

Parent Yourself First
The Heart
Life Group Questions – April 30, 2023



Connect

What type of discipline did you experience growing up? How did you feel when you received this discipline? As you reflect on your childhood, did your parents discipline you for your heart or behavior?

Learn and Apply

1. What stood out to you from the message? Was anything clarifying, confirming, confusing?
2. If you look for patterns in your parenting (or relationships), would you describe your parenting style as authoritative, authoritarian, uninvolved or permissive? Why?
3. Why do you think it's sometimes easier and more tempting to parent for behavior rather than the heart?
4. In your own words, define the heart and its importance. If time permits, read **Luke 6:43-45; Mt. 9:4 and 15:19-20; Psalm 37:4; Acts 11:23; John 16:22; Heb. 10:22; Prov. 4:23**
5. Before Sunday, how would you have defined discipline? Has your definition or understanding of discipline changed? Why?
6. What aspects make it difficult to parent in the way of Jesus? *Time, patience, effort, etc.?*
7. What changes can you make in your parenting (or relationships) to focus more on nurturing, training and instructing for the heart?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together**. Ask each person or couple to name the 1 thing they would like prayer for in their parenting or relationships and then pray for each other.

**If you are not a parent, work through these questions in the context of any relationships in your life. In any relationship, the most important things we can do is become more like Jesus. And in any relationship, the only person we can control and be responsible for is ourselves.*