

# **Discipline:**

## **Listening to Our Words**

## Introduction

What if the child chooses not to follow the rules?  
Teach Children to take a “Break”

There are 3 distinctives that make a break work.  
(This info comes from the National Center for Biblical Parenting.)  
([biblicalparenting.org](http://biblicalparenting.org))

**Distinctive one: is that the child is sent on a mission to change the heart.**

- We want children to understand that **correction is about heart change.**
- **This heart change is repentance.** Important for child to know.

**Taking a break: What’s the break look like as it is happening?**

- With young children – they will need to sit quietly & bored in a specific place near the parent; making sure they aren’t playing.
- With elementary age children – Send them to a specific place, but not necessary where parent is, but still no playing of any kind.
- With teens – you most likely will not send them to a specific place, but there will be a stop in continuing with benefits of family life until this heart issue is dealt with.

**Distinctive two: is that the child helps determine the length of time spent in the break.** (This is different than time-out)

- Allowing children to help determine the length of time spent in a break transfers the responsibility of change from the parent to the child.
- You don’t know how long it will take for heart change.

**Distinctive three: the motivation to come out of the break is that the child is missing out on the benefits of family life.**

- There are many privileges associated with living in a family.
- The break helps children see that life’s privileges are lost when you do the wrong things.

## **QUESTION # 1**

**“What did you do wrong?”**

- The purpose of this question, “What did you do wrong?” is to allow the child **to take personal responsibility** for the offense.

- So, we ask our child the question “What did you do wrong?” **not in a harsh, accusing, or angry way, but in a gentle way**, as a matter of fact.
- We want children to **learn how to admit** they’ve done something wrong, and it takes courage and humility to admit wrongdoing.
- **What this does is teach children the spiritual skill of confession.**
- **The child that is not willing to answer this question needs to go back to the break.** It means they aren’t ready; their heart is not changed. **They haven’t repented.**

## **QUESTION# 2**

### **“Why was it wrong?”**

- **This question helps to address heart issues directly.**
- **It gives us opportunity to talk about the values behind our rules.**
- The child may realize or remember the rule. This is a time it can be **reinforced**. It gives opportunity to talk about **the values behind our rules.**

## **QUESTION # 3**

### **“What will you do differently next time?”**

- **This question helps children understand the need for a better response next time.**
- Again, **children may not know what they should have done differently** – you can teach them.
- **With practice, they will know what to do.**
- By communicating the right response to you verbally, your child will begin to see the difference and learn to change.
- **By asking the question ‘What are you going to do differently next time?’ repeatedly helps children move the truth down from their head to their hearts.**

## **Words of encouragement**

### **This is a time when you can confirm that you believe in them.**

Part of a clear conscience is realizing that offenses or mistakes have been dealt with. **This method of discipline; doesn’t excuse the mistake, it admits them.**

**This is how God handles sin. He expects confession and in return offers forgiveness.**