

# Anchored in Discipline

"All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness." Hebrews 12:11

## Your PLAN for implementing Discipline with your Littles:

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**Childishness** is behaviors appropriate to an immature person. For childishness we train, teach, guide and shape. For the most part, they'll grow out of these things naturally.

**Foolishness** by definition is "someone who disregards God's Word." Being Foolish is the opposite of being wise. We discipline foolishness because God instructs us to.

Ecclesiastes 10:2

Isaiah 32:6

Proverbs 26:11

Proverbs 18:7

Proverbs 22:15

# Seven Guidelines for Biblical Spanking:

(adapted from The Biblical Approach to Spanking by Chip Ingram)

## 1. Clear warning.

Your first interaction with your child about a situation should be verbal. A child should never be blindsided by the discipline you hand down to her. It should always be preceded by a clear warning, both for her sake and for yours.

## 2. Establish responsibility.

Asking "What did you do wrong?" allows them to think for themselves and own up to their behavior. Remember to always keep your focus on the child's behavior, not his identity. If Johnny says, "I'm a bad person" or "You don't like me anymore," affirm how much he is loved and how special he is, but turn his attention immediately back to his actions. You want him to understand that the act was wrong and that he is fully capable of doing the right thing.

## 3. Avoid embarrassment.

All that embarrassment accomplishes is shame. Instead, go to a private place. At home, that can be the bedroom. In public, it can be a trip to the restroom for a young child or a firm statement that "we need to talk later" to an older child. However you do it, don't damage your kid's esteem among their peers or even among strangers. Embarrassment can do a lot of damage that you'll have a hard time undoing later on.

## 4. Communicate grief.

When kids see the grief of their parents, they'll better understand how their sin affects God. They'll understand that God isn't shaking His fist at us every time we make a mistake, but He grieves just as a loving parent does when witnessing the destructive nature of disobedience.

## 5. Flick your wrist.

Remember the point of a spanking: It's to sting, to provide a painful deterrent to misbehavior, not to injure. When you spank, use a wooden spoon or some other appropriately sized paddle and flick your wrist. That's all the force you need. You want to be calm, in control, and focused as you firmly spank your child, being very careful to respect his body. If you're angry, walk away.

## 6. Sincere repentance.

Let them sit in your lap after a spanking and cry for a while. After a few minutes, ask "With whom do you need to make things right?" Answers may include God, you, another person.

## 7. Unconditional love.

End your time praying together. Praise God for your kiddo and the way he/she is so perfectly created. Thank God that your child chose to take responsibility and accept their discipline.

## Resources:

- [Shepherding a Child's Heart](#) by Tripp
- [The Connected Child](#) by Cross, Purvis, & Sunshine
- [Give Them Grace](#) by Fitzpatrick & Thompson
- [Don't Make Me Count to Three](#) by Plowman
- [Good and Angry](#) by Turansky
- [How They Learn](#) by Tobias
- [For Instruction in Righteousness: A Topical Reference Guide For Biblical Child-Training](#) by Forster
- [Love and Logic](#) by Foster
- [Creative Correction](#) by Whelchel
- [Boundaries with Children](#) by Cloud and Townsend

[The Five Love Languages of Our Children](#) by Chapman & Campbell

[Parenting: 14 Gospel Principles That Can Radically Change Your Family](#) by Tripp

[Wise Words for Moms](#) by Hubbard (she has a flip chart reference as well)

[Families Where Grace is in Place](#) by VanVonderen

[Raising Kids for True Greatness](#) by Kimmel

[Grace Based Parenting](#) by Kimmel

[Grace Based Discipline](#) by Kimmel-Murray

[Discipline that Connects with Your Child's Heart](#) by Jackson

Any personality books by Florence Littauer

