

# Boundaries & Discipline

*Whoever despises the word brings destruction on himself, but he who reveres the commandment will be rewarded. The teaching of the wise is a fountain of life, that one may turn away from the snares of death. Good sense wins favor, but the way of the treacherous is their ruin. In everything the prudent acts with knowledge, but a fool flaunts his folly. Whoever spares the rod hates his son, but he who loves him is diligent to discipline him. Prov. 13:13-16, 24*

## SOME PARENTING BASICS

- The **Target** of Parenting – Not fear but positive goals that promote life transformation.
- The **Process** of Parenting – Some principles of parenting remain consistent throughout the parenting lifecycle; but some do not.
- The **Modeling** Paradigm for Parenting - Children won't do what you say; they'll do what you do.
- The **Relationship** Factor in Parenting – The stronger the relationship the more likely they will obey and adopt your beliefs and behavior.
- The **Outcome** of Parenting – In children the outcome is obedience. In adolescence the outcome is progressive independence.
- Foundational **Balance** in Parenting – Discipline and affection should guide all of our parenting

## FOUR TYPES OF PARENTS

- The **permissive** parent                      low discipline / high affection
- The **neglectful** parent                      low discipline / low affection
- The **authoritarian** parent                  high discipline / low affection
- The **authoritative** parent                  high discipline / high affection

## COMPONENTS OF DISCIPLINE

My son, do not despise the Lord's discipline and do not resent his rebuke, because the Lord disciplines those He loves, as a father the son he delights in. Proverbs 3:11-12

- Words – Instruction – *musar*                      Actions – Correction – *yakah*
  - **What** Do We Teach?                      **How** Do We Correct?

## GIVING CLEAR INSTRUCTIONS

- Get Down on Their **Level** – Power is best used through influence not intimidation
- Be **United** as Parents in Communicating – Communicate early, often, and consistently

- Be Clear in **Expectations** – Always ensure that there is very little room for ambiguity
- Ask for **Clarification** – Did you say what they think you said?
- Key in to **Teachable** Moments – Big talks are not nearly as impactful as key moments
- Give Your Child a **Voice** – Learn to listen more than you talk

## TAKING CORRECTIVE ACTION

- Clear **Warning**
- Establish **Responsibility**
- Avoid **Embarrassment**
- Communicate **Grief**
- Enact the **Consequence**
- Sincere **Repentance**
- Unconditional **Love**
- Consistent **Follow-Up**

## FOUR ANCHORS OF BOUNDARY SETTING

1. Love: I'm on your **side**
2. Truth: I have some **rules** and requirements
3. Freedom: You can **choose** to respect or reject the rules
4. Reality: Here is the **consequence** of your choice

## FIVE ESSENTIAL LESSONS

1. Teach them to **suffer** well
2. Teach them to **work** as unto the Lord
3. Teach them to **take responsibility** for their actions
4. Teach them to make **wise** choices
5. Teach them to live **grace** filled lives