

# A Parent's Guide to Developing a Discipline Plan



**BY NESTOR AND DINA LIMA**

# A Parent's Guide

## To Developing a Discipline Plan

*A refusal to correct is a refusal to love; love your children by disciplining them.*

*—Proverbs 13:24 (MSG)*

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This is a supplement guide for *Beyond Parenting: Building a Godly Dynasty*

## The goal of discipline is to build godly character.

Raising children without proper discipline is setting them up for failure.

It is important that parents take the time to develop a discipline plan. Rather than be overcome by anger and frustration during moments that demand correction, a plan will help you stay focused on developing character in your children. We suggest married couples work on the plan individually then share your ideas and work out any differences until you reach full agreement. For support and accountability, single parents should seek a trusted friend (who shows to have a good relationship with their children) or your *Beyond Parenting* group. Seek professional help if you need assistance in this area.

Like any parent, we dealt with issues of disobedience and sibling rivalry when our daughters were young. Confronting those issues head-on truly paid high dividends. Today, our daughters are best friends and love and care for each other. We would not enjoy the strong and healthy relationship we have today had we not remained steadfast in correcting bad behavior in their younger years. We did not allow disrespect and fighting among them, which never ends well (remember Cain and Abel?). Sometimes it required the wooden spoon, and at other times ministry moments were necessary to help our daughters shape a godly character. In our home we enjoy an atmosphere of peace, joy, love, acceptance and forgiveness.

Our children will mess up, just as we adults do. They will make mistakes. It is our job to gracefully and purposefully discipline them in a constructive manner that will shape a God-honoring character. We do good to heed God's Word: "Do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord" (Ephesians 6:4 TLV).

Will we mess up in our disciplining?

Yes. As human beings we are flawed and our humanity will show up. A sincere apology goes a long way to mend the relationship with your children and help you start fresh.

## Step 1: Define Parenting

How you define parenting will determine how you parent.

1. How do you define parenting currently?

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2. Consider what the Bible says about parenting (Deuteronomy 6:4-7, Psalms 127:3, Proverbs 22:6, Ephesians 6:4, Colossians 3:21)

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3. How do you define parenting based on a Biblical worldview?

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## Step 2: Describe your views and experiences on discipline

1. How do you view/define discipline?

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2. How do you view/define punishment?

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3. How were you disciplined/corrected when you were growing up?

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4. Would you use the same methods your parents used? Why or why not? Which methods will you filter out?

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5. Consider what the Bible says about discipline (Proverbs **3:11-12**; 12:1; **13:24**; 19:18; 22:15; **23:13-14**; 25:28; 29:17; Deuteronomy 8:5; Ephesians 6:4; Hebrews 12:10-11)

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6. According to **Hebrews 12:11**, what is the **purpose** of discipline?

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7. What is the difference between discipline and punishment?

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8. What has your goal for discipline been in the past?

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9. What is your goal for discipline now?

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### Step 3: Design your Discipline Plan

1. What methods will you use to discipline/train your children? (i.e., loss of privileges, etc.)

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2. Will you include corporal discipline (i.e., spanking) in your plan? Explain why or why not.

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3. What is a “spank”?

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4. If you plan on applying corporal discipline, include details such as:

a) At what age will you **start**? At what age will you **stop**?

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b) What specific actions will warrant corporal discipline?

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c) What physical object will you use (i.e., wooden spoon)?

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d) On what part of the body will you apply it? How many spanks?

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e) Where will it take place?

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f) What will you do after disciplining your child?

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5. Once your children reach their **pre-teens** (and beyond), what methods will you use to correct undesired behavior?

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6. Describe which methods you will employ to encourage and affirm **positive behavior**.

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7. What **undesired behaviors** will earn what correction?

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8. What **rewards** will you make available?

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9. What **good behaviors** will earn what rewards?

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*“The proper attitude towards a child's disobedience is this: I love you too much to let you behave like that.”*

—Dr. James Dobson

*American evangelical Christian author, psychologist, and founder in 1977 of Focus on the Family*

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- Be the best mentor and coach your children need
- Transfer your values to your children effectively
- Design a lasting spiritual legacy for your current and future generations

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