

STUDY GUIDE

for

SIMPLE HABITS FOR EFFECTIVE PARENTING

Two-Time National Award-Winner

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SIMPLE HABITS FOR EFFECTIVE PARENTING is an inspiring read for every Christian parent seeking an easy-to-understand approach to raising a child. This comprehensive practical resource offers expert Christian advice on how to help a child grow in their faith in Jesus, develop a parenting vision, effectively guide a child, strengthen a parent-child relationship, apply loving discipline, teach successful life skills, boost a child’s self-confidence, and encourage positive academic effort.

Through this essential knowledge, you will more effectively parent your child and be able to “Correct your habits and change your actions for the better” (Jeremiah 18:11). With this beneficial practical wisdom of specific words and daily actions, you will possess the skills to effectively guide your child for a stronger parent-child relationship that produces a confident, good decision-making, responsible child. *SIMPLE HABITS FOR EFFECTIVE PARENTING* and this *Study Guide* will enable you to become a “parenting expert” so you can lead your child to have a fulfilling, godly life.

HOW TO USE THIS STUDY GUIDE

1. After reading this book, you can utilize this *Study Guide* in the following three ways.
 - A. As a *parent*, you can answer the questions on your own and reflect on the practical wisdom in each chapter.
 - B. As *mom* and *dad*, you can discuss together the questions for each chapter. Repetition is the mother of all learning and the father of action, so you will become even more connected as parents to help guide your child.

- C. *A group of parents* can meet in various ways like a Bible study, small group, monthly parent meetings, one-day parenting seminar, parent enrichment weekend, MOPS (Mothers of Preschoolers), etc.
2. A pastor or church leader can select someone who will facilitate wholesome discussions, or your group can select a leader at the first meeting.
 3. **A primary goal** is to just exchange ideas and reinforce beneficial *Simple Habits*, NOT try to solve specific parenting problems.
 4. **A second goal** is for every parent to end each meeting feeling encouraged, motivated, and firmly believe that they will be even more effective as a parent with these *Simple Habits*.
 5. **A third goal** is to learn from others how to implement the words, actions, and commonsense wisdom from the chapters.
 6. Relax! I hope you enjoy this wonderful experience of growing as a parent and becoming even more effective. Your group is not a classroom and there are no tests!
 7. Please be assured that there are NO “dumb” questions, and the emphasis is on learning skills, applying effort, and implementing *Simple Habits* to become more effective.
 8. Your leader **MUST** avoid letting anyone monopolize the meeting by trying to be the center of attention and **NOT** giving others a chance to share their thoughts.
 9. Group members learn from each other so some members may want to just listen as a “spectator,” and simply learn through the comments of other parents. Certainly, that is fine!
 10. Intentionally, there are more questions with each chapter discussion than can be covered in a single meeting. With the input of members, your leader may need to prioritize questions. Perhaps have time limits for the various questions to make your time together most productive.
 12. **Lower your expectations.** There are NO perfect parents or discussion gatherings. Placing expectations that are too high on your group meeting may lead to disenchantment and limit the positive benefits for becoming more effective as a parent.

Change often takes time but understand that **small changes CAN and WILL** lead to greater improvement in becoming a more *Effective Parent*. Do not wait until tomorrow but **act today** with these *Simple Habits* by **learning, improving, and growing as a parent for the sake of your parent-child relationship.**

The most important part of this *Study Guide* is **NOT** what you learn, but what you will **DO daily** -- meaning the **WORDS** you speak **DAILY** and the **ACTIONS** you take **DAILY** with this practical parenting wisdom—*Simple Habits*.

CHAPTER 1

HABITS THAT MAKE THE PARENTING FOUNDATION

1. **Proverbs 29:18 and the Introduction.** How does this chapter lay the foundation for understanding how to be an *effective parent* in all aspects of guiding a child toward a responsible, godly life?
2. **Psalm 20:4 and Lesson 1: A Purposeful Parent with a Plan.** Why are clear goals essential not just personally but also when guiding a child?
3. **Hebrews 13:7 and Lesson 2: A Leader NOT a Boss.** How does a child often react when a parent controls and micromanages nearly all aspects of his or her life?
4. **Titus 2:7 and Lesson 3: An Example.** Why can a parent never take their example for granted?
5. **Matthew 7:12 and Lesson 4: Operate at a Higher Level in Every Area of Life.** Why is growing in one's faith in Christ, as well as possessing Biblical values, so critical for every parent?
6. **1 Thessalonians 5:11 and Lesson 5: A Healthy Relationship Increases Trust.** Why is a parent much more effective when a strong parent-child relationship is present?
7. **Acts 17:2 and Lesson 6: Regular Routines Instill Organization.** Why are regular routines often lacking with ineffective parents?
8. **1 Corinthians 3:8 and Lesson 7: Responsibilities Establish Confidence.** Why does a child's confidence improve when responsibilities are given and completed?
9. **Matthew 22:37, 39 and Lesson 8: Rules Increase Freedom.** Today, what are the obstacles to overcome in establishing reasonable rules or limits?
10. **1 Peter 3:8 and Lesson 9: Amazing "As": Acceptance, Affection, Attention, and Appreciation.** How do the amazing "As" build a solid foundation for a parent-child relationship?
11. **Deuteronomy 6:6-7, Matthew 7:17-20, Romans 5:3-4 and Lesson 10: Three Qualities to Strengthen Within Your Child: Morals Based on the Bible, Character, and Determination.** How do these three qualities establish a solid foundation for daily walking with Jesus?

12. **Acts 5:29 and Lesson 10: Morals Based on the Bible.** In today's anti-God society, how can a parent strengthen Biblical morals within a child?
13. **Hebrews 13:8 and Lesson 10: Character.** How does a child's character reflect their inner Biblical values?
14. **Philippians 4:13 and Lesson 10: Determination.** Why is determination so critical for every child to possess?
15. **Matthew 7:12 and Lesson 11: Mutual Respect.** Why does a child who has respect for others usually have healthy relationships and make responsible decisions?
16. **Colossians 3:20 and Lesson 12: Obedience Leads to Responsible Decisions.** Why do children who learn obedience often become godly adults?
17. **Matthew 16:6, Ephesians 6:4, and Proverbs 6:27-29 and Lesson 13: Avoid Parenting Extremes: Controlling, Overprotective, and Permissive.** How do these three parenting extremes produce a life of struggles for a child?
18. **Colossians 3:21 and Lesson 13: Controlling.** How can a controlling parent move toward a style of seeking obedience?
19. **Lesson 13: Overprotective.** How will an understanding of overprotection influence your views on guiding a child?
20. **1 Samuel 2:22-25 and Lesson 13: Permissive.** How can *Simple Habits for Effective Parents* help loving permissive parents establish and meaningfully apply reasonable rules?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the *most positive impact* on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Lord, bless my parental leadership, actions, and attitude so that I honor You in all that I do with influencing my child's heart. Give me strength to faithfully serve You every day by setting an example for my child.

Let my words, behaviors, and values lead my child in a Godly direction. Fill my child's mind with Biblical truths so they demonstrate Godly values. In Jesus' name. Amen.

CHAPTER 2

HABITS THAT BUILD A STRONG RELATIONSHIP

1. **1 John 4:10 and the Introduction.** How does your relationship with God help develop your relationship with your child?

2. **Romans 8:38-39 and Lesson 14: Unconditional Verbal Love.** Why do daily verbal expressions of love help a child feel that nothing can separate them from a parent's love?

3. **Luke 15:11-32 and Lesson 15: Unconditional Physical Love.** In terms of physical affection, what can be learned from the father's demonstration of love for the prodigal son?

3. **Ephesians 5:16 and Lesson 16: Both Quantity and Quality Time with Your Child.** Why is time spent with a child one of the best ways to demonstrate "I love you"?

4. **Proverbs 12:25 and Lesson 17: Daily Appreciation Vitamin.** Why do many parents struggle with complimenting their child?

5. **Acts 2:46 and Lesson 18: Mealtimes Make a Marvelous Difference.** How can a parent overcome the challenge of having regular mealtimes together?

6. **Lesson 19: Positive Labels Are Essential.** Why do positive and negative labels have such a significant influence on a child's self-worth?

7. **Lesson 20: Regular One-on-One Activities.** Why will regular one-on-one activities make an important difference in a parent-child relationship?

8. **Lesson 21: Monthly Date Your Child.** Why is it essential for each parent to have a monthly date with a child?

9. **Lesson 22: Weekly Family Nights.** How can a parent overcome obstacles in scheduling weekly family nights?
10. **Lesson 23: Make Memorable Experiences.** Make a list of *local* memorable experiences as well as memorable experiences that involve some *travel*.
11. How does a parent's family-of-origin impact both positively and negatively the parent-child relationship?
12. Why do verbal and physical unconditional love so easily slip away as a child grows older?
13. Why does a parent often struggle implementing the *Simple Habits* from this Chapter?
14. How has this chapter made it easier for you to build a stronger parent-child relationship?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the ***most positive impact*** on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Loving God, through the Bible we see your everlasting love and confidently believe that nothing can separate us from your love in Jesus. Give me heavenly wisdom and strength to build a strong relationship with my child.

May I take every opportunity to show love in numerous ways for my child. Daily, may I become more like Jesus, so my child always trusts me, and more importantly trusts in You heavenly Father, so our parent-child bond grows stronger daily. In Jesus' name. Amen.

CHAPTER 3

HABITS THAT HELP APPLY THE RULES

1. **Proverbs 19:18 and the Introduction.** Why is it important to think of discipline as *instruction* in obedience?
2. **Exodus 20:2-17, Matthew 5-7 and Lesson 24: Establish Rules.** How can rules assist a child in respecting others as well as societal guidelines?
3. **Lesson 25: Logical and Natural Consequences.** How does thinking in terms of logical and natural consequences improve a parent's instruction?
4. **Lesson 26: Consequences, Taking Away Privileges, or Onerous Chores.** How did this Lesson change your understanding of giving consequences or taking away privileges?
5. **Genesis 3:14-19, Matthew 5:7, and Lesson 27: Discipline the First Time Decisively and Consistently.** How can God's immediate action with Adam and Eve improve a parent's ability to be decisive and consistent?
6. **Proverbs 13:1 and Lesson 28: Ask Politely: Will You Please.** How does "will you please" make a positive difference in leading a child to become a responsible decision-maker?
7. **Lesson 29: Either/Or/You Decide.** Why is using specific words so important when instructing a child with a discipline action?
8. **Lesson 30: When You/Then You.** How does "When you/Then you" both improve a parent-child relationship and help a child learn responsibility?
9. **Lesson 31: Time-Out.** Based on the commonsense wisdom in this Lesson, how will you handle time-out differently in the future?
10. **Proverbs 13:24 and Lesson 32: Spank.** Why does an effective parent rarely discipline with a spank?
11. **Lesson 33: Never Say "I" and Avoid the Word "Punishment."** Why is never saying "I" and avoiding the word "punishment" a foundational component for a parent-child relationship?
12. **Lesson 34: 3-Part Assertive Response.** How can the 3-part assertive response diminish parent-child arguments?
13. **1 Corinthians 13:11 and Lesson 35: Don't Reason and Don't Argue.** Why do so many parents mistakenly believe that they can successfully reason with a child?
14. **Matthew 4:7, Matthew 8:26, and Lesson 36: Avoid Parent Deafness: Be Brief and Be Silent.** How can Jesus' brief comments and questions provide parenting wisdom?

15. **Lesson 37: Save Your “NOs” for What Matters.** When a child has a request, why does immediately and frequently saying “no” often crush a child’s spirit?
16. **Lesson 38: Is This an Emergency?** How can a parent learn to act wisely rather than react poorly?
17. **Luke 15:11-32 and Lesson 39: Don’t Get Defensive with “I Don’t Like You” or “This Is Not Fair.”** How does our Heavenly Father handle our “why God” questions?
18. **Lesson 40: Five Fantastic Guidelines for Important Talks.** How can a parent learn to implement the “Five Fantastic Guidelines” when dealing with a sensitive issue?
19. **John 18:33-34 and Lesson 41: Listen Effectively: Ask Open-Ended “How” and “What” Questions.** In the Bible, Jesus asked 307 questions. Why did Jesus respond with questions rather than debate with sentences and a lecture?
20. **Lesson 42: Gradually Allow Your Child to Make Decisions.** How do too many decision-making opportunities create life struggles for a child?
21. **Lesson 43: Three “I” Words: Immoral, Illegal, or Irreversible.** How can the three “I” words diminish conflict between a parent and child?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the *most positive impact* on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Heavenly Father, give me wisdom to always respond to my child like Jesus. Help me to use the words and tone of voice that open my child’s heart to my guidance so he or she becomes a Godly responsible decision-maker.

May my Godly discipline always be evident to my child through my words, actions, and attitude. Bless me with wisdom so my loving discipline may lead my child down a Godly path. In Jesus’ name, Amen.

CHAPTER 4

HABITS THAT ESTABLISH AN ENCOURAGING ATMOSPHERE

1. **The Introduction.** How does the home atmosphere positively and negatively impact a child's perspective of the Christian faith and life?

2. **1 Thessalonians 5:18 and Lesson 44: An Attitude of Gratitude.** How can a parent be like the apostle Paul in mastering the skill of gratitude?

3. **Proverbs 15:15, Proverbs 17:22, and Lesson 45: Smiles, Laughter, and Humor.** Why do some families have difficulty with smiles, humor, and laughter?

4. **Lesson 46: Lovingly Speak with Your Pet.** Why is having a loving tone of voice and caring body language a major challenge for many individuals?

5. **Romans 15:2 and Lesson 47: Compliment More Than You Correct.** Why do compliments create a Christian home filled with kindness and encouragement?

6. **Galatians 6:1-2 and Lesson 48: Praise Publicly, Correct Privately.** Why does praising publicly and correcting privately build a trusting parent-child relationship?

7. **Proverbs 26:18-19 and Lesson 49: Never Be Sarcastic.** How can a parent eliminate discouraging sarcasm?

8. **Jeremiah 29:11 and Lesson 50: Your Expectations Impact Your Child.** Why is it a good idea to expect a child to act older than their chronological age?

9. **Ecclesiastes 7:20 and Lesson 51: No Perfect Parent and No Perfect Child.** How does expecting perfectionism often produce anxiety and miserable feelings within a child?

10. **2 Timothy 2:15 and Lesson 52: Healthy Personal Life and Satisfying Marriage Equals Stability.** How does a parent's personal life impact the emotional well-being of a child?

11. How can a parent specifically guard against creating a discouraging home atmosphere?

12. What Lesson from this Chapter struck you as significant? Why did that stand out?

13. How does a parent's family-of-origin often impact the home atmosphere?

14. Why does a healthy satisfying marriage often produce effective parents?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the *most positive impact* on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Loving God, let my words, behaviors, and example honor you in my home and in public. Open my eyes so I can bless my family with an encouraging home atmosphere. Help me to respond with words and actions that come from a heart like Jesus.

Daily, renew my focus and re-energize my efforts to be an encourager, like the apostle Paul. May God be exalted through the Christ-like family air in our home. Let me provide a home that brings lasting results of a Godly life now and for eternity. I pray this in the precious name of Jesus, Amen.

CHAPTER 5

HABITS FOR A HAPPY, HEALTHY LIFE

1. **Proverbs 1:8 and the Introduction.** Why are social skills, manners, domestic competencies, and life skills an essential part of parenting a child?
2. **Philippians 4:8 and Lesson 53: Optimism Creates a Positive Attitude.** How can a parent develop an optimistic attitude in a child?
3. **Philippians 2:14 and Lesson 54: Learn Tremendously from Losing.** Since setbacks are a normal occurrence in life, why is it important for a parent to provide opportunities for setbacks?
4. **Jeremiah 29:11 and Lesson 55: Provide Activities for Success.** Why are both successes and losses necessary in providing a solid foundation for a child's attitude in life?
5. **Matthew 25: 14-30 and Lesson 56: Effort and Improvement are the Entire Focus.** In what ways will focusing on improvement and effort change your parenting in the future?
6. **Lesson 57: Successful Social Skills.** How do social skills provide confidence for a child in all areas of life?
7. **Lesson 58: Magnificent Manners.** How would you assess your manners? How can a parent motivate and help a child incorporate manners?
8. **Matthew 20:28, 1 Thessalonians 5:11, and Lesson 59: Serving and Caring for Others.** How does serving and caring for others help a child be a committed Christian?
9. **Proverbs 10:9 and Lesson 60: Truthfulness, Honesty, and Integrity.** How can a parent model these essential positive attributes?
10. **Lesson 61: Good Grooming.** How does good grooming influence a child's confidence and relationships?
11. **Ephesians 5:15-17, 1 Corinthians 14:40 and Lesson 62: Time Management and Organization Skills.** How will personal time management and organization impact a parent's effectiveness in guiding a child?

12. **Lesson 63: Personal and Domestic Skills.** Why do most responsible, confident children learn personal and domestic skills from an early age?
13. **Lesson 64: Household Chores.** Why does a parent often struggle to give a child regular household chores?
14. **Luke 12: 15, 21 and Lesson 65: Money Management Through an Allowance.** How can a parent help a child grow with godly money management?
15. **Lesson 65: Money Management Through an Allowance.** Why is a parent's example with money so important?
16. **Lesson 66: Two Adult Milestones for a Teenager.** Why do some teenagers struggle with having a part-time job or driving a car?
17. **1 Corinthians 9:26-27 and Lesson 67: Sports Involvement.** How can involvement in a sport prepare a child for life experiences?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the ***most positive impact*** on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Almighty God, help my child to walk with you by serving others so that they can be who You created them to be. Help me to reflect your love for others so my child witnesses healthy, Godly living. Give me wisdom and insight to lead my child to wholeheartedly trust, obey, and serve You today.

May my leadership provide my child with the social skills and knowledge to transform their perspective of what a healthy, godly life looks like. God, bless me with commonsense wisdom. In Jesus' name, Amen.

CHAPTER 6

HABITS THAT PREPARE A CHILD FOR THE WORLD

1. **Psalm 1:1-2 and the Introduction.** Why is it extremely difficult to prepare a child to live a godly life in this sinful world?
2. **Lesson 68: Morning and Bedtime Routines.** Why is it a challenge to establish routines for a child?
3. **Psalm 4:8 and Lesson 69: Sleep Is Significant.** How does sufficient sleep both energize a child and help them focus better on daily tasks?
4. **Lesson 70: Consistent Academic Effort.** How can a parent motivate a child to give a good consistent effort academically as well as all areas of life?
5. **Lesson 71: Homework Guidelines.** How can a parent overcome the struggles of helping a child establish homework guidelines?
6. **Lesson 72: Two Golden Questions with Report Cards.** How does this Lesson change your perspective of how to review a report card with a child?
7. **Lesson 73: Productive Parent-Teacher Conferences.** Although some of this knowledge may be simple reminders, what new insights did you learn regarding a Parent-Teacher Conference?
8. **Lesson 74: Helping an Academic Underachiever.** How will this knowledge change a parent's approach in helping an academic underachiever?
9. **Lesson 75: School Attendance: Three Guidelines.** How does sharing these three guidelines with a child at the beginning of each school year prevent conflict when a child wants to stay home from school?
10. **Lesson 76: Curfew.** Why is it important to not only establish a reasonable curfew but also be flexible with the times set?
11. **Proverbs 13:20 and Lesson 77: Watch Your Child's Friendships.** Why is it critical for a parent to continually evaluate a child's friendships?
12. **Lesson 78: Ask "WHY," Don't "Just Say No."** What are some specific "why" questions with common temptations to help a child in advance?
13. **1 Timothy 2:9-10 and Lesson 79: Modest Personal Appearance.** How is a parent's example vitally important in influencing a child's modesty?
14. **Lesson 80: Television and Video Games.** Why is "balance" a key word for screen time as well as other activities for a child?

15. **Lesson 81: Internet and Social Media.** What steps can a parent take to strengthen the guidelines established for the Internet and social media?
16. **Proverbs 4:23 and Lesson 82: Chemical Temptations.** How can a parent teach a child about the dangers of chemicals without lecturing?
17. **Galatians 5:22 and Lesson 83: Dating Guidelines.** Why is it important for a teenager to date with a purpose?
18. **Lesson 83: Dating Guidelines.** When a teenager begins to date, why it is critical to determine in advance the Christ-like qualities to seek in a dating partner as well as intolerable flaws to avoid?
19. **1 Corinthians 6:18-19 and Lesson 84: God’s Gift of Sex.** Why is it difficult to discuss the sensitive subject of sex with a child?
20. **1 Peter 5:7, Deuteronomy 31:8, Isaiah 41:10, and Lesson 85: Coping Skills for a Child with Anxiety and Depression.** Why is just “talking about” anxiety and depression not as helpful as positive self-talk and taking an active approach with behavioral skills?
21. How did this Chapter improve your knowledge and skills in preparing a child for the world?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the *most positive impact* on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Lord, open my child’s ears to hear and heart to learn what it takes to live in the world but not be of the sinful world. Heavenly Father, turn my child away from temptation and direct my child toward the godly life that matters to You. Fill my child with your Holy Spirit so they have the strength to live a life that loves God with all their heart and loves others.

Instill within my child godly qualities that strengthen their character so they can live a life for Jesus in this complicated, ever-changing world. Draw my child close to you God and away from the fleeting things of this world. In Jesus’ name. Amen.

CHAPTER 7 and CONCLUSION

HABITS THAT STRENGTHEN FAITH

1. **Mark 10:13-14, Philippians 3:20-21 and the Introduction.** Why is the word “heaven” rarely used in prayers, sermons, worship services, and in Christian homes?
2. **John 3:16 and Lesson 86: Discussions About Eternal Life in Heaven.** How does an understanding of faith in Jesus open the door for regular discussions of eternal life in heaven?
3. **Revelation 7:16, Revelation 21:4, and Lesson 86: Discussions About Eternal Life in Heaven.** Why does a child thoroughly enjoy discussing what heaven will be like and who they will talk with in heaven?
4. **James 5:16 and Lesson 87: The Apologizing and Forgiving Process.** How can apologizing and forgiving be implemented on a regular basis in a Christian home?
5. **Ephesians 4:32 and Lesson 87: The Apologizing and Forgiving Process.** Why does the three-step apologizing and forgiving process enhance sibling relationships?
6. **Psalms 148:12-13 and Lesson 88: A Church for Worship.** Why is weekly worship one of the best ways for a parent to demonstrate their Christian faith?
7. **Isaiah 25:1 and Lesson 88: A Church for Worship** How does a parent’s family-of-origin often impact the frequency of worship?
8. **Philippians 4:6 and Lesson 89: Connect Through Prayer.** Why is it so essential for a family to pray together daily?
9. **1 Thessalonians 5:16-18 and Lesson 89: Connect Through Prayer.** How can a parent encourage a child to lead the family in prayer?
10. **Ephesians 6:4 and Lesson 90: Family Devotions.** What obstacles need to be overcome to have regular family devotions?

11. **Proverbs 22:6 and Lesson 90: Family Devotions.** Why is it critical for family devotions to be brief except when a child has more questions?
12. How can faith in Jesus strengthen family relationships?
13. Why is *planning* important for strengthening faith in Jesus, prayers, devotions, and worship?
14. **Conclusion.** How is *Simple Habits for Effective Parenting* different from almost every other Christian parenting book?
15. **Conclusion.** How has *Simple Habits for Effective Parenting* changed your understanding of what produces a confident, motivated, and responsible child?
16. **Conclusion.** Why will it be necessary to regularly refer to *Simple Habits for Effective Parenting* for guidance?

An Essential Question: What one habit, when I develop it and become excellent at that habit, will have the *most positive impact* on my Christian parenting?

Beginning today, make a commitment with your **new habit** by writing:

DAILY I AM . . .

A PRAYER FOR OUR PARENT-CHILD RELATIONSHIP

Heavenly Father, fill my child's heart with love for Your son Jesus. Thank you for the promise of eternity that all Christians have in Jesus our Redeemer and Savior. By the power of the Holy Spirit, may my child confidently believe that every day is Easter, and a glorious resurrection awaits them and all believers.

Transform me as a parent as well as my child to have a heart of forgiveness like Jesus. Through my Christ-like example, may my child never possess a bitter spirit and a desire for revenge but always have a forgiving spirit like Jesus.

Lord God, help me to live for You alone every day. May I have a home that is built on Jesus our Redeemer and Savior. Give me heavenly wisdom and strength to constantly pray with my child and steadfastly have regular devotions. Let my actions and faith in Jesus be present as I lead my child in strengthening their faith. In Jesus' name, Amen.