

Family Discipleship Parent Guide (January 2024)

Intro:

Take some time to go over this guide with your children. Spend **intentional** time with each of them individually to go over the truths of scripture through the New City Catechism and check in with how they're doing and/or feeling this month. Consider what your children would enjoy doing with you. Some ideas are taking them to lunch, going for a walk, coffee, etc. Wrap up your time together by praying over them.

Catechism:

Question: How can we glorify God?

Answer: By enjoying him, loving him, trusting him, and by obeying his will, commands and law.

Passage: *You shall therefore love the Lord your God and keep his charge, his statutes, his rules, and his commandments always.*

Conversation:

Below are some sample questions you can ask to start a conversation with your children. Feel free to ask your own questions as well. The goal is to take a deep dive into the heart of your child.

1. Do you have any New Year resolutions?
2. What were your favorite memories from 2023?
3. What 3 areas of your life do you want to improve on this year?
4. How has your relationship with Jesus been lately?
5. What are some sins that you are struggling with lately? *(Make sure that you reassure your child that he/she can always go to you to confess, and even though there might be consequences there is more than enough grace for them.)*

Prayer:

Pray for your child. Take some time to pray over any struggles they confessed. Pray that they would walk with confidence and humility and in complete trust to the Lord.

Honor:

Before you end your time, honor your child. Try to stay away from honoring accomplishments or tasks completed. Instead, honor the character qualities that you see in your child. Maybe Mom needed help and they stepped in without being asked. Honor how attentive they are instead of just honoring what they did. The goal of this exercise is that your child would feel seen and valued.

Resource: *Having Difficult Conversations with Teens*

<https://axis.org/resource/a-parent-guide-to-difficult-conversations/>