

Lesson 10 Outline

PUTTING OFF AND PUTTING ON: LEARNING GODLY HABITS

A godly mother does not exasperate her children

I. Introduction

II. The Process of Growth

III. Quiz

Exasperating Behaviors:

_____ 1. Unrealistic expectations	UNDERSTANDING
_____ 2. Being too strict or excessively involved	GRACE
_____ 3. Comparing them to others	ACCEPTANCE
_____ 4. Neglect or lack of attention	PROPER PRIORITIES
_____ 5. Overly harsh in discipline or consequences	SELF-CONTROL
_____ 6. Disciplining without explanation	ADMONISHMENT
_____ 7. Unpredictability of home life	ORDERLINESS
_____ 8. Lack of affection	TENDERNESS
_____ 9. Lack of boundaries	SOUND JUDGMENT
_____ 10. Modeling anger	FORBEARANCE
_____ 11. Discord between parents	HARMONY
_____ 12. Not admitting when you are wrong	SEEKING FORGIVENESS
_____ 13. Double standards or hypocrisy	LIVING BY CONVICTION
_____ 14. Physical or verbal abuse	LOVE
_____ 15. Not giving them an opportunity to explain	LISTENING
_____ 16. Not doing what you said you would	INTEGRITY

Replace with:

IV. Quiz Score Sheet

V. Quiz Results

Lesson 10

PUTTING OFF AND PUTTING ON: LEARNING GODLY HABITS

A godly mother does not exasperate her children

I. Introduction

This whole class is about being entrusted with your child's heart, which means holding onto your child's heart through all the ups and downs of life. The idea is that your child would know that you are WITH them, that you are FOR them.

How, through all the storms of life, do you keep your child's heart with you, not just their external behavior? When our children are young, we know when their heart is with us, but as they get older, their heart might defect. You want to make sure that as you are disciplining them, you keep their heart with you.

Help them understand the full circle:

1. Why the problem happened
2. What behavior needs to **change**
3. What right behavior needs to **replace** it
4. What response or attitude would **glorify God**
(*repentance, confession, restitution, forgiveness, humility . . .*)

This week's Scripture memory verse:

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

11. The Process of Growth

- If your child is out of control, it is a sure bet that you don't have their _____. If this is your situation, then setting this child back on track is a huge _____ for you right now.
- In fact, the only two things more important are your walk with the _____ and your relationship with your _____ (understanding and agreement) because you will need to be strong in these two areas to reestablish biblical family dynamics.

Everything else in life could be set on the back burner for awhile until you can concentrate and focus on your child. It will be so important and so worth it! I'm talking about the things that we may be doing in our lives that exasperate them, that give them a feeling of hopelessness, that they can't ever please us. We don't want to cause our child's heart to stray.

- It is not enough that we recognize a wrong approach or method, we must _____ it with a proper biblical method.

Luke 11:24-26

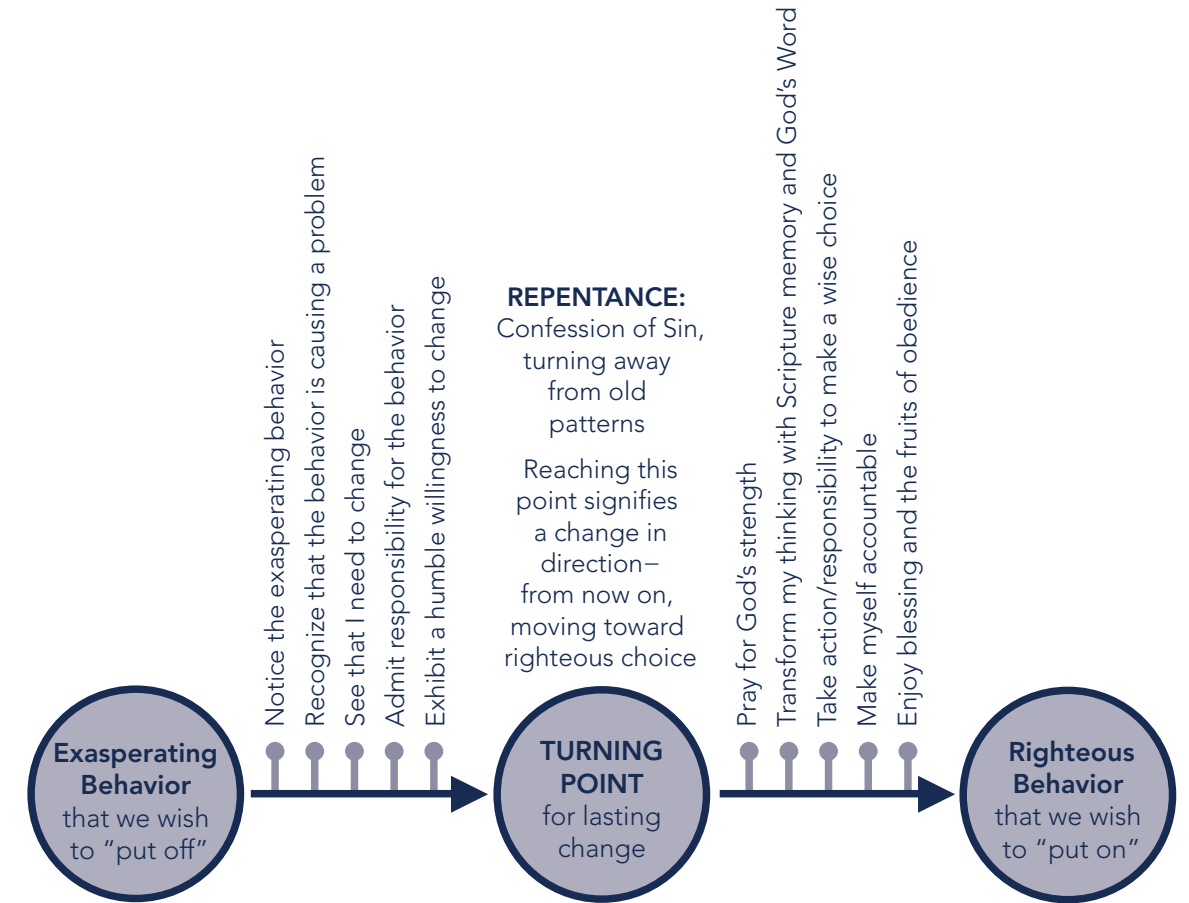
When the unclean spirit goes out of a man, it passes through waterless places seeking rest, and not finding any, it says, 'I will return to my house from which I came.' And when it comes, it finds it swept and put in order. Then it goes and takes along seven other spirits more wicked than itself, and they go in and live there; and the last state of that man becomes worse than the first.

- This passage is referring to a _____ surrender to change. The person is ridding himself of a wrong behavior but cannot _____ it from returning because he has not protected himself by replacing it with a new right behavior.

Notice that the wicked behavior came back sevenfold. This is the person who says, "I yell at my kids. I know it's wrong, but I just can't help it and it's getting worse." Maybe the kids are even starting to yell back. We don't want to grow in wicked behavior; we want to replace it with right behavior.

- Replace the wrong behavior with a new pattern so that there is _____ for the old behavior to return.
- Without a buffer (guardrails) we fall back into sin when _____ and opportunity meet.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."



Some of the specific behaviors we are to put off and put on are:

- Colossians 3:8**

But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.

- Colossians 3:12-14**

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity.

These are not referring to little one-time events. These are talking about the persistent patterns or blindspots that we recognize.

- The general principle here is put on **G**_____.

We all need more grace in our lives.

III. Quiz

Rate yourself from 1 to 10 in each of the following 16 areas based on the frequency of these behaviors in your home. Keep track of your score on the sheet provided at the end of this lesson (p.10.19).

0 - 1	Rarely or Almost Never	<i>This is not a struggle in our family or we have learned to successfully build a buffer from the wrong behavior.</i>
2 - 3	Seldom	<i>When this occurs, we work it out to a good result.</i>
4 - 5	Occasionally	<i>I am aware that this happens more than it should.</i>
6 - 7	Often	<i>I am aware that this is a problem in our family.</i>
8 - 10	Very Often	<i>I am aware that this is one of the key issues for our family to resolve. This area is in crisis in our family.</i>

1. UNREALISTIC EXPECTATIONS

- Making demands upon a child that they are not developmentally able to meet or perhaps they will never have the ability to meet; or just simply making too many demands.

1 Corinthians 13:11

When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things.

Remember, they are children.

Further Insights:

- Watch for developmental signs that indicate they are able to learn what you are teaching.
- Regularly discuss with your husband how your children are doing.
- Do you share the same goals for your child?
- If your child is having difficulty, do you see the problem the same as your husband (or even as your child)?
- Do you both agree on the amount of time your child is spending away from the family pursuing other things?
- Are you in agreement regarding the child's activities, household duties, homework expectations, etc.?
- Does your child's life have a spiritual, social, physical, and academic balance?
- Are the activities they are involved in building into their character?
- Are your expectations age-appropriate?
- Are you living according to your established family convictions and standards?
- What conviction do you have about your expectations?

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

Warning: When you and your husband agree on your family standards and convictions, don't waver. Let the child grow into them without demanding immediate and complete compliance (if the expectation is a matter of maturity). Always hold the standard high so that they know that is what they are working for, that is your ultimate goal for them.

Warning: Children may challenge your standards or expectations, but that doesn't necessarily mean your expectations are unrealistic; they just don't want to become disciplined. This is why you and your husband regularly reevaluate your training procedures and make adjustments or encourage each other to hang tough because that is what is needed. Then stick together on your agreement. Your job is to follow through as your child matures.

- Do they fail to meet your expectations because of simple lack of _____?
 - Kids will do some immature things, sometimes even when they should know better.
 - Teach them to be _____ to seek forgiveness and then be quick to forgive.
 - In cases where we blow it, when they come to us with a repentant heart and we respond with judgment, anger, wrath, or unforgiveness, their hearts will harden because the response is _____.
 - The proper response to misunderstandings or accidents is _____, not anger or disapproval. But be _____.
- Treat a child how you would want to be treated in that situation.
- The behavior to put on is U_____.**

2. BEING TOO STRICT OR EXCESSIVELY INVOLVED

- James 3:17**
But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.

Remember to be reasonable.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

Give them privacy and areas of privilege and responsibility. Help them understand how privilege and responsibility are related (lack of responsibility = loss of privilege). Allow them to make mistakes so that they can learn from them. Be gracious in explaining lessons you are teaching.

- We are to be _____ and easily _____. The key here is _____ we respond to them.
- We are to put on G_____.**

3. COMPARING THEM TO OTHERS

- 2 Corinthians 10:12**
For we are not bold to class or compare ourselves with some of those who commend themselves; but when they measure themselves by themselves and compare themselves with themselves, they are without understanding.

Remember, it is unwise to make comparisons; what matters is what Christ thinks of us.

Don't compare siblings or families. Don't compare physical appearance, abilities, spirituality, etc. It's okay to make factual statements or evaluations, but not comparisons.

- The behavior to put on is A_____.**

4. NEGLECT OR LACK OF ATTENTION

- Proverbs 3:27**
Do not withhold good from those to whom it is due, when it is in your power to do it.

Remember, they are a blessing from God to you and they are worth your time.

Further Insights:

- Are you spending too much time away from them?
- Do you enjoy being with your children or would you rather someone else took them off your hands? And for how long?
- Do you excuse your time apart because you see the activity as worthwhile?
- Do you rationalize an activity as worthwhile because you want to pursue something for yourself?
- Do you rely on others to teach them things that you should be teaching them?

Remember your family standards and personal convictions.

If you neglect these things, they will pick them up from someone else and most likely they won't be the same as what you would have for them.

This area may also include _____, wrongly teaching them that things are more valuable than relationships.

The behavior to put on is the proper place of P_____.

5. OVERLY HARSH IN DISCIPLINE OR CONSEQUENCES

Proverbs 14:17

A quick-tempered man acts foolishly, and a man of evil devices is hated.

Proverbs 10:19

Where there are many words, transgression is unavoidable, but he who restrains his lips is wise.

Ephesians 4:26-27

Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

God does not condone selfish anger stemming from lack of self-control. This verse speaks of anger against immorality, injustice and other sins.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

Righteous anger (from the Biblical Counseling Center): A considered, thoughtful response to sin, when it is rightly aroused and rightly directed and in defense of the character of God.

It is:

1. motivated by a desire to accomplish God's purposes,
2. modeled after His example, and
3. manifested according to His Word.

Still, don't let even righteous anger make you a _____ person.

Be able to say at the end of each day, "I leave it with the Lord." Otherwise, Satan will use the opportunity to make us resentful and useless for ministry. Usually, anger is lack of control, patience, or gentleness.

James 1:20

The anger of man does not achieve the righteousness of God.

Remember, do not discipline in anger.

Further Insights:

- Rather, be in control of yourself when you discipline a child or have an "event."
- Think about how you relate to people. Do you get angry easily?
- If you tend to show anger towards your children, do you show that anger with other people also, or are you using your children to release your frustrations? Don't let yourself continue in this damaging behavior. Talk with your children and explain to them that you are working on controlling your temper and ask their forgiveness for specific times when you have been overly harsh.
- The godly way to deal with anger is by replacing the impulse with a pure behavior.
- Society for some reason believes that this is a behavior that we cannot control, that we have to vent it or somehow let it out; that giving it to God just won't do it. That is a counterfeit.

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

A child who has been disciplined too harshly may not show anger on the outside, but inside he will be churning with resentment that will build and build until it explodes.

- ☐ Anger will teach your child the fear of _____ and not the fear of God.

It may make them obey you, but it is not righteous behavior before God. Agree with your husband on discipline. Be consistent, but not overbearing. If the correction centers on your anger, it will be punitive and ineffective, and it won't be over until you've completely vented. Our discipline is to be corrective, not punitive.

- ☐ **The behavior we are to put on is S_____ – C_____.**

6. DISCIPLINING WITHOUT ADMONITION OR EXPLANATION

- ☐ **Admonish** means to warn or express disapproval in a gentle, earnest way; to counsel, teach, give instruction.

Colossians 1:28

We proclaim Him, admonishing every man with all wisdom, so that we may present every man complete in Christ.

- ☐ **Remember, admonishing our children helps make them complete in Christ.**

- ☐ Again, we are using all four steps of discipline by _____ the path that brought the child to the point of discipline, helping him understand where he veered off, what was the condition of his heart, and how he can make it right.

- ☐ Rather than exasperating him because he is in the _____ on the purpose of your discipline, he will completely understand your purpose and will even begin to internalize this method of rewalking the course and eventually will hold himself accountable before God.

Neglecting this process will not grow our children up in wisdom. Rather, they will shrug off warnings and limits and do their own thing.

- ☐ This is otherwise known as growing in _____.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

Proverbs 18:2

A fool does not delight in understanding, but only in revealing his own mind.

- ☐ **The behavior we are to put on is A_____.**

7. UNPREDICTABILITY OF HOME LIFE

- ☐ When a child doesn't know what to expect, his life will be out of order.

1 Corinthians 14:40

But all things must be done properly and in an orderly manner.

Remember, God's ways are orderly and stable.

Further Insights:

- Consider your home life. Does it follow God's plan of priorities and order? Do any changes need to be made?
- Order gives children security. It makes home for them the best place to be.
- Does your home have a consistent routine that allows harmony between family members? We are all different, but we are all to be orderly.

- ☐ **The behavior we are to put on is O_____.**

8. LACK OF AFFECTION

- ☐ **1 Thessalonians 2:7-8**

But we proved to be gentle among you, as a nursing mother tenderly cares for her own children. Having so fond an affection for you, we were well-pleased to impart to you not only the gospel of God but also our own lives, because you had become very dear to us.

Remember, a mother's touch is important in a child's life.

Further Insights:

Do you show affection to them every day (even several times a day)? And do they do the same to you? This is so important. If you have gotten out of the habit or let the hugs fall by the wayside, start back up. It is almost impossible for a child's heart to stray from you if you show each other physical affection every day.

- Show them how much you _____ a simple hug and kiss. Teach them that kindness, thoughtfulness, and tenderness are highly valued and a source of great _____ to you (and others).
- Teach your children to hug each other and tell each other that they love them. This simple training will go a long way in cutting off _____ rivalry.
- The behavior we are to put on is T_____.**

9. LACK OF BOUNDARIES OR GIVING TOO MUCH FREEDOM

Proverbs 19:19-20

A man of great anger will bear the penalty, for if you rescue him, you will only have to do it again. Listen to counsel and accept discipline, that you may be wise the rest of your days.

Proverbs 25:28

Like a city that is broken into and without walls is a man who has no control over his spirit.

Remember the purpose in setting boundaries.

Further Insights:

Agree with your husband on the limits you set for your children and stick to them. When you have agreed on them, present them to your children, remembering not to bowl them over with too many rules. Be concise.

- This is especially important if your children are not used to boundaries and they have not been _____ introduced to them through the years. Train them to think wisely and to think about the consequences of their actions _____ they engage in an activity.

General Rule: Would this activity have my mom's:

1. full permission and
2. approval and
3. could anybody get hurt?

- We are to be sound in our thinking and doctrine. Beyond that, we must be _____ with our children about the _____ we place and the convictions we have regarding the activities or behaviors in their lives.

- We are to put on S_____ J_____.**

10. MODELING ANGER

Proverbs 22:24-25

Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself.

Remember, children can learn our sinful habits.

- If you struggle with anger, it is very hard to _____.

Chances are, your entire family and maybe even those outside the family know it. Don't be fooled into thinking this is not a serious problem, because the effects of angry behavior are very far-reaching.

- So don't let it _____ your children.

Husbands and wives need to be accountable to each other in this. But if the problem is serious, biblical counseling and accountability with others may also be necessary.

- We are to put on F_____.**

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

11. DISCORD BETWEEN PARENTS

- God's plan of order becomes confusing when the child's own parents are not modeling it.

Malachi 2:13-14

This is another thing you do: you cover the altar of the LORD with tears, with weeping and with groaning, because He no longer regards the offering or accepts it with favor from your hand. Yet you say, "For what reason?" Because the LORD has been a witness between you and the wife of your youth, against whom you have dealt treacherously, though she is your companion and your wife by covenant.

Remember, God wants families of unity.

Further Insights:

In cases of blatant, unrepentant sin that divides a family, He would have us seek a support structure of relatives, friends, and people within the church.

- We are to put on H**_____.

12. NOT ADMITTING WHEN YOU ARE WRONG

Hebrews 12:15

See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.

Remember, don't let bitterness build up in your family.

- _____ when you are wrong and ask forgiveness. Remember that children know if they have been wronged. If we admit that to them, they will _____ see us as weak or unworthy of their respect. Remember, they already know.

They will be very forgiving and gracious. And isn't that what we want to cultivate in them?

- If we cannot admit when we are wrong to them, they will learn that behavior from us and their _____ relationships will struggle.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

- If we keep "short accounts" with each other, we will remain close because we are not allowing a _____ of unforgiveness to build up.

There are no enduring relationships without forgiveness. We need to be quick to seek forgiveness and quick to forgive.

- We are to put on F**_____.

13. DOUBLE STANDARDS OR HYPOCRISY

Matthew 23:27-28

Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which on the outside appear beautiful, but inside they are full of dead man's bones and all uncleanness. So you, too, outwardly appear righteous to men, but inwardly you are full of hypocrisy and lawlessness.

Remember to live a pure and righteous life before your children.

Your children know the "real" you.

Further Insights:

Live out your biblical and personal convictions before your children. Help them understand the purposes of your convictions and how they were developed.

- _____ strong character to your children.

- We are to put on L**_____ **B**_____ **C**_____.

14. PHYSICAL OR VERBAL ABUSE

Colossians 3:8-9

But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices.

Remember, do not be hostile to your children.

Replace old patterns of sinful speech with _____ speech.

We are to put on L_____.

(Love is an action, not a mere feeling. Love cannot coexist with hostility.)

15. NOT LISTENING TO THEM OR GIVING THEM AN OPPORTUNITY TO EXPLAIN THEMSELVES

Proverbs 18:13, 17

He who gives an answer before he hears, it is folly and shame to him. The first to plead his case seems right, until another comes and examines him.

Remember to live in understanding with your children.

Do we cut them off without _____ what they have to say because we don't want to deal with the situation or we are just too tired to take it _____?

We are to put on the behavior of careful L_____.

16. NOT DOING WHAT YOU SAID YOU WOULD

Proverbs 13:12

Hope deferred makes the heart sick, but desire fulfilled is a tree of life.

Further Insights:

Do you make promises to your children that you don't keep? They take to heart what you say, so make sure they don't perceive something as a promise that you don't mean as a promise.

Matthew 5:37

But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil.

A. Do what you say you will do.

B. Do not make flippant oaths that you have no authority to make. It also means don't add words or use words that don't convey what you really mean.

Examples: exaggerating, teasing

C. When you say yes, mean it and stick to it. And when you say no, mean it and stick to it. Follow through so that they learn that yes really means yes, and no really means no. You don't have to give a justification for your answer that suits them.

There are only two exceptions to giving a definitive answer on the spot: if they have new information to add or if the decision cannot be made right then. Tell them when you will give them your decision. And then make sure to tell them by then and earlier if possible.

Remember, they are counting on you to be true with your words and actions.

We are to put on I_____.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

IN ALL THESE THINGS WE ARE PUTTING ON C_____.

It is having the mind and heart of Christ that will cause a child's heart to remain with us.

Pray that you would have Christ's heart toward your children. They will be _____ to that; it is a place that they will _____ to be.

Notes:

N. Quiz Score Sheet

Exasperating Behaviors:

Replace with:

- | | |
|---|----------------------|
| _____ 1. Unrealistic expectations | UNDERSTANDING |
| _____ 2. Being too strict or excessively involved | GRACE |
| _____ 3. Comparing them to others | ACCEPTANCE |
| _____ 4. Neglect or lack of attention | PROPER PRIORITIES |
| _____ 5. Overly harsh in discipline or consequences | SELF-CONTROL |
| _____ 6. Disciplining without explanation | ADMONISHMENT |
| _____ 7. Unpredictability of home life | ORDERLINESS |
| _____ 8. Lack of affection | TENDERNESS |
| _____ 9. Lack of boundaries | SOUND JUDGMENT |
| _____ 10. Modeling anger | FORBEARANCE |
| _____ 11. Discord between parents | HARMONY |
| _____ 12. Not admitting when you are wrong | SEEKING FORGIVENESS |
| _____ 13. Double standards or hypocrisy | LIVING BY CONVICTION |
| _____ 14. Physical or verbal abuse | LOVE |
| _____ 15. Not giving them an opportunity to explain | LISTENING |
| _____ 16. Not doing what you said you would | INTEGRITY |

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

V. Quiz Results

Pray for God's wisdom and guidance; self-willed change won't be enough. Scores even as low as a 2 need some adjusting.

Scores 2-4: Spend time with your husband discussing what changes are needed. Agree over them together with a plan of action. Pray together about them. Be accountable with each other on how you are doing. Determine if you need to ask forgiveness of your children and do it. Explain your new course of action so they understand.

Scores 5-7: Same as above with stronger accountability; may need to be accountable to small group leader in addition to each other.

Scores 8-10: This is an area of serious need. You are in danger of building bitterness and resentment in your child, which you probably already see. It is imperative that you and your husband come to agreement on these issues. If this is difficult for you, you will need intervention and accountability from godly friends or your small group leader. Apply the principles from this class.

Psalm 85:8

I will hear what God the Lord will say; For He will speak peace to His people, to His godly ones; But let them not turn back to folly.

Matthew 5:37, "But let your statement be 'Yes, yes' or 'No, no'; anything beyond these is of evil."

Homefront Application

PUTTING OFF AND PUTTING ON: LEARNING GODLY HABITS

A godly mother does not exasperate her children

1. This was an intense lesson. Take some time this week to review your notes and your quiz.
2. Discuss the quiz with your husband. You are two different and unique people and as such may need to address completely different areas.
3. Is this lesson spotlighting an area God wants you to address? Gently discuss these issues together. Be sensitive and encouraging. Help each other make progress as parents. Keep these conversations private between the two of you but be willing to be teachable. It will glorify God and your family will benefit tremendously.

I CHOOSE TO LIVE BY CONVICTIONS.

Signature:

Date: