

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

– Romans 8: 1-2

Read Chapter 8 for next week.

Session 6: Reform

1. Why is it important to choose consequences that are proportional to our child’s misbehavior?
2. Why is building godly character more important than changing external behavior?
3. Which character trait (faith, integrity, poise, self-discipline, endurance and courage) do you think you need to focus on building in each of your kids?

Write down one main action step you will take this week: _____

From the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

– Colossians 1: 9-10



family matters

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Grace Based Discipline Video Study Discussion Questions

Welcome. This study is meant to be used with the book, *Grace Based Discipline*. You can get your copy at gracebaseddiscipline.com.

Session 1: Respond

1. Why is it so difficult to respond rather than react when your kids behave in ways that light your fuse?
2. While no parent is perfect, do you think your own parent(s) were responders or reactors?
3. What is the biggest obstacle to choosing not to take your children’s behavior personally? What can you do to overcome that obstacle?

Write down one main action step you will take this week: _____

The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

– Psalm 103: 8

Read Chapters 1 & 2 for next week.

Session 2: Relate

1. Of the “two lost sons”, do you think you are more like the younger son (license) or the older son (legalism)?
2. Which inner heart need do you think you are most lacking in yourself? (love, purpose, hope) Which freedom do you most struggle to give to your kids? (different, vulnerable, candid, imperfect)
3. What is it about God’s grace for you that can help you give your child more of these freedoms?

Write down one main action step you will take this week: _____

*But he said to me, my grace is sufficient for you,
for my power is made perfect in weakness.*
– 2 Corinthians 12: 9a

Read Chapters 3 & 4 for next week.

Session 3: Regulate

1. Do you think you struggle more with having too many or too few rules?
2. When you think about your family's rules, do you see a category of rules (house, safety, moral/biblical) in which you are overdoing it? Is there a category of rules in which you are underdoing it?
3. On a scale of 1-10 how well do you think your rules currently serve your kids' best interest? What can you do to improve?

Write down one main action step you will take this week: _____

*Do nothing out of selfish ambition or vain conceit.
Rather, in humility value others above yourselves.*
–Philippians 2:3

Read Chapters 5 & 6 for next week.

Session 4: Reflect

1. Like the story that Karis shared about scolding her daughter who was trying to protect her younger sister, has there been a time when you made a mistake and you've needed to ask for

your child's forgiveness?

2. How do you think understanding the context behind your kids' behavior will help you parent them better? What type of unmet needs (physical, unique or inner) do you think drives your kids' most problematic behavior?
3. How would you apply the "10-year rule" to a troublesome behavior that your child is now exhibiting?

Write down one main action step you will take this week: _____

*All discipline for the moment seems not to be
joyful, but sorrowful; yet to those who have been
trained by it, afterwards it yields the peaceful fruit
of righteousness.*
– Hebrews 12:11 NASB

Read Chapter 7 for next week.

Session 5: Redeem

1. Share an example when you have confused discipline and punishment when it comes to dealing with your child's bad behavior?
2. Is there a time when you have allowed shame to seep into your relationship with your kids?
3. Why do you think it is so hard to forgive ourselves when we make mistakes in our parenting?

Write down one main action step you will take this week: _____
