



THE POTHOLES OF PARENTING: PART 2

Reflection/discussion guide

- Think about a time that you experienced the feeling that someone else was discontented with you. Maybe it was a parent, teacher, coach, family member, or friend. What feelings and memories come up as you think about someone else being discontented with you?
- Now, think about a time that you were discontented with one of your children. What was the circumstance? What did he/she do or not do? Why were you so discontented? How did you respond or react in word or action? Do not think of this as a confessional time but rather a time of reflection and awareness development.
- As mentioned in the video, “a legacy of children carrying those types of memories awaits the parent who is consistently discontented with their kids.” Wow! Whether you experienced discontentment as a child or felt it as a parent, it is true that with discontentment comes a powerful legacy. Reread and sit with the weight of this quote.
- Time for some honest self reflection. Which of the 4 “C’s” do you struggle the most with? Why?
- Revisit the “C” that you struggle the most with. Reread and write down the way to break or avoid this part of the discontentment cycle. Share some practical ways that you will break or avoid this part of the discontentment cycle.
- Read Romans 8:1 four times – “Therefore there is now no condemnation for those who are in Christ Jesus.” There is such freeing power in this verse. Spend some time in prayer. Pray that you can be freed from the bonds of condemnation that bind you OR that you have may have used to condemn your child. Start fresh today!