BIBLE STUDY WORKSHEET

Parenting With Grace and Consistency

Lead with connection, clear expectations, repair, and steady love.

PREPARED BY VANESSA

"Fathers, do not exasperate your children."

Ephesians 6:4

OPENING PRAYER

God, shape the way I parent. Help me lead with love, consistency, humility, and wisdom. Guard me from shame-based reactions and teach me to repair when I get it wrong. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps parents combine warmth and structure, discipline without shame, repair after mistakes, and model the growth they hope to see.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Connection Creates Influence

Children are more able to receive guidance when they feel seen, safe, and loved. Connection does not remove authority; it strengthens relationship.

> Let the little children come to me.
>
> **Matthew 19:14**

TRUTH TO CARRY

Attention and affection help correction land inside belonging.

REFLECT AND DISCUSS

When does your child feel most connected?

What competes with your attention?

What simple ritual could strengthen belonging?

Grace makes room for truth, wisdom, and growth.

PART 2

Clear Expectations Reduce Confusion

Children need specific rules, predictable routines, and consequences they can understand. Consistency matters more than intensity.

> Let all things be done decently and in order.
>
> **1 Corinthians 14:40**

TRUTH TO CARRY

Calm repetition teaches more effectively than changing rules in anger.

REFLECT AND DISCUSS

Which expectation is unclear?

Is it age-appropriate?

What consistent follow-through is realistic?

Grace makes room for truth, wisdom, and growth.

PART 3

Discipline Without Shame

Correct the behavior without attacking identity. Words like lazy, bad, or impossible can become wounds instead of guidance.

> Do not let any unwholesome talk come out of your mouths.
>
> **Ephesians 4:29**

TRUTH TO CARRY

A child can be responsible for a choice and still remain secure in love.

REFLECT AND DISCUSS

What words appear when you are frustrated?

How can you name behavior specifically?

What consequence teaches rather than humiliates?

Grace makes room for truth, wisdom, and growth.

PART 4

Repair Is Part of Leadership

Parents will make mistakes. A sincere apology models honesty, responsibility, and how relationships heal.

> Confess your sins to each other and pray for each other.
>
> **James 5:16**

TRUTH TO CARRY

Authority is not weakened by appropriate apology; trust is strengthened.

REFLECT AND DISCUSS

Is there a moment you need to repair?

Can you apologize without excuses?

What will you do differently next time?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

One connection ritual I will protect:

The expectation I will make clearer:

A consequence that teaches rather than shames:

A parenting trigger I need to manage:

A repair conversation I will begin:

THIS WEEK I WILL

- [ ] Connect before correcting
- [ ] State expectations clearly
- [ ] Follow through calmly
- [ ] Avoid labels
- [ ] Apologize when needed
- [ ] Notice good choices

MY ANCHOR PRAYER

God, help me parent with steady love, clear truth, humility, and grace.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, strengthen parents and children. Build homes where truth is clear, love is secure, mistakes are repaired, and growth is celebrated. Amen.

A WORD OF ENCOURAGEMENT

Faithful parenting is not perfection; it is consistent love, teachable leadership, and repeated repair.

CLOSING CIRCLE

One parenting pattern I want God to help me change:

DECLARATION

I can lead with warmth and structure, correct without shaming, and repair when I fall short.

Her Story. His Grace. Our Purpose.