

## Parenting Styles Worksheet Session 1 and 2

Ben & Liz Lopez (Life Coach 180)

1. What do you believe this verse means? “You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, **but showing love to a thousand generations of those who love me and keep my commandments.** (Exodus 20:5-6)

Separate this verse in the box below: 1 Corinthians 13:4-7

Positive attributes	Negative attributes

2. What is your story?
  - How did your parents handle discipline in your home?
  - How do you feel it has influenced you in your relationships with family, friends and ultimately your children?

- Are you happy in the state you are in as a parent? Explain.

- What do you feel is the biggest area of growth as a parent you would like to work on?

3. Read the following statements: What type of parenting style does each represent?

Parenting Style	Statement
	Children need discipline that hurts a little so that they remember the lesson later.
	It is better to give a little ground and protect the peace than to stand firm and provoke a fight.
	Children should have total freedom because the more boundaries we remove the better choices they make.
	Children are our friends so it's important to limit consequences that may distance them from us.
	Discipline and correction should always involve a reason why, as well as, open discussion in order to understand why they made a particular choice.

## What impacted you about the father's scene in the video?

### A Father's Love (Mordecai's Story) 7 Principals of Parenting

1. \_\_\_\_\_-concerned more with the needs and wishes of others than with one's own; the power to serve your children results in a reciprocity (receiving back) the love you give.
2. \_\_\_\_\_-  
the more consistent you are with expectations, the greater the foundation you build with your children. "Expectations and rules can help children to crack the code about the different ways to behave in different settings. It is critical to focus on respect and relationships with all children. Adults should monitor their own behavior to make sure they are responding to children fairly and consistently."
3. \_\_\_\_\_-it's not what you say but what you do that makes the difference.
4. \_\_\_\_\_-  
children are your greatest investment in life. They are the ones that will leave your legacy for the generations to come. Protect them with everything you have and prepare the way by removing obstacles that can hinder them.
5. \_\_\_\_\_  
\_\_\_\_\_it's not who you are on Sunday but what they see the rest of the week. Children learn by imitation so consider what you watch, what you are listening too, how you speak to your wife and others. Don't be an imitator of the world but live righteous before the Lord. "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, **but whoever does the will** of God abides forever (1 John 2:15-17 ESV)."
6. \_\_\_\_\_  
\_\_\_\_\_Emotions and sensitivity are vital to build a well balance child. "Big boys don't cry," has proven to detach men from their full potential. When you have the ability to express you emotions and empathy with your children bridges of communication will open open
7. \_\_\_\_\_  
\_\_\_\_\_What you plant today will sprout tomorrow. If you plant seeds of discord with your children; you will reap discord. If you plant seeds of love and compassion; you will reap love and compassions.