

**LESSON 4 // SAY YES, SAY NO—PART 2**

**Big Idea:** No one becomes resilient or sustains resilience without discipline—the willingness to say “yes” to the right things in life and “no” to the wrong things.

This kind of discipline starts with establishing and accepting the right moral standards—biblical standards that define right, wrong, good, bad, better and best. This leads us and our kids to a disciplined approach to life that addresses our thoughts and actions, rather than being driven by our emotions.

Parents need to recognize that discipline works from the outside in. A key part of parenting is to create an environment of imposed parental discipline, with the goal of developing internal discipline (self-control) in a child. Ultimately this discipline brings rewards—and a lack of discipline creates regrets.

**Proverbs 22:6 (NKJV)** *Train up a child in the way he should go, and when he is old he will not depart from it.*

**Start Talking:**

What are some of the positive and negative aspects of how you were raised? How has this impacted your approach to kids (your own or others you have influence on)?

**Start Thinking:**

**Read Proverbs 13:4 and 28:19.** What do these verses tell you about the value of personal responsibility and hard work? Why is it so important to teach these to our children?

**Read Ephesians 2:8-10 and Titus 2:11-14.** What is the role of God’s grace and our faith in Christ in salvation? How would you explain this to your children?

**Read Proverbs 22:6.** What is involved in “training up” our children “in the way they should go”? What happens if we fail to do this as parents and those who have a responsibility to the next generation?

What does it mean to be a “reasonable” parent? How is this different than being a “rigid” or “permissive” parent?

**Start Praying and Doing:**

Pray that God will give you His wisdom and confidence to train your children (or impact children you have some influence on) His way.

Reflect on Proverbs 22:6 and your God-given responsibility as a parent or influencer on the next generation. Write out practical ways you can be positive and proactive in fulfilling this responsibility at this point in your life. (For example, it may be as simple as setting a strong example of your commitment to the Lord and living by His Word for kids to observe.) Decide to apply one or more of these insights in your relationship with your children or children you have influence on.