



## WEEK TWO

LUKE 11:1-4

Model Prayer

SAY  
THIS

Practice praying to God.

DO  
THIS



## MEAL TIME

Q & A for kids: Would you rather practice the recorder for an hour every day for the rest of your life, or listen to someone else practice the recorder for an hour every day for the rest of your life?

Q & A for parents: When you were my age, did you play an instrument, sport, or do another activity that required a lot of practice?

## REMEMBER THIS

“Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.”  
1 Timothy 4:8, NIV

LIFE  
APP

**COMMITMENT** – Making a plan and putting it into practice

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## MAKE IT PERSONAL

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This is an excerpt adapted from the *Parenting Beyond Your Capacity* by Reggie Joiner and Carey Nieuwhof

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A crucial link exists between your ability to parent and your personal growth.

When it comes to character and faith, your kids are *watching* you in a way they might not watch you in other pursuits. Because it's so personal, you can't do faith and character for your kids. There's another factor at work. If it's not in you, they know it. When it comes to spiritual and character formation, your journey impacts them deeply. If you want it to be in them, it needs to be in you.

As you read this, your anxiety level is probably rising. You feel like you can't possibly measure up. If you were to level with your kids about your fears, your inconsistencies, or even how shaky your faith is on some days, you'd feel like you were admitting defeat.

But that's a perfect picture mindset. God is interested in writing a bigger story, and your personal growth is part of the plotline. In fact, your developing story may be more influential than you think. That's why parents need to let their kids see them struggle to grow. They need to see your authenticity and hear your transparency. Most of all, they need to observe up close that

your spiritual, moral, and relational growth is a priority in your life. This is not about a perfect model, just an honest one. Whatever you want your children to become, you should honestly strive to become as well.

Your kids already have a front-row seat to your life. The question is, what are they watching? Is it just show? Or is it a real-life adventure where they see courage and passion to overcome personal obstacles? What if your personal growth was a front-row seat to the bigger story God wants to write in your family?

If you want your children to have it in them, they have to see it in you.

Your kids need to see you . . .  
struggle with answers.  
face your weaknesses.  
deal with real problems.  
admit when you are wrong.  
fight for your marriage.  
resolve personal conflict.

Your children need to see you make relational, emotional, and spiritual growth in your life a priority. If you don't make it personal for yourself, it may never be personal for them.

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