



## THE PUSH-AND-PULL OF PARENTING

Reflection/discussion guide

Do this activity on your own, as a couple or in your small group and discuss together.

- There are lots of things vying for your attention, time and energy. The video addressed three main areas that push-and-pull you in parenting. How do you feel decision-making is pushing or pulling you? Your schedule? And technology?
- Having a solid foundation based upon Psalm 46:10 is vital to your relationship with God. And that foundation will then impact your relationship with your child. What needs to change in your decision-making, schedule and technology in order to first push to be still and know God?
- The ultimate goal in parenting is to raise lifelong interdependent followers of Jesus. 1 Peter 1:15-16 reminds us what it looks like to be holy, or set apart. What is your prayer for your child in how he/she will be set apart? What is your prayer for yourself, as a parent, in how you will be set apart?
- Take a look at each individual relationship with each of your children. What would quality time look like for each child? It probably looks different for each child, so take time to personalize it. And how can you potentially get more quantity time in with each child?
- Think about a time you had to pull together as a family. Why did you have to pull together? What could you have done differently? If you are currently going through a time that you need to pull together as a family, think about what that could or should look like. In good AND tough times, you and your family can draw closer than ever before.
- You are probably doing a LOT of good and even great things with your time, energy and attention. But how do you make the tough decision of what you need to pull out of in order to have the best? Make the hard decision as to what you need to pull out of. Be specific and take a risk to say, "No" to something so you can say, "Yes!" to the best.



## The Push-and-Pull of Parenting

### 3 Sources of Pushing & Pulling:

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- \_\_\_\_\_
- \_\_\_\_\_

*Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world.*  
*Psalm 46:10*

**Push** \_\_\_\_\_

**Push** \_\_\_\_\_

*Always live as God's holy people should, because God is the one who chose you, and he is holy.  
 That's why the Scriptures say, 'I am the holy God, and you must be holy, too.'*  
*1 Peter 1:15-16*

**Push** \_\_\_\_\_

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**Pull** \_\_\_\_\_

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**Pull** \_\_\_\_\_