

GROUNDED

DAVE & BETH POCTA

Being a Spiritual Parent

A Bible Study

INTRODUCTION

Our ability to be the parents that God expects depends on our ability to be spiritual.

Q: Why do you think the above statement is true?

Q: How would you describe a spiritual parent?

Galatians 5:13-18

Paul describes two opposing ways to live our lives. The freedom that we have in Christ should be used properly.

- Q: What are we to do with the freedom that we have in Christ?
- Q: When we are not doing this, what do we default to?
- Q: How does Paul tell us to keep from living according to our sinful nature (v:16)?
- Q: How does Paul describe these two opposing forces in verse 17-18?

Paul goes on to describe the **symptoms** when we live according to...

The Sinful Nature in [Galatians 5:19-21](#)

The Spirit in [Galatians 5:22-25](#)

Q: How does your sinful nature show itself in your parenting when you live according to the flesh?

Q: How does your parenting look when you live according to the Spirit?

When we live according to the Spirit, we become spiritual parents.

Q: What does it take for you to be spiritual and stay spiritual?

FIVE IMPORTANT AREAS TO STAY SPIRITUAL AS A PARENT

GOD

Deuteronomy 10:12-13

- Q: What does God ask of us according to this passage?
- Q: Which of these expectations are tough for you?
- Q: What do you need to do differently to make these changes?

PEOPLE

James 5:16

- Q: Why do you think God connects our spirituality so directly with other people?
- Q: Do you have someone that you practice [James 5:16](#) with?
- Q: Even though it is challenging, how do you feel afterwards?

EMOTIONAL STABILITY

Psalms 18:4-6, 16-20

- Q: Feeling emotional and over-whelmed is very common. How did David deal with it?
- Q: When we are emotional, we can often "act-out" in sin. What are some common ways this happens?
- Q: What are practical, spiritual ways we should deal with our emotions?

HUMILITY

Proverbs 3:34-35, 11:2

- Q: What does humility look like in parenting?
- Q: Why is this so important?
- Q: How does humility connect to spirituality?

PROCESSING TIME

Genesis 33:13-14

Jacob considered what his children needed to help them be successful. Likewise, as spiritual parents, we should be thinking and praying through what our children need to grow spiritually.

- Q: Do you take regular time to pray through each child and what they need?
- Q: Do you talk with your spouse regularly about this?
- Q: Do you think through ways to encourage? Strengthen? Train your children?

CONCLUDING QUESTIONS

- Q: Which of these areas are you doing well in?
- Q: Which of these areas do you need to change?
- Q: What practical decisions do you need to make as a result of this study?