

14 Discipline Ideas

A note to the reader:

This outline presents some ideas for consequences that parents can use as part of training their children. It is not intended to be a complete outline for parenting and we would suggest that you refer to the articles: “Discipline is Disciple(ing) My Child to Christ”, “How to Bring My Child to Surrender”, “Parental Love in Action”, “Bubble Gum”, and “Where is My Child’s Heart?”. We also have a rich resource of books, CD’s, and DVD’s dealing with the real issues of parenting. Please see our online catalog at www.EmpoweredLivingMinistries.org, or call for a copy of your own.

Guiding Principles for All Discipline

Purpose:

1. To aid and motivate the child to yield his or her heart to Christ so that they can be free from the inside to do what is right and not be enslaved by selfish, destructive ways.
2. It should **never** be a way for the parent to vent his or her frustration at the child.
3. We want to teach and train our children to call out to God in all of life’s trials.
4. We want to motivate them to place their will on the Lord's side of right doing and a change in habits ... demeanor ... cheerfulness ... giving of ourselves to help others.
5. This can only be done properly when they are taken to Christ before, during, and after the process of discipline and Christ, not your flesh, is directing you.
6. Unaided by Christ, they cannot change on the inside. We can have outward conformity in humanity + discipline alone but an inward transformation of the heart and disposition is possible only when they are united and submitted through Christ.

Prerequisites:

1. The parent must be surrendered to Christ, first.
2. Never discipline when you are angry or peeved.
3. **Always inquire**, “Lord, what would *You* have me to do?”

Principles:

1. Pray for the child before, during and after the correction.
2. Remember the law of the mind—“there is no other way”.
3. Realize that this is perceived as a big trial by the child.
4. Strive for a balance of firmness and gentleness, authority and affection.

1 - A Spanking

1. Done before God with the parent surrendered to God and with an attitude of wanting to motivate the child to yield to Christ so that he can find power to do right.
2. Never done in harshness, anger, or irritation
3. To establish authority

4. Spank what has disobeyed...
 - Hand for taking what mother said no to.
 - Mouth for speaking sassy
 - Bottom for other offenses

This method works best while the child is young, but can be used on occasion when they are considerably older. Do it as God leads you.

2 - A Grizzly Run

1. Helps get the "spit" -- resistive spirit out; lessens fighting energy ... Physical way of softening the spirit, makes them more open to correction and a willingness to call out to God to change
2. Effective when passion is high ... reasoning is ineffective at that time.
3. Prepares them to reason, more willing to listen.
4. Set up a running course with a distance reasonable for your child. (We have a 1/4 mile run and a 1/2 - 1 mile run.)
5. Explain rules before this discipline is used
 - When told to go on a grizzly run, there will be no arguing or reasoning under any circumstances. You will go immediately when you are told. If you don't follow these rules, severe punishment will be given without discussion. (If tested on this, the parent must follow through to establish this rule.)
 - You must run as fast as you can. If you don't, you will rerun the course. (This will require you setting up the standards, knowing your child.) If the child is argumentative you will need to run with him and establish your word as law. Remember, make

no compromise with evil (a selfish heart/will). The success or failure of this method rests with the parent, whether their word is law or not... it's up to you to establish this.

6. If they are not yet softened, send them for a second run, or whatever is necessary

7. Make the distance sufficient to work a desire to reform.

3 - Housework

1. Teaches helpfulness ... perseverance ... love (self must be laid aside)... how to work
2. When correction is necessary ... most always self ("I want my way") arises. This type of discipline cultivates the opposite characteristic ... self surrender!
3. Training in surrender ... yielding ... submitting ... deals with the will not the mind only. Submitting to manual labor requires that self must yield to parent.
4. They learn useful work while also learning to surrender the will to Christ.
5. Work ideas:
 - Do all the dishes today ... with a surrendered attitude.
 - Work for mother 1 hour, chores of her choice.
 - Do chores for the one you have wronged.
 - Clean out and organize the garage attic... cheerfully... well... Timely
 - For a bad attitude when asked to scrub the tub ... give him the job for 6 months or a year... whatever... until he learns to do it cheerfully and well.

4 - Yard Work

1. Gives time alone outside with God—God

woos them to Him to yield up self and selfishness. God can change their hearts + feelings when they submit + cry out for help

2. Good hard physical work—deals with stubbornness and resentment.
3. Must be done cheerfully—want a surrendered experience
4. This will cultivate the firmer virtues: decisiveness, courage, force, perseverance
5. Ideas:
 - Double dig garden soil... point them to Christ to change their will/feelings
 - Pull weeds in the garden ... cultivate the soil ... plant in plants or seeds
 - Set a time period or amount to be done ... See to it, it is done.
6. When done... talk about what they have learned through this all?
7. See to it surrender has taken place during + after

5 - Read their Bible or Spiritual Book

1. This can work conviction when they are reading ... if you are praying
2. Send them to their Bible to study for themselves when you don't agree on what is right. Let God's standard rule, not his or yours!
3. Make it practical and applicable to the area of confusion
4. To younger children, read them a story that depicts right over wrong doings.
5. I've sent my teenagers out under a tree, with their Bibles to work through an attitude difficulty. I prayed while they were there ... God blessed ... Confession and surrender was the sweet fruit of this

discipline. Discipline being...disciple (ing) my child to Christ.

6. Time in their bedroom just to think about the wrong ... while we pray is helpful. Then talk about it, as God leads you ... when + how much.

6 - Write a love letter to the one you have treated unkindly

1. It cultivates the opposite trait for the offense.
2. Often brother treats brother unkindly ... in word or deed. This makes right the wrong ... practices right in its place ... develop new habits
3. A surrendered heart makes all the difference in the outcome.

7 - Write half or one page of why I did what I did and what is wrong with it and what I need to do instead next time

1. Teaches a good thinking process of restitution—making right a wrong.
2. Helps them become prepared in heart and mind what to do next time.
3. Connections with Christ here too make all the difference, for next time.
4. Gives reflection time ... evaluation ... confession ... repentance
5. Pray during the discipline ... Disciple (ing) my child to Christ

8 - Double School today

1. Helps get us ahead of schedule, or catch us up if we are behind.
2. Teaches perseverance also ... because it is much more than they are used to.

9 - Lose their free time

1. Work for the one offended ... If Mother, can do my cooking, cleaning, organizing etc. If brother ... Can do his house chores ... serve him in his work like Elisha did Elijah.
2. This cultivates an opportunity to learn the joy of serving ... once we surrender and God can change our hearts and dispositions that is.
3. They need to submit to it cheerfully. Calls for prayer ... choice ... surrender ... do
4. God needs to lead...they work alone ... or with me

10 - Cause and effect disciplines

1. They spill the juice ... They clean it up ... matter of fact
2. Break a dish ... glue it (fix it) or ... replace it at their cost (even if an accident).
3. Destructively destroy something ... replace it ... do something helpful ... confess the wrong ... we want to cultivate the opposite attitude ... not just outward compliance.
4. They must be taken to Christ to be changed in heart and mind and actions
5. Unloving act ... hit brother ... speak angrily to them ... write a love letter ... do a kindness ... again cultivate the opposite trait. Let God lead you what to do.

11 - Weak character traits ... cultivate the opposite trait

1. **Shy** ...therefore we often wrongly excuse obedience ... “she's shy”
 - Love and discipline requires her to answer when spoken to ... good habits

- Love prays with her and has her talk to others ... choose to surrender
 - Love shows her, with Jesus I can find power to do hard things...do right
 - Communion with God will reveal to you the right time + wrong timing
2. **Too outgoing** ... therefore we often wrongly excuse obedience ... “he's not shy”
 - Love and discipline requires him to be quiet when I request
 - Love prays with him and teaches him to surrender to parent ... thro Christ
 - Love shows him, with Jesus he can be quiet and happy too...do right
 3. **Slothful work habits**
 - Love requires whole-hearted work ... good thorough work at dishes ... sweeping floor ... mow lawn ... laundry ... Ironing
 - Teach "Whatsoever thy hand findeth to do, do it with all thy might."
 - Take him to Jesus... so he knows he can do right... if he chooses
 - If he doesn't do a job well... He must redo that job plus one more
 - Do not allow wrong habits to develop ... If you allow them done poorly ... you teach them that that is alright. Every act repeated becomes habit... And habits become their character!
 - Give them hard physical work ... the garden ... mowing lawn ... weeding ... collecting wood ... chopping wood ... Hauling stones ... Etc
 - Give them more detail work that requires exactness. Organizing a room or garage
 - Missing a meal is a real strong motivator ... use this wisely with God's direction

12 - Consequence list for repeating offenses

1. Make and display a list of the repeating offenses with automatic consequences.
2. Make family aware of this new rule and way of government.
 - For example: hitting ... pay 50 cents first offense and double thereafter.
 - Or not brushing your teeth before family worship in the morning - miss family fun
 - Getting into arguments while playing together ... give time out on separate porches and they need to settle it amongst themselves ... then tell me how you worked it.
 - Mother keeps a list of unpleasant jobs around the house ... to be used if needed

13 - Discipline Jars—when you draw a blank

- This is to help those of us who lack ideas at the time of the conflicts, yet we know a consequence is necessary. God helped our family come up with these ideas together, in a family counsel session.
- I shared that I had a problem going blank at the time when I needed ideas most. Then as a family, we decided on this method of discipline and all participated in consequence ideas. The boys prepared the slips and placed them in jars to draw from. If you find any of these disciplines offensive just do not use them, replace them with how God leads you.
- We had our children pray to God before pulling out a discipline from the jars, so God was involved in the discipline. They knew God would help them surrender and do what is right next time... if they learned to choose right. But for now they chose a consequence for their wrong choices to

disobey, to be unkind, or disrespectful. Way of transgressors is hard...

- To let our children "come up" as a weed, growing stronger each year in weak-character traits or un-Christ like behavior, in their thoughts, words or deeds is a worse evil... than applying a discipline prayerfully done to do something to correct it.
- There are many ways to discipline... to motivate self to turn away from wrong ways. But whatever you use... do it prayerfully and In Christ. Communing with Christ at all times, that He will direct you rightly for your child's heart needs now and today and knowing who you are too. He will always direct you aright. Remember in dealing with discipline... you are dealing with two self's... Your self... Your child's self... This is a battle for us to keep our self subdued under Christ... to do what we must... in a Christ-like manner ... Secondly we must then bring our child to that same surrendered position before God, so he too can be changed and do right. It is a good and worthy work, parents.
- Do not rely upon a discipline, or a method to bring your child to surrender and obedience. Your child needs to be brought to Christ and God will lead you to the discipline that will motivate him. **The method of success is...union and communion with Christ** my Savior from self... The method is... "Lord, what would you have me to do now?"

1. Major infraction jar

- These are ideas we used. Change or create your own. These are intended only to kindle ideas to help your family become a well-ordered, well-disciplined Christ centered family, which says more in behalf of Christianity than all the sermons that can be preached.

1. One chore for the one you've wronged

2. Write a love letter to the one wronged
3. Write a thankful list
4. Write a full page of what I did & the evils of it
5. \$1.00 to the one you've wronged
6. Double school work - A+ work
7. Half a day of school work
8. One hour work extra, mother's choice
9. Grizzly run to the mailbox (1/2 mile)

2. Minor infraction jar

1. Half an hour to read a spiritual book
2. 50 cents to the one you have wronged
3. One reasonable favor for the one wronged
4. Chore for the one wronged—I pick it
5. Lose 1/2 hour of my free time
6. Write half a page: what I've done wrong and how to correct it
7. No dessert
8. Grizzly run to the gate (1/4 mile run)

3. Privilege Jar

1. Feet or back massage for 15 minutes
 2. Half hour walk with mother or father
 3. Pick out dessert
 4. Get \$5.00
 5. Pick family fun for the night
 6. \$1.00
 7. Evening chores done for you
 8. Pick menu for a meal
 9. Choose outing: hike, swim, ski...
 10. Parents do a reasonable favor for you
 11. Morning chores done for you
- These are intended to be creative

inducements for choosing obedience and Christ over self and wrong ways, habits or inclinations. We found the privilege jar a real blessing. God first works by blessings bestowed, if that program doesn't work ... then God works on blessings removed to motivate saying no to self and yes to God. Our boys were well motivated with the privilege jar.

- The privilege jar was drawn from a peanut butter jar with these ideas written out each, on a slip of construction paper. If the child willing strove to do battle against self, through surrender to Christ and kept their heart on the side of right, even if they struggle to decide ... did they choose right? Then, they could draw from the privilege jar in the evening and receive the blessing henceforth.
- The consequence jars were drawn at the time of the offense, with prayer first. It is up to the parent to see to it .. that the will is properly surrendered. Parents, please be well versed with what is a true surrendered heart and study to show yourselves approved. God bless you.

14 - Reward system

- A chart with 30 or more blocks on it ... have your child draw a picture around it. Put this up on door in a place easily seen during the day.
- Take an area of weakness in the child's character... Like slothfulness, shyness, anger, complaining at math class etc. Challenge them to say "no" to self and "yes" to God and right and each day you do that for the whole day, you can move your little marker on the chart. At the end of the course you will gain your incentive.
- The incentive can be a secret or a known gift they can earn, by practicing self-denial. Take something your child would like that contributes to family fun... like a fanny pack

for hiking the mountains... like a knife to take backpacking etc. Small items can be as much an incentive as the bigger items. It's a positive motivation.

- In all these areas we are rewarding choices for good that go against a natural bent to do otherwise, and this is done on a positive approach instead of a negative one.
- Be honest with your evaluations. Did they really earn it today? Talk with God through these situations. Are you praying for them each day in the area you're working on? Are you nurturing them to keep close to and cling to Jesus, a power outside of themselves so they can overcome in these areas? Pray with them when it is a point where they may waver. When they begin to fall into old habits, are you there encouraging them, pointing them to Jesus, making prayer a desirable way to overcome problems? Use prayer often to gain the advantage in this battle with self.
- There is a place and need for consequences in our home management, don't neglect one way for the other exclusively ... we can become unbalanced on either side!
- If one form of discipline - positive or negative - does not motivate your child to correct his ways, or you have to correct the same area often, then re-evaluate and change the consequences. Find one that is effective.
- If mild measures do not bring reform, use the severest measures necessary to obtain obedience to right. Jesus will help you, if you ask Him! We do not want our child to remain in sin and evil habits of disobedience; we want to connect them to Christ so He can lift them up higher and to experience the joy of obedience to mother and Jesus. God be with you as you Disciple your child to Christ.
- Rightfully done, parents, we will gain wonderful experience in how God is able to subdue and change me and my child's ...

thoughts ... feelings ... inclinations ... my "I don't want to's". God says ... "Work out your own salvation, with fear and trembling." In this way of governing our children, we can rightly direct our child in the way of right doing. We may aid them to work out their own salvation also.

- They will know how to trust and surrender to a power outside of themselves. They too will gain a valuable experience in the Lord and how grace can save them. They will gain an experience of how God changes them, as they cooperate with God.

Power for Living



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