Dear Parents,

 Disciplining our children is probably THE most difficult aspect of parenting. It requires so much patience and consistency on our part that it can be totally draining. Let’s admit it there are times that we all take a deep breath and wonder if we’re really doing a good job at this parenting thing. We all realize that we need to discipline our children, and we all do that differently because our children are different. But in the end we all have the same goal, we want our children to honor and respect us. So how do we discipline our kids in a way that leads them to have honor and respect for us? Check out this video, then well dig deeper.

<https://vimeo.com/parentministry/review/90141560/89c702bd49>

 Take some time to think through the questions you were asked; then we’ll lay out some practical tools to ensure your discipline is getting you the results you want.

 When we discipline our children we apply appropriate consequences now in a way that helps a child choose correctly in the future. How is this different that punishment? Punishment is repaying someone for something they’ve done wrong. The root of punishment is retribution. This is the opposite of discipline. The root of discipline is love. In Hebrews 12 we get a beautiful glimpse at how God disciplines us. God’s discipline to us is proof that He loves us. It’s the same with our children. We discipline them because we love them. Take a moment to read Hebrews 12:1-13 now.

 So what does disciplining with honor look like? Here are a few practical tools to ensure you are disciplining with honor:

* Set realistic expectations. Know your children well to know what he/she is capable of. Push them to be the best them.
* Never threaten. Take a moment to think through consequences before you throw them out there. Only give a consequence that you KNOW you can stand behind.
* Don’t discipline in anger. It’s OK to send your child to their room and tell them you need to calm down (or send yourself to your room) before you speak with them regarding their misbehavior.
* Be consistent. Don’t dismiss a behavior one day and punish it the next.
* Use logical consequences. Don’t get caught up in long drawn out lectures. A good ‘formula’ to follow is: Here is what you did. That was wrong because… Next time you can do this instead… Here is your consequence.

 Discipline is basically short-term discomfort for long term gain. It’s not easy to discipline. In fact it takes personal discipline to discipline our children. God has uniquely created our children, and our desire should be to help them become the person God intends. When we discipline with honor, we are helping them grow into that person.

Building Young Disciples,

Pastor Sarah