03 Gospel + Spirit	Keep Jesus central and teach the Spirit's work in those who belong to Christ.
04 Future + Mission	Trust God with the future, serve others, and remember that He does not abandon His people.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

John chapter 17, verse 3. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- [ ] Knowing God is the center of Christian formation.
- [ ] God's love is most clearly revealed in Jesus.
- [ ] Scripture remains the standard when voices disagree.
- [ ] Children must personally receive and trust Christ.

One phrase or truth I want to carry forward:

Wonder

- [ ] A false picture of God my child may be carrying.
- [ ] A hard question we have avoided.
- [ ] A prayer rhythm that feels missing.
- [ ] A place where rules have become more central than Jesus.
- [ ] A future decision that needs surrender.
- [ ] A service opportunity that can make faith visible.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
We regularly talk about who God is in ordinary family life.	
Our children see us return to Scripture and prayer when we need wisdom.	
We explain the gospel clearly rather than assuming church familiarity equals faith.	
We connect trust in God to the future, service, and real-life decisions.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
God may be present in the family language but not yet clear or connected to ordinary life. Begin with one truth.	The truths are familiar, but one area may need deeper practice, questions, or modeling.	Your home is repeatedly pointing children toward the God Scripture reveals. Keep Jesus central and invite honest questions.

WHAT TO DO NEXT

Choose one of the ten truths that your child most needs in the present season and decide where it can enter ordinary family life.

My next step:

I may bring this to:

Ten Truths Family Formation Map

Choose where each truth can become visible in conversation, Scripture, prayer, or family practice.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Truth	Where We Can Teach It	One Family Phrase or Practice
1. God is good		
2. God loves us; His love is revealed in Jesus		
3. God made us intentionally		
4. God's Word is true		
5. God hears His people pray		
6. Jesus is the only way to the Father		
7. The Holy Spirit lives in those who belong to Christ		
8. God can be trusted with the future		
9. We were made to love and serve others		
10. God does not abandon His people		

FORMATION NOTE

Teach the truths slowly and repeatedly. The goal is a home where children know where to return when life becomes confusing.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

☐ A repeated parenting pressure point.	☐ A belief, fear, or expectation that needs honesty.
☐ A pattern in my response to my child.	☐ A relationship or responsibility that needs attention.
☐ A hard conversation we have been avoiding.	☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

☐ Choose one truth to repeat this week.	☐ Read one related passage together.
☐ Answer one hard question without rushing.	☐ Pray out loud when I do not know the answer.
☐ Explain the gospel clearly to my child at an age-appropriate level.	☐ Connect one act of service to following Jesus.

3. Make It Simple Enough to Follow Through

My first step:

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Self-control
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

God, make Yourself known in our home. Give us truth without fear, faith without pretending, and a family life that keeps pointing to Jesus.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What does my child currently believe about God?	☐ Which truth feels strongest in our home?
☐ Which truth is least visible?	☐ What question has my child been asking?
☐ Do our children see us use Scripture and prayer?	☐ How can this truth enter ordinary life this week?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Tell Them Who They Are

Examine the language of the home and teach dignity, stewardship, and identity under Christ.

BOOK CONNECTION

BOOK CHAPTER 10

PRIMARY SCRIPTURE

Genesis chapter 1, verse 27

WHY THIS PRACTICE MATTERS

Self-image is learned. Children hear what parents say to them, about themselves, and about one another. Those words help shape how children understand worth, body, strength, beauty, failure, and belonging.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Tell Them Who They Are

A mother speaks about her body and a daughter listens. A father speaks about failure and a son listens. Children hear Dad speak about Mom and Mom speak about Dad. The language of the home becomes part of the story children learn about themselves.

Every child bears God's image and carries dignity before achievement. For the child who belongs to Christ, identity reaches deeper still: life is found in Jesus, not in performance, appearance, approval, or labels.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Dignity	Ground worth in being created by God rather than earned through performance.
02 Body	Teach stewardship of food, movement, rest, appearance, and personal care without obsession.
03 Language	Listen to parental self-talk, marriage language, praise, criticism, and labels.
04 Identity in Christ	Distinguish image-bearing dignity from the blessings that belong to those who receive Christ.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Genesis chapter 1, verse 27. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- [ ] Self-image is learned.
- [ ] Dignity comes before achievement.
- [ ] Our bodies are gifts to steward.
- [ ] For the believer, deepest identity is found in Christ.

One phrase or truth I want to carry forward:

Wonder

- [ ] How Mom speaks about her body or aging.
- [ ] How Dad speaks about work, strength, and failure.
- [ ] How we speak about each other as spouses.
- [ ] What receives the most praise in our home.
- [ ] A label that may be trapping a child.
- [ ] Whether parental approval has become too heavy.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
Our language teaches dignity that is deeper than appearance or achievement.	
We model body stewardship without fear, shame, obsession, or neglect.	
Our children hear Mom and Dad speak about one another with honor.	
We distinguish being made in God's image from identity and salvation in Christ.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The language of the home may be teaching more than you intend. Begin by changing one repeated message.	You are aware of the messages your words carry, but some patterns may still need more truthful language.	Dignity, stewardship, honor, and identity in Christ are becoming clear in the language of your home.

WHAT TO DO NEXT

Choose one repeated message your child hears about worth, body, failure, or identity and replace it with truer language.

My next step:

I may bring this to:

Language of the Home Audit

Listen to what your children hear directly and indirectly. Then choose language that reflects dignity, truth, and identity under Christ.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Area	What Children Hear	What It May Teach	Truer Language
Mom's self-talk			
Dad's self-talk			
How we speak about each other			
Bodies and appearance			
Achievement and failure			
Labels and identity			

FORMATION NOTE

Our words should become bridges toward God's Word. Speak truth in a way that leaves room for grace, growth, and Christ.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

- ☐ A repeated parenting pressure point.
- ☐ A belief, fear, or expectation that needs honesty.
- ☐ A pattern in my response to my child.
- ☐ A relationship or responsibility that needs attention.
- ☐ A hard conversation we have been avoiding.
- ☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

- ☐ Change one repeated phrase about my own body or ability.
- ☐ Speak one specific word of honor about my spouse in front of the children.
- ☐ Praise character beyond appearance or achievement.
- ☐ Remove one label that has become too fixed.
- ☐ Teach body stewardship with gratitude instead of fear.
- ☐ Tell my child one truth about dignity and one truth about identity in Christ.

3. Make It Simple Enough to Follow Through

My first step:

- ☐ I will begin today.
- ☐ I will begin within two days.
- ☐ I will begin this week.
- ☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Peace
- ☐ Courage
- ☐ Trust
- ☐ Humility
- ☐ Self-control
- ☐ Repair
- ☐ A stronger rhythm
- ☐ Clarity
- ☐ Hope

MY PRAYER

Jesus, make the language of our home truthful and life-giving. Help our children receive dignity as Your creation and, through faith, find their deepest identity in You.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ What message does my self-talk teach?	☐ What does my child hear me praise most often?
☐ How do Mom and Dad speak about each other?	☐ Where could body care become gratitude instead of anxiety?
☐ What label needs to be loosened?	☐ How am I pointing beyond my approval toward God's Word?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Prepare Them for When

Prepare for temptation, pressure, questions, failure, and the road back into the light.

BOOK CONNECTION

BOOK CHAPTER 11

PRIMARY SCRIPTURE

Proverbs chapter 4, verse 23

WHY THIS PRACTICE MATTERS

Faithful parenting cannot be built around pretending hard moments will never come. Preparation gives children language, exits, trusted people, and a clear road back when temptation, pressure, doubt, or failure arrives.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Prepare Them for When

Parents naturally want to say if. If you ever see something. If someone pressures you. If you ever make a serious mistake. But children are growing up in a fallen world, and some conversations become wiser when we prepare for when.

Preparation removes surprise and shame. It teaches that temptation is common, truth is safer than hiding, questions can be brought into the light, and failure should send a child toward Jesus rather than deeper into darkness.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Temptation	Teach that temptation is real without turning it into identity or surrender.
02 Exit	Practice practical ways to leave, call, block, come home, or reach a trusted adult.
03 Questions	Make room for honest spiritual questions without treating doubt as betrayal.
04 Failure + Return	Establish the road home: truth, safety, responsibility, forgiveness, and return to Jesus.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Proverbs chapter 4, verse 23. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Temptation is common, but surrender is not required.	☐ Truth is safer than hiding.
☐ Conviction can stand without contempt.	☐ Failure is serious and still not beyond the reach of Christ.

One phrase or truth I want to carry forward:

Wonder

☐ Technology or sexual exposure.	☐ Peer pressure or substances.
☐ A safety situation my child needs an exit plan for.	☐ A spiritual question we need to welcome.
☐ A failure my child may be afraid to confess.	☐ Whether my first reaction makes truth easier or harder to tell.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
My child knows what to do if explicit or inappropriate material appears.	
My child has a practical exit plan for unsafe or compromising situations.	
Questions about faith can be named honestly in our home.	
My child knows that serious failure can be brought into the light without losing family belonging.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
Important "when" conversations may still be unspoken. Choose one and begin calmly before pressure arrives.	You have begun preparing, but exits, trusted adults, or the road home may need clearer language.	Your child has practical and spiritual pathways for pressure, questions, and failure. Keep the conversations open.

WHAT TO DO NEXT

Choose the one "when" conversation your child most needs now and have it before the moment arrives.

My next step:

I may bring this to:

The When Plan

Give your child practical language for pressure and a clear road toward safety, truth, and Jesus.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

When This Happens	What I Want My Child to Know	The Exit / Response	Trusted Person
Explicit content / sexual pressure			
Peer pressure / substances			
Unsafe situation			
Spiritual questions / doubt			
Failure / confession			

FORMATION NOTE

You can tell me. Get safe. Tell the truth. Then we will deal with what happened together.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

- ☐ A repeated parenting pressure point.
- ☐ A belief, fear, or expectation that needs honesty.
- ☐ A pattern in my response to my child.
- ☐ A relationship or responsibility that needs attention.
- ☐ A hard conversation we have been avoiding.
- ☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

- ☐ Have one age-appropriate "when" conversation.
- ☐ Practice one simple refusal or exit sentence.
- ☐ Name the trusted adults my child can call.
- ☐ Tell my child clearly, "You can tell me."
- ☐ Ask one spiritual question and listen without rushing to correct.
- ☐ Prepare my own first response if my child confesses something serious.

3. Make It Simple Enough to Follow Through

My first step:

- ☐ I will begin today.
- ☐ I will begin within two days.
- ☐ I will begin this week.
- ☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Peace
- ☐ Courage
- ☐ Trust
- ☐ Humility
- ☐ Self-control
- ☐ Repair
- ☐ A stronger rhythm
- ☐ Clarity
- ☐ Hope

MY PRAYER

Jesus, give my child courage under pressure and give me wisdom before the moment arrives. Make our home a place where truth comes into the light and grace leads us back to You.

Bring This Into a Trusted Conversation

Use this page when you need someone to listen, pray, ask honest questions, help you align as parents, or follow up. You do not need to explain everything. Share what is most important.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ Help making a repair or apology.	☐ A follow-up conversation this week.
☐ Support for something I have kept hidden.	☐ Pastoral, counseling, or professional support.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the situation, pressure, habit, relationship, decision, or concern.
2. What am I believing or doing?	Name the fear, assumption, response, or pattern that is shaping the moment.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, repair, boundary, conversation, or faithful step.

Questions That Help

☐ Which "when" conversation have I delayed?	☐ Does my child know a practical way out?
☐ Who are the trusted adults?	☐ Can questions about faith be spoken safely?
☐ What would my face and first words communicate after a serious confession?	☐ How can we keep truth and accountability together?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

Teach Them to Stand

Equip children with truth, faith, Scripture, prayer, resilience, community, and mission for life beyond your direct control.

BOOK CONNECTION

BOOK CHAPTER 12

PRIMARY SCRIPTURE

Ephesians chapter 6, verses 10 through 18

WHY THIS PRACTICE MATTERS

Eventually children stand somewhere without Mom and Dad. The goal is not independence from God, but strength in the Lord and a life equipped to remain faithful when parental control is gone.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.
☐ I am working through this with my spouse or co-parent.	☐ I am working with a trusted parent, mentor, pastor, counselor, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

Suggested time: 45 to 75 minutes. You do not need to solve your whole parenting story today. Stay with what feels most important. Receive grace. Take the next faithful step.

Teach Them to Stand

Direct parental control slowly gives way to something more important. Sons and daughters must learn to stand in rooms where parents cannot guide every conversation, remove every pressure, or make every decision.

Paul's armor of God gives language for this preparation. Truth, righteousness, peace, faith, salvation, Scripture, and prayer form spiritual reflexes. Resilience, community, service, and worship help those reflexes become a faithful life.

> **WHAT TO CARRY FORWARD**
>
> Look for one clear truth, one honest place in your parenting, and one faithful response. You are not being asked to solve everything today. You are being invited to respond to Jesus with honesty and wisdom.

What You Will Work Through

Movement	What It Helps You Notice
01 Armor	Teach truth, righteousness, peace, faith, salvation, Scripture, and prayer.
02 Resilience	Let appropriate hardship strengthen faith without hardening the heart.
03 Community	Surround children with trusted adults and the life of the church.
04 Mission	Move beyond defense toward service, worship, and a life that points to Jesus.

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

READING

Ephesians chapter 6, verses 10 through 18. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Strength begins in the Lord.
- ☐ Scripture becomes usable truth under pressure.
- ☐ Standing does not mean standing alone.
- ☐ The Christian mission is larger than avoiding sin.

One phrase or truth I want to carry forward:

Wonder

- ☐ A truth my child needs to know more deeply.
- ☐ A hardship I may be rescuing too quickly.
- ☐ A trusted adult relationship we should strengthen.
- ☐ A prayer reflex we can practice.
- ☐ A place my child can serve.
- ☐ An area where I need to release more responsibility.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, my child, or other people in this place?

What truth from Jesus do I need to receive?

See the Present Condition

Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Use 1 for Needs Attention Now, 2 for Needs Support, 3 for Growing, and 4 for Strong and Steady. Choose what is most true, not what you wish were true.

Statement	Score
My child is learning to return to Scripture and prayer under pressure.	
I allow appropriate difficulty to build resilience while remaining present and supportive.	
My child has trusted adults and church relationships beyond Mom and Dad.	
We are preparing our child for mission, service, worship, and faithful life beyond the home.	

My total: / 16

LOW | 4-6	MEDIUM | 7-11	HIGH | 12-16
The focus may still be mostly on protection or compliance. Begin by strengthening one spiritual reflex.	Your child has parts of the foundation, but resilience, community, or mission may need clearer practice.	Your child is being equipped to stand under Christ. Keep releasing responsibility while remaining prayerful and present.

WHAT TO DO NEXT

Choose one spiritual reflex or responsibility your child needs to practice without you carrying it for them.

My next step:

I may bring this to:

Stand Map

Choose the areas where your child most needs equipment, practice, or growing ownership.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Area	What My Child Needs	How We Can Practice	What I Need to Release
Truth / Scripture			
Righteousness / obedience			
Peace / relationships			
Faith / trust			
Prayer			
Resilience / hardship			
Community / trusted adults			
Service / mission			

FORMATION NOTE

Standing does not mean never stumbling. It means knowing where strength is found and where to return when you fall.

Take the Next Honest Step

Choose one response that fits what Jesus has shown you. Small faithfulness becomes a new pattern over time.

1. Name What You Are Responding To

- ☐ A repeated parenting pressure point.
- ☐ A belief, fear, or expectation that needs honesty.
- ☐ A pattern in my response to my child.
- ☐ A relationship or responsibility that needs attention.
- ☐ A hard conversation we have been avoiding.
- ☐ A habit, boundary, or rhythm that needs change.

2. Choose One Faithful Response

- ☐ Teach one Scripture my child can carry into pressure.
- ☐ Pray with my child about one real decision.
- ☐ Allow one appropriate hardship to be carried instead of rescued.
- ☐ Strengthen one trusted adult relationship.
- ☐ Create one meaningful service opportunity.
- ☐ Transfer one responsibility my child is ready to carry.

3. Make It Simple Enough to Follow Through

My first step:

- ☐ I will begin today.
- ☐ I will begin within two days.
- ☐ I will begin this week.
- ☐ I will begin on a date I write below.

Date or return point:

The person who can help me:

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Peace
- ☐ Courage
- ☐ Trust
- ☐ Humility
- ☐ Self-control
- ☐ Repair
- ☐ A stronger rhythm
- ☐ Clarity
- ☐ Hope

MY PRAYER

Jesus, make my child strong in You. Give them truth, faith, prayer, resilience, community, and a life that serves others. Teach me when to equip, when to release, and how to keep trusting You.

Bring This Into a Trusted Conversation

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What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
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Share in Three Simple Parts

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Questions That Help

☐ What does my child need in order to stand more faithfully?	☐ What spiritual reflex is still mostly mine instead of theirs?
☐ Where am I rescuing too quickly?	☐ Who else is pointing my child toward Jesus?
☐ How can service turn faith outward?	☐ What responsibility is ready to be released?

The one thing I will do next:

The person who will follow up with me:

☐ Within two days	☐ This week
☐ Next week	☐ On a date I write below

Return date:

The Jesus & Parenting Follow-Through Plan

Formation continues through ordinary faithfulness. Use the next thirty days to focus on one clear response, one family relationship, and one repeatable practice.

Week	Focus	My Practice
Week 1	Lead Under Christ	Return to Jesus before focusing on the child. Choose one example, stewardship, or honor practice to live visibly.
Week 2	Form and Correct	Choose one Four Words / Four Paths practice and one correction or restoration pattern to strengthen.
Week 3	Root Them in Truth	Choose one truth about God and one identity message to repeat through Scripture, prayer, and family language.
Week 4	Prepare and Release	Have one "when" conversation, strengthen one spiritual reflex, and release one age-appropriate responsibility.

SIMPLE DAILY RHYTHM

One Scripture. One honest prayer. One act of faithfulness. One moment of gratitude. The goal is not intensity. It is a parent who keeps returning to Jesus and a home where truth becomes familiar.

My one faithful action for the next thirty days:

The person who will follow up with me:

My thirty-day review date:

Family Formation Rhythm

Build a simple rhythm for the season you are actually living. Choose practices that help your home return to Jesus without turning discipleship into pressure.

HOW TO USE THIS PAGE

Do not fill every row because it looks complete. Choose a few practices you can actually repeat. Review the rhythm when the family season changes.

HOW TO USE THIS TOOL

Start with one real example. Use names, short phrases, recent situations, and simple observations. Do not try to complete everything. Focus on the places that help you see the present season more clearly.

Rhythm	What It Supports	Our Practice	When We Will Review
Daily blessing / prayer			
Scripture / family conversation			
Weekly worship / church			
Weekly family connection			
Monthly parent alignment			
Seasonal child check-in			

FORMATION NOTE

A rhythm is a trellis, not a burden. It creates room for the family life you want to cultivate under Christ.

Parent Alignment Conversation

Use this page with a spouse, co-parent, or trusted mentor when you need clarity about what a child needs and how adults will respond.

See the Child Before the Strategy

☐ What are we seeing in this child right now?	☐ What might be underneath the behavior?
☐ What responsibility belongs to the child?	☐ What responsibility belongs to us?
☐ Where are we inconsistent or divided?	☐ What does safety require?

What does this child most need from us in this season?

What truth or expectation needs to become clearer?

What response will we practice consistently?

Where do we need help or outside wisdom?

PRAYER

Jesus, give us wisdom for the child in front of us. Make us clear without control, firm without harshness, present without possessiveness, strong without cruelty, and tender without passivity.

Bless and Release

Speak what is true while your children can carry it. Blessing names what you see God forming without making parental approval the source of identity.

What I Want My Child to Hear

☐ I love you.	☐ I am grateful God entrusted you to us.
☐ I see courage growing in you.	☐ I see wisdom growing in you.
☐ I see kindness and compassion.	☐ I see responsibility and faithfulness.
☐ Your worth is deeper than performance or appearance.	☐ You can tell me the truth, even when it is hard.
☐ You do not have to become my dream for your life.	☐ Keep returning to Jesus.

The specific blessing I want to speak:

The expectation or dream I need to release:

The responsibility I am ready to hand back:

OPEN-HANDS PRAYER

Father, thank You for the son or daughter You have entrusted to me. Help me bless what You are forming, release what was never mine to control, and keep pointing this child toward Jesus.

Safety, Support, and Wise Help

A field guide can help parents notice patterns and take faithful steps. Some situations require immediate or specialized help beyond a parenting resource.

Seek appropriate help when a child or family is facing danger, abuse, sexual harm, self-harm risk, threats, coercion, exploitation, serious mental health concerns, addiction, medical concerns, or other situations where safety or specialized care is needed. Follow applicable reporting obligations and emergency procedures.

Situation	Wise Response
Immediate danger or threat	Prioritize safety. Contact emergency services or other appropriate local authorities and follow applicable reporting requirements.
Suspected abuse, sexual harm, exploitation, or coercion	Believe the seriousness of the concern, avoid pressuring the child for details, preserve safety, and seek appropriate professional and legal guidance.
Self-harm, suicide risk, severe mental health symptoms, or medical crisis	Seek immediate qualified medical or mental health care. Do not rely on a field guide or pastoral support alone.
Persistent behavioral, emotional, learning, developmental, or family concerns	Consider appropriate medical, mental health, educational, counseling, pastoral, or developmental support.
Parenting conflict or uncertainty	Invite a trusted pastor, counselor, mentor, physician, educator, or other qualified professional who can help you see what you may be missing.

REMEMBER

Seeking help is not a failure of faith or parenting. Wisdom knows when the situation requires more care, expertise, protection, or accountability than a parent can provide alone.

NOTES 01

Use the Space

Notes, prayer, conversation, Scripture observations, family reflection, and next steps.

NOTES 02

Use the Space

Notes, prayer, conversation, Scripture observations, family reflection, and next steps.

NOTES 03

Use the Space

Notes, prayer, conversation, Scripture observations, family reflection, and next steps.

M S S N L

Jesus & Parenting Field Guide

Parenting begins with receiving and gradually learns to release.

Live what you want to multiply. Teach what is true. Correct toward restoration. Prepare before the moment. Tell your children who God is and who they are. Prepare them for when, and teach them to stand.

Follow Jesus.

And for as long as God gives you influence, keep showing your sons and daughters the way.

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