

## Grace Based Discipline Study Guide

### **Introduction: Be at Your Best When Your Kids Are at Their Worst**

- 1) Why is it so hard not to react to our kids when they misbehave?
- 2) What type of challenges do parents have to overcome to be a “First Responder” to our kids’ behavior crises?
- 3) Talk about the “Basket Exercise.” How is this visualization helpful? What are a few things you can put in your basket?

### **Chapter 1- Set an Atmosphere of Grace**

- 1) How can you relate what’s happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*Do not be overrighteous, neither be overwise—why destroy yourself? Do not be overwicked, and do not be a fool—why die before your time? It is good to grasp the one and not let go of the other. Whoever fears God will avoid all extremes.*

—Ecclesiastes 7:16–18 NIV

How does it encourage or direct you?

- 5) How would you define grace to someone?
- 6) Which “extreme temperature” (legalism or license) do you find yourself struggling with most in your home?
- 7) Why do you think parents today feel so much pressure to be “perfect?”

### **Chapter 2- Understand Yourself and Your Kids**

- 1) How can you relate what’s happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*For from his fullness we have all received, grace upon grace.*

—John 1:16

How does it encourage or direct you?

- 5) What are the three inner needs that every human being has? Which one are you instilling into your children the best?

- 6) What are the four freedoms we can give our kids that help us to meet their inner needs?
- 7) Which freedom do you most struggle to give your kids?

### **Project 1: Kids Flag Page**

To order the full Kids Flag Page, visit: [https://shop.familymatters.net/products/kids\\_flag\\_page](https://shop.familymatters.net/products/kids_flag_page)

- 1) Discuss any discoveries you made about yourself, your kids or your spouse while doing this project.
- 2) Can you identify your children's home and adopted countries? What are they?
- 3) Is there anything you think may be getting "lost in translation," between the individuals in your home because of the different countries you all hail from?

### **Chapter 3- Create Your Family Code**

- 1) How can you relate what's happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.*

—Luke 10:27

How does it encourage or direct you?

- 5) Why is there a need for clearly defined rules, boundaries and expectations in a grace-based home?
- 6) Describe the categories that rules tend to fall into.
- 7) Discuss the inverse relationship between protecting and preparing your kids.

### **Chapter 4- Base Your Rules on God's Word**

- 1) How can you relate what's happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to keep your righteous rules.*

—Psalm 119:105–106

How does it encourage or direct you?

- 5) How does identifying the “Three P’s” help us read the Bible more carefully?
- 6) Why is it important that we avoid making behavior we dislike a moral or biblical issue if it’s not?
- 7) How should grace change how we view the Old Testament and The Law?

### **Project 2: DIY Rulebook**

- 1) Discuss any discoveries you made about yourself, your kids or your spouse while doing this project.
- 2) What was the most challenging part of your family rules summit?
- 3) How has this exercise changed how you and your family view rules?

### **Chapter 5- Evaluate Each Violation**

- 1) How can you relate what’s happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*For all have sinned and fall short of the glory of God.*

—Romans 3:23

How does it encourage or direct you?

- 5) Why do the context and intentions behind your child’s behavior matter when it comes to disciplining them?
- 6) Share an example of behavior that bothers you a lot but is not actually a big deal in the long-run.
- 7) What is the difference between a “regulatory violation,” a “misdemeanor” and a “felony,” as they are defined in this chapter?

### **Chapter 6- Determine Your Child’s Motivations**

- 1) How can you relate what’s happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*The heart is deceitful above all things, and desperately sick; who can understand it?*

—Jeremiah 17:9

How does it encourage or direct you?

- 5) Can you think of an example of a time when you have corrected your child for doing something that wasn't wrong, just different?
- 6) Do you think it's possible that some of the problem behaviors you see in your child are their attempt to meet a legitimate need in an illegitimate way?
- 7) Discuss how being intentional to meet our kids needs can help stop or prevent problematic behavior.

### **Chapter 7- Give Appropriate Consequences**

- 1) How can you relate what's happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.*

—Hebrews 12:11

How does it encourage or direct you?

- 5) Discuss the important distinctions between discipline and punishment. Why are we only supposed to discipline our kids, never punish them?
- 6) What is the purpose of pain in discipline?
- 7) What are your children's currencies based on their developmental stage? Do their individual personalities change those currencies in a significant way?

### **Chapter 8- More than Consequences**

- 1) How can you relate what's happening in your family dynamic currently, or what happened in your own family growing up, to the issues dealt with in this chapter?
- 2) What have you learned regarding these issues in this chapter?
- 3) How will you apply this new knowledge and insight to your family dynamics?
- 4) Personalize this scripture:

*It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live?*

—Hebrews 12:7-9

How does it encourage or direct you?

- 5) Look at the Sushi Menu of Discipline Tactics. Which tactics do you think will be most helpful for your child's unique needs?
- 6) Which basic skills or character traits do you feel your kids need more teaching and training in?
- 7) What are some ways that you can engineer your child's environment for success?

**Conclusion: A Clearer Picture of God**

- 1) What type of "imperfect lens" are you currently providing through which your kids see God?
- 2) Even though you'll never be perfect, what steps can you take to help provide your kids with a clearer vision of their Father God?
- 3) How has your perspective on grace and discipline changed since you began reading this book?