

**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.



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

# LESSON SIX

**S**PECIFYING  
VARIOUS DISCIPLINE

**RELATIONSHIP WITH CHILDREN**

*By Rev Tan Kay Kiong and Mrs Diana Tan*

# 6



## ► REVIEW

In Parenting Funnel, we discussed the gradual release of control as parents, complementing it with responsibilities given to children.

## ► QUICK CATCH-UP

Recap the Four Phases of Parenting (1. Discipline 2. Train 3. Coach 4. Friendship) and share what you have started doing with your children.

# LESSON SIX

## SPECIFYING VARIOUS DISCIPLINE

### INTRODUCTION

Is “discipline” a dirty word? How should you deal with your child’s misbehaviour? Should you spank a child who is clearly defiant? If a child is disciplined, will he/she suffer psychological setback? Is discipline limited to confrontation and punishment? These are questions we face as parents.

Reality shows us that children will try to push the boundaries we set. Mary Grant said, “The real aim of discipline is not to get them (children) to do what you want, but to get them to want to do the right thing, and to solve their own problems, even when you’re not there.” Are you looking for compliance or a change of heart? Josh McDowell wisely said, “Rules without relationship leads to rebellion.”

### ■ Short Film (3 mins)

Watch *Unplug*.

▶ <https://vimeopro.com/covenantefc/pfio-session-6>

### ■ Sharing (10 mins)

What would you do to address the child’s unwillingness to stop the computer games in the short film?

### ■ Teaching Video (10 mins)

Watch *Specifying Various Disciplines*.

▶ <https://vimeo.com/covenantefc/pfio-session-6>

### Points to Ponder:

Gary Ezzo said, “Discipline is about training the heart.” It is not about compliance, but about a change of heart. The objective of parenting is raising morally upright kids.

“My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.”

– Hebrews 12:5b–6

### ■ Group Discussion (40 mins)

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

1. How do you usually discipline your children? Why do you do what you do?

2. What is your purpose for disciplining your children? Are your current methods serving your purpose? Is it for compliance or a change of heart?

3. Share your thoughts on Proverbs 13:24, “Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them.” Throughout the ages, people are divided on this. Discipline may include the list below along with an explanation to your children. What is your common practice?

- a. Reaping the natural consequence of disobedience (e.g. clear up the mess that was left behind)
- b. Time out for reflection
- c. Not letting them join certain activities
- d. Doing extra duties at home
- e. Spanking for obvious sins (e.g. stealing, disrespecting others, lying, etc.)

4. Discipline is not just about keeping the children from doing wrong, but helping them to do what's right. After a child has been identified for wrongdoing, he/she needs C.P.R. as recommended by

*Focus on the Family:*

**Consequence** – Let the child face the natural consequence or agreed consequence.

**Plan** – After the consequence, help the child plan ways to overcome future pitfalls.

**Reconciliation** – After the steps above, the child needs to be assured of forgiveness and restoration.

It is good for parents to hug their child after the whole incident.

Discuss how you can introduce this to your children. Do a role-play in the group.

### ■ **Personal Applications**

5. What is one thing you will do differently in disciplining your children?

## ■ Group Summary (5 mins)

### Key Points:

1. Discipline is about a change of heart.
2. Rules without relationship leads to rebellion.
3. C.P.R. – Consequences, Plan and Reconciliation

## ■ Closing Prayer

Heavenly Father, thank You for Your mercy. You did not treat me as my sin deserves nor repay me according to my iniquities (Psa 103:10). Help me to show mercy when I discipline my children, just as You have been merciful to me. Remind me to work on a change of heart instead of compliance. Thank You for teaching me Your way. In Jesus' name, amen.

## ■ Recommended Reading

1. *The New Dare to Discipline* by James Dobson (<http://files.tyndale.com/thpdata/FirstChapters/978-1-4143-9135-9.pdf>)

### FEEDBACK

It has been a joy to be part of your parenting journey. We would love to hear from you!  
Please share your comments and suggestions by sending an email to [fic@cefc.org.sg](mailto:fic@cefc.org.sg)