Parenting Beyond Your Capacity

A Home Church Series based on the book of the same name by Reggie Joiner and Carey Nieuwhof. In this series, parents will be challenged to engage their families in a bigger story- one that draws their kids into a deeper relationship with Christ and invites outside influences that will help shape the direction of their lives. In order to gain as much as possible from this series, it's recommended that your group read the book, one chapter a week, in conjunction with these home church sessions. However, if you choose not to read the book, you will still gain a lot of great knowledge and background from these home church sessions.

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Home Church

The Orange Parent
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Favorite Color"
Ask each person to guess the favorite color of the person sitting directly across from them. Talk about why they chose that color.

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Psalm 127:3

1. How do you feel about your ability to parent your kids right now?

2. What part of being a parent is easy for you? What is especially difficult?

Learn- Watch the video found here: https://vimeo.com/95755394

Discuss-

1. In the book, Reggie Joiner says, "May of us discovered soon after our children were born that our parenting toolboxes were missing some of the tools we needed to be effective at the job." What tools do you have in your toolbox? What tools are missing? Where can you get those tools?

2. How does it make you feel to know that no one has more potential to influence your child than you?

3. Why do your kids need other influences in their lives beside you?

4. Knowing you are not equipped with everything your children need to succeed in life, what tools can The Chapel provide for your kids?

5. In your own words, what does it mean to be an Orange family?

Soul Care-

1. What temptations are you faced with as a parent?

2. Are you honest with your spouse and your kids?

Closing Prayer



The Orange Parent
Parenting Beyond Your Capacity Series

Scripture for the Week:
Joel 1:3
Psalm 78:6
Ephesians 4:29
Deuteronomy 6:6-7
Proverbs 17:6

My Response:
Being an Orange church means that The Chapel partners with you to build a faith foundation in your kids. Great resources are being offered to you on a regular basis. Circle those that you are currently taking advantage of:

Impact Parent/Child Small Groups
Kids' Drive it Home Homework
Worship Service Drive it Homes
Family Ministry Newsletter
Parenting Resources in the Chapel Store
Special Events
Children's Ministry
Youth Ministry

How can you better take advantage of these resources?

What are some other community resources you use to enhance your parenting and provide a positive influence in your kids' lives?

Ask Your Kids!
How am I successful as a parent?

Where do I need to improve?

Drive it HOME

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Drive it HOME

Stock Family Syndrome
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Family Photos"
Ask everyone in your group to bring a funny family photo to share.

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Proverbs 20:11

1. How do you think your children are known and seen by others?

2. With what temptations are your kids currently struggling?

Learn- Watch the video found here: https://vimeo.com/95756046

Discuss-

1. Describe your vision of the "perfect family." From where did your idea of the perfect family come? How does your family measure up to that vision?

2. Do you put pressure on yourself and your family to become this "perfect family?"

3. "Family is messy. Parenting is hard. This is no single model… For most of us, *real* is much closer to home than *ideal.*" *(p. 47, Parenting Beyond Your Capacity)* What are some things about your family that you consider less than ideal? How do you think God feels about the imperfections of your family?

4. Do you feel that God can use you to impart a spiritual legacy to your kids?

5. How does the way you view God impact the way you view and lead your family?

Soul Care-

1. What negative lessons might you be unintentionally passing on to your kids?

2. Do your kids see you seeking God?

Closing Prayer



Stock Family Syndrome
Parenting Beyond Your Capacity Series

Scripture for the Week:
Psalm 103:17
Exodus 12:24-27
Psalm 139:13-16
Ephesians 2:10
Matthew 18

My Response:
"Too many of us buy into the myth that we need to become the right kind of parent before God can use us. In reality, God is longing to tell His story through our imperfections and brokenness." (p. 45, Parenting Beyond Your Capacity)

What aspect of your family life do you sometimes feel is not "good enough?"

How might God be able to use that as a part of His bigger story?

Where do you need to improve as a parent? Where can you go for help and resources?

In looking at the way you were raised, how does this affect the parent you are today? What areas do you hope to improve?

Ask Your Kids!

What is something you like about our family?

What is something you'd like to see changed?

Drive it HOME

Stock Family Syndrome
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Drive it HOME

Widen the Circle
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Circles of Influence"
Give everyone in the group a piece of paper. Ask them to think of the environments where they have the opportunity to influence children- either someone else's kids or their own. Tell them to draw a circle for each environment and write down the names or groups of children with whom they have influence in that group. For example: "Coaching- baseball players" "Family- my kids" "Home Church- friends' kids"

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Deuteronomy 6:4-7
Imagine you were with Moses when he gave this speech to the Israelites. Would it come as good news or would you feel overwhelmed? Why?

Learn- Watch the video found here: https://vimeo.com/95757672

Discuss-

1. When you were young, was there another adult in your life (besides your parents) who gave you good advice and invested in you in a positive way? What impact did this relationship have on you?
2. How might your teenage years have looked different if another adult had invested in your life? What knowledge or values would have been helpful to you during this time?
3. "The right community is not only important because of what it gives to your children, but also because of what it requires from your children." Why is it important for kids to not only be "in" the church but to also "be" the church?
4. Besides the church, where else might you seek to find positive influences for your children?
5. As parents in a community of faith, it's important that we seek to widen the circle for our own kids while being the circle for other's kids. How can you become that circle of influence for the kids of people in this group?

Soul Care-

1. What is the condition of your soul? How does that affect your home life?

2. What have you been holding back that you need to surrender?

Closing Prayer



Widen the Circle
Parenting Beyond Your Capacity Series

Scripture for the Week:
1 Peter 3:15
Colossians 4:6
Mark 16:15-16
Romans 1:16
Matthew 28:18-20

My Response:
As our kids get older, it's extremely important to learn to maneuver the level that connects your child to relationships with those outside your home. Think of a minute about the people your child spends time with outside the home. Are these people saying the same things you would say? What are your kids learning from the way they live their lives?

Are there any people in particular you'd like for your children to spend more time with?

Are you taking advantage of the positive influence of small group leaders at The Chapel in youth and children's ministries?

Ask Your Kids!

If you felt that you couldn't talk to me about something, to whom would you feel comfortable talking?

What are the names of 3 adults you would like to get to know better? What do you see in their lives that draws you to them?

Drive it HOME

Widen the Circle
Parenting Beyond Your Capacity Series



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Drive it HOME

Imagine the End
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Inheritance"
Ask everyone in the group to bring something they have received from an inheritance or represents their family's heritage.

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- 2 Timothy 3:17

In what ways do you feel thoroughly equipped to parent your kids?

In what ways do you feel unequipped?

Learn- Watch the video found here: https://vimeo.com/95758644

Discuss-

1. What do you think God is most concerned about: what you do, what you acquire, or who you become?

2. "It really doesn't matter what our kids know if they don't know what really matters." (p. 83, Parenting Beyond Your Capacity) What is it that really matters?

3. When you think back on the past month, where did you spend most of your time as a parent? What were you dealing with on a regular basis? Handling urgent things (like sleep, nutrition, discipline) often means that significant personal development (like spiritual growth, wise decision-making skills, and morality) never makes it to the top of the priority list. How do you handle this tension in your home?

4. Read Deuteronomy 6:4-7. How does society help or hurt you as you try to focus on the most important things in life? How does Deuteronomy 6 help you stay focused?

Soul Care-

1. This week, have you been a testimony of the greatness of Christ to your kids and spouse?

2. Have you exposed yourself or your kids to impure media or music?

Closing Prayer



Imagine the End
Parenting Beyond Your Capacity Series

Scripture for the Week:
Matthew 5:16
1 Corinthians 9:22
Proverbs 22:6
2 Corinthians 12:9
Mark 12:30

My Response:
Ask God to help you gain a clear picture of who you want your children to become as they grow to become adults.

- What will their relationship with God look like?
- How would you describe their character as an adult?
- What would those who are close to them say about them?

Ask God to help you focus more on who your children are becoming than what they are doing at any given moment. Watch how your attitude, your perspective, and your priorities begin to change as you parent your children with the end in mind.

Ask Your Kids!

What do you want to be when you grow up?

What kind of person do you want to be?

What do we need to do right now for that to be true of you when you grow up?

Drive it HOME

Imagine the End
Parenting Beyond Your Capacity Series



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Drive it HOME

Fight for the Heart
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Memories"
What is your favorite happy family memory from when you were young? Why was that event so significant in your life?

Five Minute Reflection- share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Titus 2:7

How do you feel about the example you are setting for your children?

What is an area of weakness? How can you make improvements in that area?

Learn- Watch the video found here: https://vimeo.com/95762880

Discuss-

1. Talk about the home in which you grew up. What was the approach to rules and discipline in your home? Were rules enforced in the context of a loving relationship? How has that influenced the way you parent your children?

2. "Every family fights, but there is a world of difference between when you fight with someone and when you fight for someone. When you fight with someone, you want to win. When you fight for someone, you want that person to win. When you fight with people, walls are built up. When you fight for people, walls come down. When you fight with people, relationships are jeopardized. When you fight for people, relationships are prioritized." (p. 101, Parenting Beyond Your Capacity) Think back to the last time you fought ***with*** your kids. What happened? Now think back to a time you fought ***for*** them. What was the difference? What impact did the two experiences have on your relationship?

3. How can you challenge yourself to stop fighting ***with*** your kids and start fighting ***for*** your kids? What is your plan to do things differently next time?

Soul Care-

1. Have you been honoring, understanding, and generous with your kids this week?
2. Have you damaged your kids with your words this week, either behind their backs or to their face?

Closing Prayer



Fight for the Heart
Parenting Beyond Your Capacity Series

Scripture for the Week:
Colossians 3:15
John 16:33
1 Peter 3:11
Matthew 5:9
Hebrews 12:14

My Response:
Make a list of everyone in your house. Off to the side, write down what you are most likely to fight about with that person. Why do you think these things tend to be hot-button issues for the two of you?

How do you think you can work toward getting to the root of the issue? Think how you can work out a solution that is a win for both of you? (Finding this solution may take time- what you fight about may not be the root issue.)

Make a list of places where some of your best and most honest conversations with your children have occurred. Was it tucking them in bed, driving in the car, playing catch in the yard, or doing a project together? How can you intentionally plan more of these times?

Ask Your Kids!

What is something we often fight about?

Why do you think that happens?

How do you feel when we fight? How can we fight for each other instead of with each other?

Drive it HOME

Fight for the Heart
Parenting Beyond Your Capacity Series



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Drive it HOME

Create a Rhythm
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Name that Tune"
Tell the group a line from one of your favorite songs and see if they can guess the next five words, the name of the song, and the artist.

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Deuteronomy 6:6-8

Why do you think Moses picked times like morning, mealtime, travel time, and bedtime?

When are you most likely to talk about faith with your kids?

Learn- Watch the video found here: https://vimeo.com/95763724

Discuss-

1. How much is God a part of the normal rhythm of your life?

2. "Things that become part of the daily rhythm are the things our family will come to believe are most important. Rhythm silently but significantly communicates value." (p. 122, Parenting Beyond Your Capacity) What rhythms and patterns have you developed with your family? What makes them fun and worthwhile?

3. "It's not quantity or quality time you need as a family- it's the quantity of quality times." (p. 135, Parenting Beyond Your Capacity). When does quality time happen between you and your children during the predictable moments of your day? What can you do to be more intentional at these times with your kids?

4. Think back over your own faith journey and recall some of the most natural and authentic faith conversations you've had with people. What made them powerful for you? What was the setting? How did the conversation get started?

Soul Care-

1. Have you spent time listening to and hearing from God this week?

2. Are you the parent God wants you to be?

Closing Prayer



Create a Rhythm
Parenting Beyond Your Capacity Series

Scripture for the Week:
2 Timothy 2:15
Revelation 1:3
Psalm 119
Psalm 32:8
Psalm 1:2

My Response:
During your formative years, in what way (if any) was discussion about faith and life integrated into the rhythm of your family life? Would you describe that conversation (or lack of conversation) as healthy? What can you learn from that? How has that impacted the way you approach faith in your own family?

Spend time looking at your schedule. What time do you have to spend talking about faith with your kids? Create a plan for driving faith home with your kids. What will you do in the morning? What will you do in the car? What will you do at bedtime? What will you do at mealtimes?

Ask Your Kids!

How do you feel when we talk about faith at home?

What is something we can do at home to strengthen your faith?

What are your favorite ways to learn about God?

Drive it HOME

Create a Rhythm
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How do you feel when we talk about faith at home?

What is something we can do at home to strengthen your faith?

What are your favorite ways to learn about God?

Drive it HOME

Make it Personal
Parenting Beyond Your Capacity Series

Opening Prayer

Community Builder- "Movie Star"
If you could go back in time and be the star of any movie ever made, which one would you choose and why?

Five Minute Reflection- Share any spiritual insights that were revealed or any additional questions they had from the previous week's discussions.

Scripture Focus- Deuteronomy 6:4-6

How would the way you spend your time look different if you took these verses to heart?

Why is the health and growth of your personal relationship with God important to your children?

Learn- Watch the video found here: https://vimeo.com/95769374

Discuss-

1. Where do you see spiritual growth in your life in the last year? In the last month?

2. Are you where you want to be spiritually? How can you begin to work toward that goal?

3. Do you prioritize time with God? Do you need to stop doing something in order to do what's most important?

4. Do you have a community of parents with whom you can seek out support and help?

5. If you are married, are you dating your spouse and prioritizing that relationship? If you are single, how can you strive to be at peace with your child's other parent?

6. "Whatever you want your children to become, you should honestly strive to become as well." (p. 157, Parenting Beyond Your Capacity) Why is it important for our kids to see us working on our character? How do they see authenticity and transparency in your life?

Soul Care-

1. Are you spending time alone with God?
2. Is your thought life pure and honoring to God?

Closing Prayer



Make it Personal
Parenting Beyond Your Capacity Series

Scripture for the Week:
2 Timothy 3:16-17
Matthew 4:4
Joshua 1:8
Hebrews 4:12
Psalm 1:2

My Response:
Have you ever come to a time in your life that you were emotionally and spiritually "spent" – that you had used up all the energy in your reserve tank and had nothing else to pull from? Looking back, why do you think you reached that point?

Spending time with God fills our tanks and helps us overflow God's love to our kids. Think about the times you feel closest to God. How can you intentionally create more of those times?

Ask Your Kids!

When do you feel closest to God? When you pray? At church? Playing outside with friends? Reading Bible stories?

How can I help you have more of those close times with God?

Drive it HOME

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