



Support, Shepherd, and Send Out Our Kids



13-SESSION GUIDED STUDY
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Session 4: Training, Not Frustrating

Conversation Starter: "Built to Bend" (Daily Download #247)

Bonus Resource: "Snuggling?!" (Weekly Episode #143)

biblegeeks.fm/trainingwheels

SESSION
4

THE CONVERSATION STARTER
“Built to Bend”



STABLE FOUNDATIONS

Launch your study with this
CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Matt. 11:25-30; Eph. 6:1-4; Col. 3:20-21.



BONUS RESOURCE
Feel free to listen to **Weekly episode #143, “Snuggling?!”** before your study, as an example of a conversation led by this study guide.

biblegeeks.fm/143



Imagine a few hundred thousand people crammed shoulder to shoulder on the Golden Gate Bridge. Their immense weight slowly flattens the gently curved roadway. Will it buckle from the pressure? Well, that's what happened on its 50th anniversary, when the iconic bridge welcomed 300,000 pedestrians to cross. Fortunately, the bridge was built to bend. And that same "bend but don't break" approach can help us lay a stable foundation for our kids. Rather than pushing them past their breaking point, the Lord teaches us to train them with wisdom, patience, and love.



THE BIG IDEA

When discipline demoralizes our kids, we do more harm than good.

Scripture commands, "*do not provoke your children, lest they become discouraged*" (Col. 3:21). Other translations say not to, "*antagonize*" (NASB), "*embitter*" (NIV), or "*aggravate your children*" (NLT). Our decisions, words, and approval bear so much weight with them, and we have to carry that influence responsibly. If we aim to "*bring them up in the discipline and instruction of the Lord*" (Eph. 6:4), we won't compromise on God's standards. But his compassion needs to lead us just as much as his justice.

We all need room to fail and still find love and support. The purpose of discipline is training, not punishment, so our discipline needs to prioritize our child's growth and wellbeing. If we humiliate them, don't be surprised if they stop learning whatever we intended to teach them.

Christ gives his disciples a challenging way to respond when we feel angry (Matt. 5:21-26) or attacked (Matt. 5:38-42). We don't get a pass on a Christlike response just because they're our kids. Parenting can get overwhelming. We're so invested in our aspirations for our kids, wanting them to have impeccable character. But if we expect perfection, we hold them to unreasonable standards we can't live up to ourselves. That's a lot of pressure! Let's aim to offer our kids the same grace, patience, and gentleness God offers to us.



THE BIG QUESTION

Does your love for your child show even in discipline?

Training, Not Frustrating

TRAIN WITH WISDOM, PATIENCE, AND LOVE

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.
Read, listen, or watch “Built to Bend” – biblegeeks.fm/daily-247 ▶▶▶



ICE BREAKER — Get everyone engaged and talking.

Have you ever gotten so discouraged you wanted to give up and stop trying to do something?

ACT I



LIKE THE TEACHER: Matt. 11:25-30

What’s the main point of this passage?

What insights and applications do you take from these words of Christ? What do we need to get from these words that – if understood and applied – has the power to change a life or a family?

Is there anything else here you find helpful or interesting? Anything you’ve never noticed before – or have always loved about these words?

Training, Not Frustrating

TRAIN WITH WISDOM, PATIENCE, AND LOVE

ACT II



WHAT'S THE DEAL? — When does training become frustrating?

How can we discern the difference (cf. Heb. 5:14; Phil. 1:9-11) between profitable discipline and provoking our children (Col. 3:21)? What are the characteristics and effects of each? Can you think of any Bible examples?

ACT III



REACH OUT — Connect with each other with this question.

What do you do to keep your cool with your child when tensions are high?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Hug your kids and tell them what you appreciate about their character.



REQUEST — Go to God in a closing prayer.

For example: "Holy God, let my yoke be easy like Christ's is" (cf. Matt. 11:30).



NEXT SESSION — God, the Perfect Father

Prepare by reading Matt. 7:7-11; Hos. 11:1-9; James 1:16-18