

Raising Successful Parents –

Session 1 Reflection

Key Focus:

Understanding that parenting success is not just about raising good children, but about becoming the kind of parent God wants us to be.

Key Scripture

“Train up a child in the way he should go; even when he is old he will not depart from it.”
– Proverbs 22:6 (ESV)

Part 1: Self-Awareness as a Parent

1. **What do you believe makes a “successful parent”?**
 - Write down a short definition in your own words.
 2. **In what ways do you feel pressure (from culture, family, church, etc.) to be a certain kind of parent?**
 - Who or what has shaped your view of parenting the most?
 3. **Think of your own parents – what parenting patterns have you inherited?**
 - Are there any you want to continue or break?
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Part 2: Heart Check

4. **What fears do you carry as a parent?**
 - Be honest – is it fear of failure, fear your child will walk away from God, fear of repeating generational cycles?
 5. **How do you respond when your child disappoints you or acts out?**
 - Is your reaction driven more by frustration, fear, or love?
 6. **What part of parenting brings you the most joy right now?**
 - And what part brings the most stress?
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Part 3: Surrender & Stewardship

7. **Have you fully surrendered your children to God?**
 - If not, what's holding you back?
 8. **In what ways do you view parenting as a calling or ministry?**
 - How does this change your daily approach?
 9. **What one area of your parenting do you sense God wants to grow or refine right now?**
 - Pray about it. Write a declaration of faith for it.
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Journal Prompt

Take 5–10 minutes to reflect on this question:

"God, what kind of parent are You calling me to be in this season, and what do I need to let go of in order to grow?"

Session 2:

Part 1: What Are You Modelling?

1. **What stood out most for you from the session? Why?**
(Write freely about a phrase, example, or thought that made you pause.)
 2. **In what ways are your children copying not just your words, but your tone, habits, and emotions?**
 - Be honest: what do you see in them that may have come from you?
 3. **What do your actions say to your child about how to deal with conflict, stress, or disappointment?**
 - How do you want them to handle these situations differently?
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Part 2: Heart Check

4. **Do you sometimes expect from your child what you haven't first lived out in front of them?**
 - For example: honesty, forgiveness, patience.

5. **What are the unspoken messages your child might be receiving from you?**

- E.g. "Your performance earns love," or "We don't talk about feelings."

6. **How has your own upbringing shaped your parenting style (positively or negatively)?**

- Is there something from your past that's now showing up in your parenting?
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Part 3: Reset and Realign

7. **What one area of your life would you not want your child to copy?**

- What step can you take this week to begin changing that?

8. **If your child fully imitated your emotional life, what would they grow up learning about faith, safety, or identity?**

- What would you want them to know instead?

9. **What would it look like to invite God to "parent you" in this season?**

- How can surrendering your broken areas help your children thrive?
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Journal Prompt:

"God, show me what I'm teaching my child through my life, not just my words. Help me grow in the areas where I want them to grow."