

RAISING AMAZING KIDS

TODAY'S
KIDS ARE
TOMORROW'S
ADULTS
WHAT DOES
IT TAKE TO
MAKE SURE
THEY GET
THERE HEALTHY
WHOLE AND
GROUNDED
IN FAITH?

DISCUSSION GUIDE

Week 3—Feb. 25/26, 2012

To Be Self-Controlled (Bob Merritt)

INTRODUCTION

Have you ever had to say “no” to something that you really wanted? Giving up hanging with friends to study for a big test, saying “no” to an \$80 pair of shoes to save for your own car, or saying “no” to sexual temptation so you can say “yes” to intimacy and oneness when you get married someday is practicing self-control. Making those kinds of decisions rarely bring immediate satisfaction, but instead build a life of no regrets. Let the scriptures and questions below help guide your discussion about raising amazing kids and being self-controlled.

DISCUSSION QUESTIONS

1. In Bob’s message, he talks about times in his life when he lacked self-control. Launching apples at each other with lit firecrackers, driving 12 miles across thin ice, and riding toboggans down steep, tree-filled hills at night were among just a few of his stories. When was a time in your life that you were not self-controlled? Explain.
2. The two keys that will help shape self-controlled kids are love and limits. Every human being grows up wondering, “Do I matter, am I worthy, does somebody love me?” While growing up, how did you experience love, or maybe a lack of love? What are ways now that you can show love to your kids or other kids whom you can influence?
3. Read **Psalms 139:13-18**. Based on these verses, how does God feel about us? Describe it. Do you believe that you are wonderfully made? If you have kids, do you believe that they are wonderfully made?
4. Loving your kids is only half the equation. Read **Proverb 13:24, 19:18, and 23:13**. What does it say about love and discipline? Why is it so important to have limits for kids? How can this principle apply to your life?
5. **1 Peter 1:13** says, “Think clearly and exercise self-control.” Thinking and exercising are far different than feeling and reacting. Why is it important to think first and then exercise self-control? How can this principle be put into practice in your kids’ lives and yours?
6. The definition of self-control is the ability to say “no” to one thing so you can say “yes” to something else. In your own life what are some things that you need to say “no” to so you can say “yes” to something else?

THINK ABOUT IT

Bob said, “If you starve your kids of the love they need from you, they’ll go looking for it anywhere they can get it and it’ll wreck their life.” Find ways to love your kids and other kids whom you can influence.

COMMIT TO MEMORY

“If you refuse to correct your children, it proves you don’t love them; if you love them, you will be prompt to discipline them.” Proverbs 13:24



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