



The Heart is...

Children Talk in Their Hearts

What Children Meditate On
Effects How They Live

Children Process Things
in Different Ways

How God Changes a Child's Heart

- Parents
- Scripture
- Prayer

Important Things to Remember

- Focus on the heart, not just behavior
- Track thinking errors
- Be patient

**One thing I'm going
to work on is...**



Session

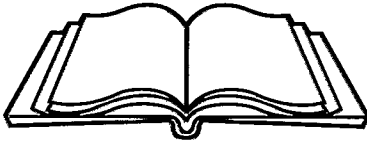
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Questions for Group Discussion

- 1 • What's one thing you're trying to work on in your life right now? (diet, exercise, anger management, being assertive, etc.) What different things do you need to say internally in order to make that change?
- 2 • What's one thing you're trying to help your child change in life right now? (anger control, helpfulness, following instructions, etc.) What different things does he/she need to say internally in order to make that change?
- 3 • Is your child an external or internal processor and what are the advantages and disadvantages for your family?
- 4 • What does your child tend to meditate on? Is that helpful or not helpful and why?
- 5 • Share a Bible verse that's been helpful to you over the years and explain why. How would you say that verse affected your heart?

Session 2

Reaching Deep into a Child's Heart



Bible Passage to Consider:

How does Romans 12:1-2 describe the way to change the way we think?

Here's what I tried and here's how it went...

Heart WORK Homework

Assignment:

Identify pet peeves with your kids. These are things that others do that tend to easily anger you like leaving a dirty cup in the living room, forgetting to flush the toilet, or being loud early in the morning. Take time to talk about why and you'll discover hidden beliefs that children have.