

COVENANT EFC



PARENTING

FROM INSIDE OUT

**Towards an
Intentional Disciple
Making Family (IDMF)**

MEMBER'S WORKBOOK

PARENTING

FROM INSIDE OUT

TOWARDS AN INTENTIONAL DISCIPLE MAKING FAMILY (IDMF)

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**PARENTING FROM INSIDE OUT
TOWARDS AN INTENTIONAL
DISCIPLE MAKING FAMILY (IDMF)
Member's Workbook**

© 2017 Covenant Evangelical Free Church

Published by
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Scripture references are taken from English Standard Version (ESV).
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FOREWORD BY SENIOR PASTORS

Dear Parents,

This parenting material is meant for your own growth journey, and possibly for journeying with others who are also in a season of discipling at home. Although there are no perfect parents or foolproof parenting method, the Bible gives us clear principles on how to teach and train our children in the way of the Lord. It is a redemptive discipleship journey and we need to practice patience and grace in raising our children — in the same way that our Heavenly Father has been gracious to us (Rom 5:8; Psa 103:8-12).

Parenting from Inside Out Towards an Intentional Disciple Making Family (IDMF) is based on the spiritual anchor of Covenant EFC found in Acts 20:28. We embrace growth from inside out as we emphasise the importance of discipleship at home. Thus, we need to pay attention to three specific areas:

- **Our Relationship with God**

We need to grow deeper in our relationship with God.

- **Our Relationship with Self**

We need to take care of ourselves and develop self-awareness.

- **Our Relationship with Others**

We need to strengthen our relationships with our spouse and children.

We recommend that this material be used in sequential order as the lessons are arranged following a “from-inside-out” format. It is best to go through this module in a small group to foster support within a like-minded community. Each lesson can also be used as a stand-alone material. The questions in each lesson are for both discussion and self-reflection.

As we journey together towards IDMF, may we experience God’s redemptive work in our lives and in our families!

Rev Tony Yeo & Rev Tan Kay Kiong

**“WE EMBRACE
GROWTH FROM
INSIDE OUT AS
WE EMPHASISE
THE IMPORTANCE
OF DISCIPLESHIP
AT HOME.”**

GROUND RULES

To ensure that this Parenting Group is a safe place to learn, it is important for the group members to agree on the following ground rules:

1. I agree to respect the time of others by being punctual.
2. I agree to keep everything shared in the group confidential.
3. I agree *not* to be abstract, but to be personal in my sharing. I agree to use “I” statements (i.e. I feel, I think, I need, etc.) when sharing my needs, attitudes, feelings and ideas.
4. I agree that it is important to process past experiences which make my parenting less effective, and to confront issues that are challenging me. I agree that some of these may need to be followed through with the help of an experienced counsellor outside the group.
5. I agree to be discreet and sensitive to others when I share.
6. I agree *not* to give unsolicited advice, and *not* to accuse or pass judgement.
7. I agree *not* to criticise my spouse and family members during the sessions.
8. I agree to be prepared to give and receive feedback.
9. I agree *not* to debate on our intellectual opinion about what should happen. We will share our opinion only in relation to our own families.
10. I commit to journey with the Parenting Group for the entire duration of the module.

Name and Signature:

Date:

PROPOSED PROGRAMME

1. Review the previous lesson by going through *Review* and *Quick Catch-Up*.
2. Leader to read *Introduction* and facilitate an icebreaker (icebreaker is optional).
3. Watch the short film (3 mins).
4. Share one take-home lesson from the short film (10 mins).
5. Watch the teaching video (10 mins).
6. Divide into discussion groups (3 to 4 couples per group) so that everyone can fully participate.
7. Discuss using the questions in *Group Discussion* and *Personal Application*, emphasising on *Personal Application* (45 mins).
You may answer only those questions which are appropriate to your group's current journey. If necessary, you may extend the sessions to cover the rest of the questions.
8. Bring the Parenting Group back together for conclusion and closing. Leader to summarise the key points (5 mins).
9. Close the session by praying for one another.

(M.O.D.E.L.S.)

LESSON TWO

OWNING YOUR
PARENTING JOURNEY

RELATIONSHIP WITH SELF

By Rev Dr Chua Chung Kai and Mrs Tina Chua

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► REVIEW

To model discipleship at home, we should prioritise cultivating a strong relationship with God. It is about learning to walk a surrendered life as a parent.

► QUICK CATCH-UP

“What was one thing you intentionally put into action last week to model discipleship at home?”
(2 to 3 persons to share)

LESSON TWO

OWNING YOUR PARENTING JOURNEY

INTRODUCTION

Do you remember how you were parented? We are products of how our parents raised us! They contributed much to what we are today. Just as we have happy memories of growing up with our parents, there are also unpleasant ones. According to psychologists, we tend to be like the person we dislike. Jay Belsky conducted a study and found that for the most part, young parents raised their children in ways that were very much like their parents had raised them.¹ Rev Tan Kay Kiong described the negative criticism alluded to parents as “knot of unfinished business” in his book *Legacy Beyond Self*. It resurfaces in our parenting journey as we relate to our own children. We need to pay attention and process them based on God’s Word.

■ Short Film (3 mins)

Watch *Carbon Copy*.

▶ <https://vimeopro.com/covenantefc/pfio-session-2>

■ Sharing (10 mins)

Share one highlight you can identify in the video, preferably from your own growing-up journey or something you have observed in others.

¹ <https://www.goodtherapy.org/blog/trans-generational-parenting-styles-1122121/2/>

■ Teaching Video (10 mins)

Watch *Owning Your Parenting Journey*.

▶ <https://vimeo.com/covenantefc/pfio-session-2>

Points to Ponder:

“It is not a curse but a **gift from God** to untie the knot of unfinished business.”

– Rev Tan Kay Kiong, *Legacy Beyond Self*

“Starting over ... Breaking free! Looking up ... Letting Go! Drawing near ... Staying true!

Moving on!” – Rev Edmund Chan, IDMC Conference 2013 *Starting Over*

We will move from Relationship with God to **Relationship with Self** as we progress from inside out. In our growing up years, we have to deal with “unfinished business” particularly in relation to our parents. Left unguarded, we may take on our parents’ negative parenting styles.

■ Group Discussion (40 mins)

Divide into discussion groups (3 to 4 couples per group).

1. Share one fond memory of time spent with your parents when you were young. Why is it significant to you?

2. As you relate to your children, what is something you have observed about yourself (or observed by your spouse) that is like your parents? Is it a positive or a negative trait? (For further reading, refer to the *Recommended Reading* on page 22.)

3. It is important for parents to expand their vocabulary on emotions as they relate to their children. What would you attempt to do in order to strengthen your relationship with your kids? (Common emotions: anger, joy, sadness, disappointment, indifference, fear, disgust, trust, love, etc.)

4. Which one of the six A's of relational parenting will you start working on? Share your action steps.

■ Pray for One Another

Encourage the person you are praying with to surrender the “unfinished business” to God. Ask for willingness and opportunity to bring it to closure.

■ Group Summary (5 mins)

Key Points:

1. The need to untie the “knot of unfinished business” (Phil 3:12-14).
2. Parenting is a redemptive journey.
3. Our children deserve the best parenting experience (Eph 6:4).
4. We **own** our parenting journey when we become **aware** of how our past affects our parenting style. When we become **aware**, we can **act** upon these areas with God’s help.

■ Closing Prayer

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. Lord, help me die to self and live for Your glory in my parenting journey. Amen

■ Homework

Ask yourself if there is any “unfinished business” you need to address. How has it affected the way you relate to your children?

■ Recommended Reading

Resolving Unfinished Business by Brad Klontz (<http://www.yourmentalwealth.com/resolving-unfinished-business/>)

■ Preparation for the Next Session

1. Read the next lesson: Delighting Your Spouse.
2. Pray for yourself and your group.