

**COVENANT** EFC



# PARENTING

**FROM INSIDE OUT**

**Towards an  
Intentional Disciple  
Making Family (IDMF)**

**MEMBER'S WORKBOOK**

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# **PARENTING**

## **FROM INSIDE OUT**

### **TOWARDS AN INTENTIONAL DISCIPLE MAKING FAMILY (IDMF)**

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**MEMBER'S WORKBOOK**

**COVENANT** EFC

**PARENTING FROM INSIDE OUT  
TOWARDS AN INTENTIONAL  
DISCIPLE MAKING FAMILY (IDMF)  
Member's Workbook**

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# FOREWORD BY SENIOR PASTORS

Dear Parents,

This parenting material is meant for your own growth journey, and possibly for journeying with others who are also in a season of discipling at home. Although there are no perfect parents or foolproof parenting method, the Bible gives us clear principles on how to teach and train our children in the way of the Lord. It is a redemptive discipleship journey and we need to practice patience and grace in raising our children — in the same way that our Heavenly Father has been gracious to us (Rom 5:8; Psa 103:8-12).

*Parenting from Inside Out Towards an Intentional Disciple Making Family (IDMF)* is based on the spiritual anchor of Covenant EFC found in Acts 20:28. We embrace growth from inside out as we emphasise the importance of discipleship at home. Thus, we need to pay attention to three specific areas:

- **Our Relationship with God**

We need to grow deeper in our relationship with God.

- **Our Relationship with Self**

We need to take care of ourselves and develop self-awareness.

- **Our Relationship with Others**

We need to strengthen our relationships with our spouse and children.

We recommend that this material be used in sequential order as the lessons are arranged following a “from-inside-out” format. It is best to go through this module in a small group to foster support within a like-minded community. Each lesson can also be used as a stand-alone material. The questions in each lesson are for both discussion and self-reflection.

As we journey together towards IDMF, may we experience God’s redemptive work in our lives and in our families!

*Rev Tony Yeo & Rev Tan Kay Kiong*

**“WE EMBRACE  
GROWTH FROM  
INSIDE OUT AS  
WE EMPHASISE  
THE IMPORTANCE  
OF DISCIPLESHIP  
AT HOME.”**

# GROUND RULES

To ensure that this Parenting Group is a safe place to learn, it is important for the group members to agree on the following ground rules:

1. I agree to respect the time of others by being punctual.
2. I agree to keep everything shared in the group confidential.
3. I agree *not* to be abstract, but to be personal in my sharing. I agree to use “I” statements (i.e. I feel, I think, I need, etc.) when sharing my needs, attitudes, feelings and ideas.
4. I agree that it is important to process past experiences which make my parenting less effective, and to confront issues that are challenging me. I agree that some of these may need to be followed through with the help of an experienced counsellor outside the group.
5. I agree to be discreet and sensitive to others when I share.
6. I agree *not* to give unsolicited advice, and *not* to accuse or pass judgement.
7. I agree *not* to criticise my spouse and family members during the sessions.
8. I agree to be prepared to give and receive feedback.
9. I agree *not* to debate on our intellectual opinion about what should happen. We will share our opinion only in relation to our own families.
10. I commit to journey with the Parenting Group for the entire duration of the module.

Name and Signature:

Date:

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# PROPOSED PROGRAMME

1. Review the previous lesson by going through *Review* and *Quick Catch-Up*.
2. Leader to read *Introduction* and facilitate an icebreaker (icebreaker is optional).
3. Watch the short film (3 mins).
4. Share one take-home lesson from the short film (10 mins).
5. Watch the teaching video (10 mins).
6. Divide into discussion groups (3 to 4 couples per group) so that everyone can fully participate.
7. Discuss using the questions in *Group Discussion* and *Personal Application*, emphasising on *Personal Application* (45 mins).  
You may answer only those questions which are appropriate to your group's current journey. If necessary, you may extend the sessions to cover the rest of the questions.
8. Bring the Parenting Group back together for conclusion and closing. Leader to summarise the key points (5 mins).
9. Close the session by praying for one another.



# LESSON THREE

**D**ELIGHTING YOUR SPOUSE

(M.O.D.E.L.S.)

**RELATIONSHIP WITH SPOUSE**

*By Rev Tan Kay Kiong and Mrs Diana Tan*

# 3



## ► REVIEW

Last session, we discussed about our “unfinished business” with our parents that may affect the way we parent our own children.

## ► QUICK CATCH-UP

“Is there anything you have processed for yourself and intend to do differently with your children after you have learnt about “unfinished business”?  
(2 to 3 persons to share)

# LESSON THREE

## DELIGHTING YOUR SPOUSE

### NOTE

**Sexual needs will be discussed in this session. If there are children in your midst, arrange a separate activity for them.**

### INTRODUCTION

Which relationship is the foundation of a family?

- |   |   |
|---|---|
| <input type="checkbox"/> Husband and wife               | <input type="checkbox"/> Father and children          |
| <input type="checkbox"/> Mother and children            | <input type="checkbox"/> Parents and children         |
| <input type="checkbox"/> Grandparents and grandchildren | <input type="checkbox"/> Domestic helper and children |

The correct answer is the relationship between husband and wife. The foundation of parenting is your marriage! Without this, you may end up with a child-centric parenting style.

As parents, you have to recognise that your family begins with the two of you. When children come, you remain to be the key structure of the family. When they grow up and leave home, you remain and continue to journey together. Your relationship needs to be cultivated in order to last and leave a legacy for them.

### ■ Short Film (3 mins)

Watch *The Badminton Match*.

▶ <https://vimeopro.com/covenantefc/pfio-session-3>

### ■ **Sharing (10 mins)**

Share one observation on spousal relationship from this video.

### ■ **Teaching Video (10 mins)**

Watch *Delighting Your Spouse*.

▶ <https://vimeo.com/covenantefc/pfio-session-3>

#### **Points to Ponder:**

The unity between husband and wife is important — to love and be loved, to forgive and be forgiven, to serve and be served, and to know and be known.

### ■ **Group Discussion (40 mins)**

Divide into discussion groups (3 to 4 couples per group).

1. What are the five D's that cause disharmony among couples? How will these affect the way parents relate to their children?

2. Which is your frequent oversight of your spouse's needs — physical, emotional, intellectual, social or spiritual? What can you do differently starting today? (For further reading, refer to Appendix 2 *Meeting of Needs*.)

3. Pair up with your spouse and share one particular need that you hope he/she could pay more attention to. (Note: This is a time to simply share with your spouse your need that he/she may not be aware of. Avoid getting into argument.) Pray for each other.

4. In what ways can you keep your romance alive so that your children will know that you are staying together for good? Strong marriages give children a sense of security in the family.

### ■ Personal Applications

5. To remind you the importance of a strong marriage, which Bible verse/passage serves as your anchor verse as a couple? If don't have any, you may consider the following:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 1 Corinthians 13:4-7 | <input type="checkbox"/> Ephesians 5:21-33 | <input type="checkbox"/> Colossians 3:18-19 |
| <input type="checkbox"/> Genesis 2:24         | <input type="checkbox"/> Songs 7:10        | <input type="checkbox"/> Deuteronomy 24:5   |
| <input type="checkbox"/> 1 Corinthians 7:1-7  | <input type="checkbox"/> Proverbs 18:22    | <input type="checkbox"/> Ecclesiastes 9:9   |

### ■ Group Summary (5 mins)

#### Key Points:

1. Put things in perspective:
  - Relationship with God (surrendered life)
  - Relationship with Self (“unfinished business”)
  - Relationship with Others (in this session, your spouse) is the primary relationship in a family
2. Importance of spousal relationship — romancing your marriage is important
3. Delight your spouse by:
  - Making your spouse's day better
  - Paying attention to your spouse's sexual needs
  - Learning to fill up each other's emotional tank

## ■ Closing Prayer

Lord, help us live out Genesis 2:24 in our lives. Teach us to cleave to each other and be united in our marriage. As one flesh, help us raise our children according to Your principles. Help us stay strong in our marriage and be able to give our children the security that we are a family that pursues You together. Amen.

## ■ Homework

Share the following at the next session:

1. What is one thing about your spouse that attracted you when you first met?
2. What is the anchor verse you chose as a couple?

## ■ Recommended Readings

1. *His Needs, Her Needs for Parents: Keeping the Romance Alive* by Willard F. Harley, Jr. Chapter 1 “And Then There Were Three (Are Children a Threat to your Marriage?)”
2. *Parenting by the Book* by John K. Rosemond

## ■ Preparation for the Next Session

1. Read the next lesson: Expressing Unconditional Love.
2. Pray for yourself and your group.