

Session One

Read: Ch. 1 (SaCH)

Read: Intro & Ch. 1 (CTT)

Getting to the Heart of Behavior

Main Concept:

Train the heart of your child with God's Word and right behavior will follow.

Each week, your facilitator will give to you the Student outline for Tedd Tripp's Shepherding a Child's Heart DVD teaching. **If you have not received the weekly outlines, please ask your facilitator.**

Please note: The weekly reading assignments from the text books, Shepherding a Child's Heart (SaCH) by Tedd Tripp and Child Training Tips (CTT) by Reb Bradley, will always be found in the upper right hand corner of each homework session. The DVD you view each week is based upon Shepherding a Child's Heart. Much of the information in the SaCH reading assignment will be repetitive based on the information from the video, and therefore simply a review. If you read your Child Training Tips and review Shepherding a Child's Heart, you will be able to complete your homework questions. If you are truly committed to completing your homework each week, you will surely experience transformation in your parenting. It will also enable you to participate in the class discussion and create a livelier classroom experience.

Day One--

Every week, take the Action Points at the end of the session and post them where they can be easily accessed. This tool will assist you in practicing the principles you are learning. Also, spend time in the homework each day so that you can better absorb and understand the material.

Through this course you will see verses and concepts that will be called "Key Verses" or "Key Concepts." They will be identified with a double key icon as you see below. These key verses or concepts will help you stay focused on the things that will be foundational in training your child. These points are flagged to keep the information from becoming overwhelming and to make it simple to review the most important facts in each session.

Memory Verses for the Family

Work on memorizing these Scriptures beginning today and continue throughout the rest of the week:

"Love the Lord your God with all your heart and with all your soul and with all your mind. Love your neighbor as yourself." (Matthew 22: 37 and 39)



"The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks." (Luke 6:45)

Parental Blind Spots

- 1.) Parental blind spots are a huge issue in parenting. Based on Reb Bradley's explanation found in the Child Training Tips reading assignment, describe a blind spot:

- 2.) Do you think you may have some blind spots, and if so, are you willing to change? Yes No

Do you desire to have your blind spots revealed for the sake of your child? You have very few years with him; how you train his heart in accordance to God's Word can make an incredible difference in his life. You may have had parents who were open to having their blind spots revealed for the sake of training your heart. If this was not the case, you can understand as an adult how much more difficult it is to retrain your thinking in areas that had not been submitted to Christ. If you are willing to be accountable and allow your blind spots to be revealed, you are opening the way for your child to enter adult life without deeply rooted sin issues. The impact this will have on your child's future is inestimable!

There are several reasons for blind spots, but the most significant one is that you may have a high tolerance for a certain behavior that is a sin issue in your life or the life of your child. Reb Bradley points out that you may even become defensive if someone mentions this area.

Take a moment to open your heart regarding these blind spots and offer them to the Lord. Ask Him, by the power of His Holy Spirit, to give you the ability to set aside your pride and humbly seek His revelations in your parenting. Becoming a godly mentor or role model to your child is intimidating, but it can be accomplished when done in humility.

Day Two –

Confusion Between “Raising” and “Training” Your Child

- 3.) According to Child Training Tips, what does the term raising mean? _____

- 4.) According to Child Training Tips, what does the term training mean? _____

- 5.) Reb Bradley explains that we are not merely to raise our children, but to train them (or “rear” them, defined as: to “twist unto greatness”). Both Reb Bradley and Tedd Tripp take it one step further. They agree that parenting is not just about training the behavior of your child. Look at the main concept at the top of this homework session and finish this sentence:

We are to train the _____

Training the heart with God's Word is the only way to help your child develop true wisdom from God's perspective.

There are many philosophies and movements declaring that when you educate a child to the highest degree, you will satisfy him and he will naturally respond in right behavior. This is actually a form of idolatry. A parent who unknowingly feeds into the natural pride of a child will increase the child's self-will and self-centeredness. This child is in danger of growing up demanding more and being unsatisfied with anything. He will not be a blessing to his family or others because he is not able to see past himself to someone else's needs. This child has been brought up as the center of the family, rather than as a part of the family team. God's Word is clear and for your benefit if you will only believe, practice and trust in His Word. When you make the knowledge of God's Word your child's first priority, showing him to seek first His kingdom and His righteousness, then everything he needs (including his education), will be given to him as well. (Matt. 6:33)

6.) It is assumed that your child is a blessing to you and his grandparents, however, can you honestly say that your child is a blessing to others? Would others describe him as godly (reflecting the characteristics of God)? _____

Ephesians 5:1 sets the standard of behavior:

"Be imitators of God, therefore, as dearly loved children."

Like your child, you are a work in process, and to be an imitator of God is your target, and you need to aim at the target in order to hit it.

7.) Please answer honestly: Do you deem the condition of your child's heart or mind to be the paramount issue? _____

Proverbs 4:23 tells us:

"Above all else, guard your heart, for it is the wellspring of life."

8.) Did you notice the words "above all else"? Is there any room to wonder if the focus should be strictly the mind? _____

Of course, choosing the heart over the mind does not negate the importance of the mind, but you must align your desires with God's desires for your child. Only then will you properly train him for the future that God has already designed. Give your child the gift of a heart trained by God's Word so that he can do all things through Christ who strengthens him (Phil. 4:13). This will be a lifelong process. When he enters school and is out from under your watchful eye for up to forty hours a week, will the focus still be the training of his heart? Heart training cannot end when your child enters school. In fact, Dad and Mom must work even harder at this point. When a child is away from home and exposed to the world, some of the philosophies he encounters will differ from the ones he learned at home. If a child is not established in his relationship with God and does not trust that His Word is truth and the authority in his life, he will be blown here and there by every wind of teaching (Eph.4:14). When back in the home, he must be able to count on being washed and corrected and trained by the Word of God. He must learn that God's Word cannot be head knowledge, but must also be heart knowledge that is practiced and experienced. Only Mom and Dad can hold a child accountable to his actions based upon the truths that he has been taught. Both parent and child must continually measure their actions with the barometer of God's Word (Ps. 119:11).

Day Three -

Understanding Human Depravity and Discovering Its Cure



Do you realize that your child was sinful at the time he was conceived and sinful from birth? Look up and read Psalm 51:5

9.) Write out Jeremiah 17:9 _____

10. According to God's perspective, as found in 1 Samuel 16:7 and 2 Chronicles 16:9, what is He looking for in you and your child? _____

God wants your heart to be turned toward Him.



Tedd Tripp observes that much of what a parent looks at and thinks about is altering the behavior of the child, but the focus must be on training the heart of your child.

The fact that you are sinful at birth is the reason for this focus. What would be the benefit of training your child to behave a certain way, if you leave him with a deceitful heart? Learning what God says about your child at birth helps you to lead him to the realization of his need for a Savior. But where do you begin? You can start with one verse out of God's Word that is foundational for training your child.

Refer to, and look up if necessary, Proverbs 22:15 from the DVD outline. This verse says that "folly is bound up in the heart of a child." Tedd Tripp differentiates between childishness and foolishness. Did you catch what he said in the DVD about the fool?

The fool says in his heart, "there is no God." (Ps. 14:1)

11.) The issue of chastisement will be addressed in later lessons, but according to Proverbs 22:15, what will drive this foolishness far from the child? _____



Childishness has no ill intent and is usually due to the child's honest ignorance about a certain situation.
Foolishness is rebellion against God in favor of self.

A child is being foolish when he has decided to be self-ruled, refusing to submit to the authority of God or any authority God has placed over him, such as Mommy and Daddy. The child is acting in rebellion. The child knows the biblical concepts or the rules and guidelines, but has chosen not to obey, placing himself in the position of authority, *taking the place of God*. This is very important to understand before you begin to learn how to discipline your child. First, you must be able to identify the

behavior: Is it childish or foolish behavior? Your disciplinary response will depend upon the answer to this question every time! This is big! Do not miss it.

Example of Childishness: Joshua is three years old; his mom and dad have been invited over to a friend's house with a pool in the backyard. Joshua has never seen a pool before and immediately runs to the edge to reach in for a floating ball. Joshua's parents react instantly and sweep Joshua up so that he will not fall in. They begin to very clearly teach Joshua about the dangers of being near the edge of a pool and the result of what can happen when he reaches for a ball that is floating in the pool. Joshua was ignorant about the dangers of a pool and his parents made the right choice to clearly teach him about the possible consequences.

Example of Foolishness: Later in the day, the adults are sitting and enjoying fellowship by the pool. Joshua has been playing with the older children but has momentarily traded the activities of the older children for the temptation of the water. Joshua looks around to see if anyone is watching and quietly heads back for the edge of the pool. Mom and Dad see Joshua and, once again, sweep him up away from the danger. Joshua was not ignorant this time – he was choosing rebellion over obedience. Joshua was ruling himself, taking the place of his parents and overriding their authority. By biblical default, he was taking the place of God and overriding God's authority. This action would be clearly defined as foolishness.

12.) Can you give an example of your child acting out in childishness? _____

13.) Can you give an example of your child acting out in foolishness? _____

14.) Begin to practice defining your child's behavior as childishness or foolishness.

In the example above, was the offense the child's act of getting near the edge of the pool, or was it the sin of rebellion and disobedience? _____

If you answered "rebellion and disobedience" you are correct. Those sins were played out in the circumstance of getting near the edge of the pool. You must stay focused on the sin issue and understand that the circumstance is just the avenue in which the sin issue is played out.

As you work to train your child according to biblical principles, you will not need to create rules for every new circumstance your child encounters. It will not be about "staying away from the edge of the pool." It will be about "obeying Mommy and Daddy" (Ephesians 6:1). This is an attitude of the heart. You will apply an overarching law that will guide your child's heart in every situation. This is the law of love for God and neighbor (Matthew 22:37, 39).

If little Joshua had obeyed his mom and dad, would he have fulfilled the law found in Matthew 22:37, 39?

15.) Love the Lord your God: Yes No

How? _____

16.) Love your neighbor: Yes No

17.) Who is his neighbor in that circumstance and how did he love them? _____

Just as Jesus refers to murder as already occurring as soon as you say “you fool,” or to adultery occurring as soon as there is lust of the eyes, the sin is not the act, but it is the attitude of the heart. The sin that is in the heart can, many times, be easily detected before any sinful action takes place. You can hear it in the words that come out of the mouth: Is it good or bad fruit? (Luke 6:43-45) Even if your child professes to love Jesus, his heart is actually far from Him when what he says does not show love for others. (Matt.15:8, 18). Remember, these concepts are the same for Mom and Dad. Tomorrow’s lesson will take it one step deeper.

Day Four -

Hanging Apples on the Apple Tree

You must become very aware of your responsibility to talk to your child about God’s Word and how it applies to the circumstances in his life. You must teach your child the Scriptures.

18.) Do you believe that training your child’s heart by teaching him God’s Word will have an affect on his behavior? _____ How? _____

The correct answer is “yes,” because God’s Word says that if you have hidden His Word in your heart, you will not sin against Him (Ps. 119:11).

Jesus said, “Out of the overflow of the heart the mouth speaks.” (Luke 6:45)

19.) Jesus drew the boundary at the heart, not just at the behavior. What does Matthew 6:19-21 and Matthew 15:8 say about this? _____

Jesus looked at the behavior of the Jews who appeared to be worshipping God. He declared that worship done with the mouth only is vain. You worship the Lord through how you live and by where you choose to store your treasures.

Looking at the examples in the Shepherding a Child’s Heart DVD outline, name some of the ways that you have been attempting to:

“Hang apples on the apple tree”

20.) Into which category of manipulation do your examples fall?

____ Emotional ____ Money ____ Rewards ____ Shame ____ Guilt

- 21.) Have you ever noticed that you have been able to constrain behavior but that the issues seem to reappear? Yes No
- 22.) According to your answer, why will you determine not to use this form of manipulation with your child again? _____
- _____
- _____

You may be wondering if it is ever O.K. to give your child rewards or money. Of course, there will be times when you will want to bless him, but there are guidelines that need to be considered. If you are promising a reward for good behavior, you are bribing your child. In other words, it is a bribe if you are telling your child that if he is good in the store, you will buy him a candy bar at the checkout counter. Right and wrong behavior is a moral issue, an attitude of the heart. You want your child to behave well and display godly attitudes because he wants to please the Lord by obeying his mom and dad. If you bribe him into good behavior you are robbing your child of the opportunity to learn that his behavior is his choice to love God and love others. If your child shows you that he can make right choices on a consistent basis, then you might want to occasionally reward him as a way of showing him that blessings can come with obedience.

When you are trying to train your child in a non-moral skill, such as riding a bike or learning their times tables, you can promise a reward or set up a reward chart to encourage this non-moral skill (Google search Christian reward charts for children to find some resources). Be careful not to confuse moral skills and non-moral skills. If it is an attitude of the heart, it is a moral skill.

As you further learn how to shepherd the heart of your child, you will solve issues and not just postpone them.

Day Five -

The Centrality of the Heart

Look at Matthew 22:37, 39 again.

Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' (Matt. 22:37, 39).

Because of the importance of this verse, it is necessary to review from the DVD the three points that outline your desire for your child:

- a. For him to know the living God
- b. For him to love Him with all his heart
- c. For him to love his neighbor as himself

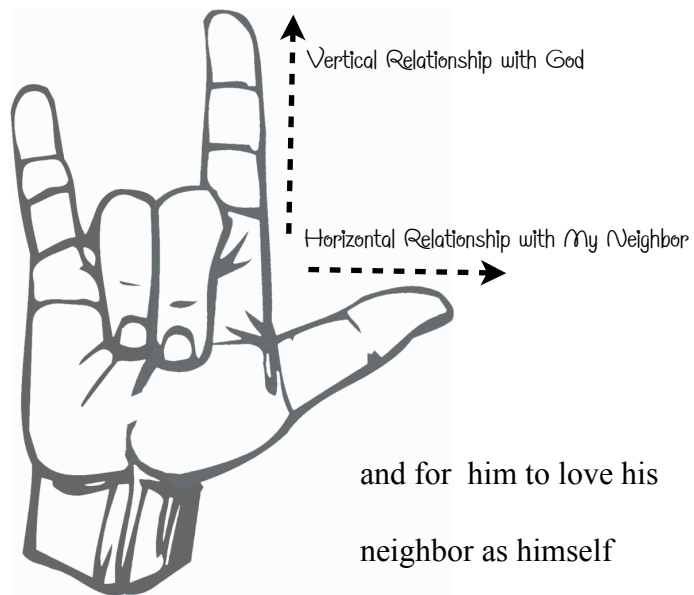
- 23.) In Matthew 22:40 what does Jesus say? _____
- _____
- _____

Everything that was taught through the prophets and every law that was set forth can be summed up in these two great commands. You can measure all your conversations, thoughts, actions and words by them. The overarching truth of these commands is LOVE. You will actively live this out moment-by-moment while you teach your child to do the same. Take a deep breath! This will not be easy, but the rewards are incredible! Your parenting adventure is beginning!

Look at the diagram below. You can begin to use this hand sign with your child. The position of the hand expresses the letter “I” and “L” in sign language, and together expressing, “I love you”. Teach this to your child and explain to him that the “I” represents the child’s choice and decision. It is a symbol of commitment. The “L” represents the word love. Then, quote Matthew 22:37, 39. Explain to him that the first part of this verse, “Love the Lord your God...” is shown in the pointer finger as it is directed to heaven, showing his vertical relationship with God. Read to him the first four commandments found in Exodus 20 and point out how they focus on how he is to love God.

The second part of Matthew 22:37, 39 is represented by the horizontal thumb. This represents your child’s relationship with all other people. Share with him the last six commandments and talk about how they deal with his relationship to those in his world. Matthew 22:37, 39 is a summation of the Ten Commandments, revealing why it is considered the fulfillment of the law. You will be able to use the sign with your child as you help him to memorize this verse. As your family adopts the sign, it will become a quiet reminder to your child as he plays a distance away from you at church, at the park, or in another public setting. As you lift your hand in the sign of “I love you,” he is reminded, not only that you love him, but for him to make his choice or commitment to love the Lord his God with all his heart, soul and mind, and to love others as himself. It is a gentle, quiet, loving form of training. With one sign to your child you will draw him into remembrance that everything he does is for the Lord. Faithfully teach him this Scripture and train him to know that Mom and Dad’s greatest desire is for him to know and love the living God with all his heart. In response to his love for God, he is then committed to loving his neighbor as himself. This love for others becomes another avenue to loving and worshiping God.

Your desire for your
child is for him to
know the living God
and for him to love
God with all his heart.



and for him to love his
neighbor as himself

Parenting is about training the heart of your child to know and love the Lord God and to train him to love his neighbor as himself.

24.) When you train your child’s hearts by using God’s Word, what “advantage” do you have regarding the Gospel? (You will find this answer in, Shepherding a

Consider Tedd Tripp's quote from the DVD. "When we help our children to see that they are being driven by what's going on inside and that there is hope for people like us and it's found in Christ and His grace and His power and His ability to change people from the inside out, when we talk about heart issues, then the Gospel is present."

25.) Will you work this week to prepare your child to receive the Gospel by training his heart according to God's Word? Yes No

First clean the inside of the cup and the outside will be clean as well. (Matt. 23:26)
The behavior will follow the heart. (Prov. 4:23)

Session One

Getting to the Heart of Behavior

Action Points

Day One

- Memorize Matthew 22: 37, 39 and Luke 6:45
- Pray for an open heart and open eyes regarding blind spots in your parenting.

Day Two

- Commit to making heart training the primary focus of each day.

Day Three

- Evaluate your child's behaviors and decide whether the actions are childishness or foolishness.
- You do not have to wait for the sinful action. Listen to your child's conversation and remember that the heart attitude is where the sin begins.

Day Four

- Evaluate your parenting. Are you
"Hanging apples on the apple tree?"

If this is true for you, work to break the habit.

Day Five

- Teach your child the hand sign for Matthew 22: 37, 39 so that he understands his vertical relationship to God and his horizontal relationship to others. Help him to see that his choices are guided by purposing to love God and love others.
- Aim to keep the gospel present as you correct your child.

Commit to continue these action points from this day forth

