

A GUIDE FOR INDIVIDUALS AND PARENT SMALL GROUPS



FOREWORD BY JEFF FOXWORTHY



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PARENTING BEYOND YOUR CAPACITY

CONNECT YOUR FAMILY

TO A WIDER COMMUNITY



PARENTING BEYOND YOUR CAPACITY

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HOW TO USE THIS GUIDE

ABOUT THIS GUIDE

The purpose of this guide is to help you and your parents get the most out of the book Parenting Beyond Your Capacity. Each session of this guide has three parts:

Video - to introduce you to the key parenting principle of each chapter. And . . .

Questions - to get you into the key parenting principle of each chapter. And . . .

A **parent activity** - to help you implement the key parenting principle of each chapter.

SOME GREAT WAYS TO GET STARTED

First, you'll want to decide whether you'll work through this guide by yourself, lead the parents of your church through it or enable your adult small group leaders to lead your church's small groups through it. If you work through it initially by yourself, you'll definitely want to lead your parents through it later.

To get your copy of Parenting Beyond Your Capacity, click on one of these links:

- Get the print book from **Orange**.
- Get the iBook from **Apple**.
- Get the print or Kindle edition from **Amazon**.

All study questions are also included at the end of each chapter in the book.

To download the companion Small Group Videos go to theparentcue.org/downloads/

To download the companion "PBYC Study Promotion Kit," go to GoWeekly.org

HOW TO USE THIS GUIDE

Next, if you choose to work through this guide with your parents, we recommend planning six meetings to discuss the book. (Either at your church building or at homes through your small groups.) For weekly meetings, we suggest 60–90 minutes for each session.

Use the “PBYC Study Promotion Kit” resource weeks before your first meeting to inform your parents about the book study.

Download the Parenting Beyond Your Capacity book study videos.

If you’re doing the study through small groups in homes, we suggest you meet with your adult small group leaders and briefly go over the study sessions and videos.

These are just a few options for getting the most out of this guide and Parenting Beyond Your Capacity.

SESSION ONE

READ: Pages 23–56

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Stock Family Syndrome” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: ICE BREAKER

Provide paper and crayons/markers and ask each person to draw a picture of their family to share with the rest of the group. Stick figures are totally acceptable and don't forget the family pets!

PART 2: QUESTIONS

1. Describe your vision of the “perfect family.” Where did your idea of the perfect family come from? How does your family measure up to your vision?

2. Do you put pressure on yourself and your family to become this image of the “perfect family”?

SESSION ONE

3. How does the image of what you think you're supposed to be affect the way you parent your children?

4. 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?

5. Based on what you've read in this chapter, how does God really feel about your family? How does the way you view God impact the way you view and lead your family?

6. How have you seen God show up in the happy times of your family? How about in the heartbreaking times?

7. How might the way you see your family change if you started to have the perspective of God's bigger story—that He's redeeming and restoring your family for His purposes?

Wrap up by praying for one another about what God wants to do in the coming weeks as you rediscover your family's role in God's bigger story.

SESSION TWO

READ: Pages 57–80

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Widen the Circle” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: QUESTIONS

Key question: How am I connecting my child to a wider circle of influence?

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. Many of you didn't have another adult who invested in your early years. How might your teenage years have looked different if another adult had been pouring into your life? What knowledge or values do you wish someone had instilled in you as a teenager?

SESSION TWO

3. How many trusted adults are speaking into your child or teenager's life? What fears and hopes do you have about other leaders being involved in your child or teenager's life?

4. Why does it often feel like you're flying solo as you raise your kids? What next steps could you take, or where could you look in order to widen the circle for your family? How could you and your children begin to experience deeper community?

5. How does the right kind of community create a healthy environment for you to grow as an individual? Specifically, how do you see community being a benefit to your kids?

6. How connected are you to your child's small group leader? How can you and your child get to know them better?

7. How might the way you see your family change if you started to have the perspective of God's bigger story—that He's redeeming and restoring your family for His purposes?

SESSION TWO

Read Deuteronomy 5:1 together as a group.

“Moses summoned all Israel and said: Hear, O Israel, the decrees and laws I declare in your hearing today. Learn them and be sure to follow them.”

Read Deuteronomy 6:4.

“Hear, O Israel: The Lord our God, the Lord is one.”

Read Deuteronomy 6:5–7.

“Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children.”

Remember when Moses gave this speech, and imagine being gathered with the Israelites to listen. Imagine hearing that talk as a parent—would it come as good news or would you feel overwhelmed? Why?

REFLECT: Imagine hearing the message as someone without kids. If you were a mentor or significant voice in the life of someone else’s child or teenager, what could you do to develop a stronger relationship with that child? How would you talk to him or her about faith? How would you develop a trusted friendship with the parents?

PART 2: PARENT ACTIVITY

Schedule a multi-family game night with the people in your small group. Play. Laugh. Bond.

Wrap up by discussing this week’s parent activity and praying together for wisdom and courage to widen the circle.

SESSION THREE

READ: Pages 81–98

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Imagine the End” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: QUESTIONS

IMAGINE THE END

Key question: Who do I want my child to become?

1. Fast-forward to some of the big moments in your children’s future: getting a diploma, getting a first job, getting married. Picture the scene in your mind. Who is there to celebrate? How are your children participating in this big moment? What have they done to get there? What is happening in the relationships closest to them? What does your relationship with them look like?

SESSION THREE

2. 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?

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

4. 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?

5. Reggie talked about a clock in his house that reminded him to focus on God every time he heard it chime. What tangible object does your family encounter every day that could serve as the same kind of reminder?

SESSION THREE

PART 2: PARENT ACTIVITY

Ask God to help you gain a clear picture of who you want your children to become and write down a few words to describe the vision you have for each of your children. Place the words where you and your children can see them every day.

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

Wrap up by discussing this week's parent activity and praying together for focus on what's most important for the future of your children.

SESSION FOUR

READ: Pages 99–118

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Fight for the Heart” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: QUESTIONS

FIGHT FOR THE HEART

Key question: How am I fighting for the heart of my child?

1. Talk about the home you grew up in. What was the approach to rules and discipline in your childhood home?

2. Were rules enforced in the context of a loving relationship? Were the rules sometimes sacrificed for the sake of the relationship, or did relationships become secondary to enforcing the rules? How do you think this has impacted your home—positively or negatively—today?

SESSION FOUR

3. Think back to the last time you fought with your kids. Now, think back to the last time you fought for them. How did each of those experiences leave you feeling? What are your insights on the value of fighting for your kids rather than with them?

4. 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?

5. How do you think you can work at getting to the root of the issue? In other words, what do each of you really want in the situation? (Note: What each of you really wants might not be obvious—it might not be the specific thing you're fighting about.)

6. 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?

In the movie "Father of the Bride," there's a great scene with Steve Martin's character (George Banks) and his daughter, Annie. Things haven't turned out the way he expected, and the conversation escalates. But then George gets an idea. He and his daughter talk things through on the driveway basketball court—a place where they'd spent many hours through the years building their relationship.

SESSION FOUR

Read Deuteronomy 6:5.

“Love the Lord your God with all your heart and with all your soul and with all your strength.”

REFLECT: Why do you think God established love, rather than obedience, as a priority over all things? Is this principle hard for you to relate to in your own relationship with God? Take some time today to pray for every person in your family and your relationship with them.

PART 2: PARENT ACTIVITY

Seek to recreate scenarios like the scene from “Father of the Bride” for natural conversations when neither of you are upset. Talk about these insights with your spouse or another parent so you can encourage each other.

Wrap up by discussing this week’s parent activity and praying together for endurance to fight for the hearts of your children.

SESSION FIVE

READ: Pages 119–150

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Create A Rhythm” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: QUESTIONS

CREATE A RHYTHM

Key Question: How has spiritual development been part of our family rhythm this week?

1. When you were growing up, what were some of your favorite family traditions or routines? What were some of the routines or traditions you didn't enjoy? Why were some enjoyable and some not?

2. What rhythms and patterns have you developed within your own family today? How did they originate? What makes them fun? What makes them worthwhile?

SESSION FIVE

3. During your formative years, in what ways (if any) were discussions about faith and life integrated into the rhythm of your family life? Would you describe those conversations (or lack of conversations) as healthy? What can you learn from that? How has that impacted the way you approach faith in your own family?

4. Although we've already spent significant time in Deuteronomy 6 in this book, look at it again, reading verses 6-8 closely. Why do you think God chose times like morning time, mealtime, travel time and bedtime to discuss His ways?

5. What kinds of exchanges tend to 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?

6. 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?

7. What can you learn from the experiences that led to your own spiritual growth that might help you more effectively integrate faith into your family life?

SESSION FIVE

Read Deuteronomy 6:6-7.

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

REFLECT: Why do you think God established love, rather than obedience, as a priority over all things? Is this principle hard for you to relate to in your own relationship with God? Take some time today to pray for every person in your family and your relationship with them.

PART 2: PARENT ACTIVITY

Pick one thing your family already enjoys doing together and make it a fun tradition where you’re also intentional about having faith conversations. Here are a few ideas to get you thinking: Pancakes in PJs, a family walk, Sundaes on Sunday—the possibilities are endless! Be ready to share your new tradition with your group next week.

Wrap up by discussing this week’s parent activity and praying together for consistency and dedication as you create rhythms in your home.

SESSION SIX

READ: Pages 151–192

DO: Respond to each of the questions below on your own.

WATCH: Meet with your small group to watch the “Make It Personal” video.

DISCUSS: Meet with your small group to talk about your responses.

PART 1: QUESTIONS

MAKE IT PERSONAL

Key Question: Is my relationship with God growing, authentic and personal?

1. Sometimes it's hard to remember life before children. Did you have more time for yourself back then? What were some of your favorite things to do to get reenergized?

2. How do you spend your days? Make a quick list of all the things you typically do in just one day. Which ones require the most energy and time? Is anything on the list something that fills you and energizes you as an individual and not just as a parent?

SESSION FIVE

3. Spend a few moments reflecting on the times in your Christian journey when you felt closest to God. What were you doing, or what was happening at the time that made you feel this way?

4. What can you do to intentionally recreate these times? Write down your plan.

5. Many times it helps to partner with your spouse or another parent to take turns watching the kids so you can get away for a while. How can you be intentional about making time for yourself? Who are some people who can help you achieve this goal? What are some ways you can help your spouse?

Read Deuteronomy 6:4–6.

“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts.”

REFLECT: 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? If you were to summarize this passage for your kids, what would you say?

SESSION FIVE

PART 2: PARENT ACTIVITY

Talk with your children about the times when they feel closest to God. Is it when they pray? When you tuck them in at night? When they're exploring nature? When they're at church? Write these times next to each family member's name on a calendar so everyone can see that investing in your relationship with God is a priority in your family. .

Wrap up by discussing this week's parent activity and praying together for commitment to personal spiritual growth.

MORE FROM ORANGE



Just a Phase Books

A phase is a time frame in a kid's life when you can leverage distinctive opportunities to influence their future. It's more than just waiting for a series of undesirable characteristics to pass. The Just a Phase series of books will help parents make the most of the time they have with their kids by giving them what they need in a way that connects with their unique stage of life, from birth to graduation.



The **Parent Cue App** provides you with simple CUES throughout the week that remind you to pause and make the most of everyday moments. Every month, Parent Cue will focus on one specific virtue, or life application. You will receive prompts for videos, activities, discussion questions and more that will help you connect with your child around this one key virtue. These prompts will come in the form of Drive Time videos, Hang Time activities, and Meal Time discussion starters to help you fit them into the day-to-day moments of your routine. There's even a section just for you called Parent Time that's filled with parent blogs, podcasts, and more.



Playing for Keeps / Losing your Marbles is a book for anybody who interacts with a kid or teenager every week--from a parent to a coach to Small Group Leader. Anybody. Playing for Keeps explores six things every kid needs over time, and provides 18 practical ideas for anybody who wants to make what really matters matter more.

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MORE FROM ORANGE



Legacy Countdown was designed specifically for anyone who works with kids or teenagers. When you count the weeks you have left with a kid, you stand a better chance of making your weeks count. Legacy Countdown is simple. Enter a child's name and graduation date or birthday and a countdown clock for that child will begin. This provides a way to visualize the time you have left with a child, and when you see how much time you have left, you tend to do more with the time you have now.



52 Weeks Calendar

52 Weeks. That's the amount of time parents and leaders have to spend with their kids this year. So, make them count. As you flip through each beautifully illustrated page of this customizable calendar over the next 52 weeks, you will be inspired and motivated to give kids one of the six things kids need over time so you can continue to play for keeps. You will also have a place to record some of the ways you are investing in them each week so you can look back and know that what you are doing over time is making a lasting impact.



TheParentCue.org

As a parent, you probably aren't looking for more information, you want better information. You aren't hoping for more responsibility, you want deeper relationships. You don't need more activities, you want your activity to matter more. The goal of the Parent Cue blog is to remind you why what you do is so important, to help you focus on what matters most, and to discover parenting along with you, so you know you're not in this alone. Not all at once. Just little by little. Week by week. We want to cue you so you can make the most of the weeks you have with your kids.

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This breakout was a commercial for the new book, "Parenting beyond your capacity." However, I don't think there's anything wrong with that. This book is going to be a powerful new resource for parents and I think a lot of people are going to be really excited about it. The every day dishes are what we're comfortable with, what we use day in and day out and they experience the joys and pain of life. Spiritual formation needs to be like the routine of using our everyday dishes. The parenting strategy needs to follow the same kind of rhythm. The book follows the five family values Reggie Joiner promotes in the Orange strategy also found in his book Think Orange. They include