

parent equip

SESSION 1

BRENTWOOD
families

LESSON PLAN

Influence with Intent

Practical Thoughts and Action Steps for Parents
Deuteronomy 6:4-9

INTRODUCTION/ATTENTION-GETTER

SUPPLIES

- Package of individual candies, like Skittles, poured into a plastic cup
- Slideshow
- Small gift card (\$5-10)

DIRECTIONS

- Before the group arrives, set the plastic cup of candy somewhere in the front of the room and enlist a volunteer to slowly eat the candy at the appropriate time.
- As people arrive, explain that you will start with a few brain puzzles, just to get their brains warmed up. There will be a prize at the end, so pay attention!
- Read the brain teasers from the slideshow. As attempt to solve the brain teasers, the volunteer should get up and stand near the front, without gathering attention, and begin slowly eating the individual pieces of candy, one at a time. The volunteer should also keep track of how many pieces of candy have been eaten.
- When you finish the brain teasers, tell the group you have one final question. This question is for the prize (the gift card). The first person to answer the question correctly, wins! Ask: How many pieces of candy has the volunteer eaten? Let the group continue to guess until someone guesses correctly and award that person the prize.

THE POINT

Our brains have limited capacity to truly focus on multiple things at a time. When we focus on one thing, we now have limited capacity to also focus on other things. As parents, there are a lot of things vying for our focus, and it's very easy to focus on the immediate instead of the eternal.

BRAINSTORM

Together, list things that can demand our focus as parents. Such as:

- Good grades/education
- Sports or other extra-curricular activities
- Your child's outward behavior
- Manners or appearance
- Behavior modification
- Managing a hectic family schedule

Discuss how easy it is to focus on things that hold some importance, while missing out on the most important: discipling your child's heart.

READ

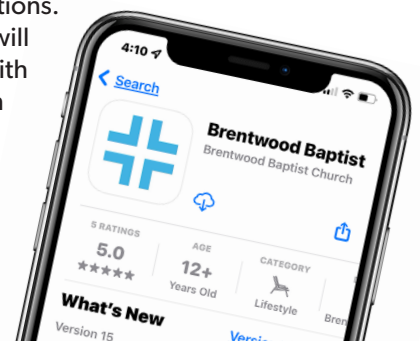
Call on a volunteer to read aloud 1 Timothy 4:8-9. Point out that you could substitute any number of things in place of "training the body." Look back at the brainstorming list and substitute a few of those answers. Emphasize that each of these things does have some value, but discipling our children's hearts has eternal value and is of utmost importance.

WHEREVER YOU ARE...

Encourage parents that now is a great time to start as they seek to disciple their children. The intention of these classes is to give families some practical handles for family discipleship, starting wherever they are.

DOWNLOAD APP

Direct participants to download the Brentwood Baptist Church app and turn on notifications. During this series, they will get prompts regularly with content to help them on their journey.



SHARE

Leader shares a testimony of taking a step forward in family discipleship and how taking that step affected his or her family.

READ

Call on a volunteer to read aloud Deuteronomy 6:4-7.

LEARN

Briefly work back through the Scripture as you point out the following.

- “Shema” is Hebrew for HEAR! This passage is recited by Orthodox Jews at least three times daily. As parents, we need to be setting the example for taking time to spend with God and listen for His still, small voice.

DISCUSS

What are some ways parents can do this as a personal discipline (in addition to a regular quiet time)? What are some ways parents can model/lead this discipline for their family?

- The first and most important COMMAND: love God!
- These words must be on your HEART first; you cannot lead your children where you have not gone.

DISCUSS

What are challenges busy parents face as they try to set aside time to spend with the Lord? What have you done to overcome these challenges?

- “Teach them diligently” = “Impress” = stresses REPEATED action
 - Sitting/Walking, Lying Down/Getting up are word pictures for ALL of life.
 - Find practical ways to keep this calling a PRIORITY. It will not accidentally happen.
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- We have 30-40 hours of biblical instruction per year at church with the average child; parents have 3,000 hours outside of school/work in which they are impressing something into the lives of their children. We can reinforce what happens in the home, but we cannot replace the role of parents as the primary faith trainers of the next generation.

DISCUSS

What are some things the average Christian parents are unintentionally impressing on their children? What are you impressing on your children that you would like to change? How can this group help you with that?

Spiritual Parenting Ideas to Help You Begin the Journey wherever you are...

List the bullet points on a white board/large sheet of paper.

- FAITH TALKS.
Find a way to start opening God’s Word together.
- MUSIC.
Young children might enjoy singing along to Seeds Worship or other Scripture memory tools, while teenagers might enjoy humming along to their favorite worship song from Sunday’s service or their favorite artist.
- SCRIPTURE MEMORY.
Find a creative way to memorize Scripture as a family.
- SERVING TOGETHER.
Serving alongside their parents can have a profound impact on children’s faith.
- PRAYERS.
Praying over your child cultivates a lifestyle of dependence on God. Teaching your child to pray, no matter what age, can affect how he or she will relate to God his or her entire life.
- Capture God MOMENTS.
These are informal moments where God is working in your child’s life. As a parent, pay attention for these little moments and do everything in your power to slow down and acknowledge them.

SHARE

If the leader has a moment to share about a time when God clearly gave them a special “God Moment” with their child, or even a time when they missed an opportunity, share that here.

DISCUSS

Point out that each family is different and isn’t likely to excel at all of these things. Discuss with the group which of these items seem hardest, which ones they would like to try, and open up the conversation for them to share additional ideas for family discipleship.

Give participants the Session 1 take-home worksheet, encouraging them to prayerfully work through it over the next week.

PRAY

Take a few moments to pray over the participants, asking God to help them be faithful and consistent in taking one step forward in discipling the hearts of their children.

REMINDER

End by reminding participants that we are all on a journey. Wherever you are right now is a great place to start!