



2025 Study Guide

Rev. Kim Meyers



This curriculum is set up for a 45-minute small group/class time; of course, you can modify it to fit your specific needs. Below is the basic structure:

- 10 Minutes** | Read and Discuss Scripture
- 25 Minutes** | Chapter Discussion
- 10 Minutes** | Parenting Perspective and Closing Prayer

The book is divided into three parts:

- 1 | You as a parent.** We must recognize who we are and our gifts, passions, and quirks to understand where we need guidance and where we will soar as parents.
- 2 | Who your child is.** This is difficult to do as a parent, recognizing who your child is and not who you envisioned them to be. This is constantly growing and changing.
- 3 | You can work together as a family unit.** Parents, children, family, and friends are all going to be coming and going in your life. You need to be able to find a rhythm that works for your family, and you will.

The other intentional part of the book is that each section starts with scripture and ends with a prayer. This was done with purpose and intentionality. Some days you might need to turn to the chapter about kids and read the prayer because that is just what your soul needs to pause and gain perspective. My people wrote the prayers. I just could not do life without them; some are pastors, some are friends, and some are family. I also asked different experts to add parenting perspectives in each chapter. This helps add dimension and diverse viewpoints to each section. I am deeply thankful for all the voices who helped make this book happen.

We created a podcast that invites different guests to add to their perspectives for each chapter. If you would like additional materials for your group, scan this qr code to connect to the podcast.



Part One | Let's Talk About You

1 ► You Are Good Enough

For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. — Ephesians 2:10

SCRIPTURE | Read Ephesians 2:1-22

- As you read this scripture through the lenses of parenting, does anything stand out to you?
- In some Bibles, this is divided into two sections: Death to Life and One in Christ. As a parent, we choose a new life (our children), but we also have a unique lifestyle when our children enter our life. How do you see this mirrored in our connection with our relationship to Christ and our faith?
- This scripture reminds us that we are created for good works. In the perspective of parenting, where do you see your goodness?
- How can you be reminded of this goodness in you? The scripture talks about us being connected. Who reminds you of your goodness?

CHAPTER QUESTIONS

— The Perfect Parent Does Not Exist

- This section reminds us that we are unique and, ultimately, the “perfect” parent for your child is you. How do you stop comparing yourself to others in this world that are so connected to social media?
- Each person brings different parts of other relationships into parenting. What parent do you know that you respect? What about their parenting do you look up to?
- How can you take a step back when the pressures of parenting are really heavy?

— Trust Your Gut

- Do you have an experience where you ‘trusted your gut’ and you are thankful? Or do you have an experience where you did not ‘trust your gut,’ and you wish you had?
- Where is the balance between research, talking with others, and ‘trusting your gut’?
- I fully believe that my ‘gut’ is also a spiritual connection to the Holy Spirit. This can help bring me peace when I am wrestling with a decision. Do you have a prayer or a spiritual practice that can help you reconnect with the power of the Holy Spirit when you need it the most?

— 5-5-5 Rule

Use this time as a small group to talk through the 5-5-5 Rule and see how it could apply to where you are in your life right now. The book gives examples from elementary, middle school, and high school. You can read through those examples or use some of your own.

Parenting Perspective | Tara Tevis

- Tara talks about Dr. Garry Landreth’s concept: “It doesn’t matter what you have said or done; what matters is what you say or do after what you have said or done.” How does this quote connect with you as a parent? Does it give you grace? Hope? Forgiveness?
- We are not perfect in any facet of our lives. Why might we feel more pressure when it comes to parenting?
- She ends with forgiving kids. It is so very true. Do you have an example of when you have seen forgiveness from a child?

2 ► You Can Learn and Grow with Your Children

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead. — Philippians 3:13 NIV

SCRIPTURE | Read Philippians 3:1-13

- As you read this scripture through the lenses of parenting, does anything stand out to you?
- The scripture begins with rejoicing. Is it hard to rejoice in the Lord daily? Is this something that we typically only do on our good days?
- In verse 13, Paul reminds us that we need to forget what is behind and look toward what is ahead. How can we do this practically as a parent?

CHAPTER QUESTIONS

— You Do You

- The point of this section is to recognize where you came from and where you are going. Kim talks about being a combination of a peacemaker and a troublemaker. What adjectives best describe your parenting?
- Have you set up expectations for yourself and your family that help create boundaries? If yes, what has helped you do so? If no, what boundary do you need to focus on?
- What are three to four parenting skills from your family of origin that you want to bring into your family?
- What are three to four parenting skills from your family of origin that you don't want to bring into your family?

— Know to Whom You Are Speaking

- Was there anything surprising of the ages/stages that you read? What was missing from this in your personal experiences?
- When you read the story of Daisy and Diva, the importance of giving our children concrete facts are important to help them process. The ages/stages help us have more helpful interactions with our children. What stage do you think your children are in? What is joyful about this stage? What is hard?
- How has your parenting changed through the different stages?

— Notice the Moments of Joy

- In the different sections Kim focused on why toddlers, new readers, independent children, and teenagers are joyful. What ages and stages have brought you joy? What are you looking forward to in the next stage?
- This book talks a lot about perspective. How can changing perspective help you find joy?

Parenting Perspective | Vicky Dearing

- Mrs. Dearing talks about not lingering too long in the past and realign the life we want by living into the present. We can do this by holding onto our faith and moving toward the future we desire. What concrete things have you done to move forward and let go of the past? Mrs. Dearing gives us three questions to ponder:
 - What guides you as you move through the highs and lows of being a parent?
 - We know that God is love. What is the message that God is giving to you in the midst of your ups and downs of parenthood?
 - Since each day is a new day, how are you modeling for your children and yourself ways in which you monitor and adjust your own emotions and behaviors when they are not in alignment with your desired vision of who you are at your core?

3 ► You Will Mess Up

I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go. — Joshua 1:9

SCRIPTURE | Read Joshua 1

- As you read this scripture through the lenses of parenting, does anything stand out to you?
- God speaks to Joshua in the scriptures, fulfilling promises and reminded them to be strong in the journey. Is there a section that you connected with in this scripture?
- As Christians we are not promised an easy path. We are promised that we will never be alone. This scripture reminds us of this promise. Where have you seen God recently in your mistakes?

CHAPTER QUESTIONS

— The Way You Respond Counts

- Kim talks about her go-to reactions with parenting being self-loathing or self-judging, then tears. This is not her healthy response. When we mess up we can respond in healthy and helpful ways, or we can respond in an unhealthy and destructive way. How can you choose the healthy and helpful you?
- Do you allow yourself time to respond? In this world we feel like answers should always be quick and decisive, but time allows us to gain perspective and make better choices.
- Who can you talk about your parenting mistakes with?

— Mistakes Can Be Opportunities to Grow and Learn

- Kim talks about the difference between a mistake and judgment from others who do things differently than you do. How can you recognize this difference in your life? Does it matter?
- Grace can be defined as a person who moves with elegance, but in a biblical lens grace can be described as the love that God gives us, not because of anything we have done to deserve it, but because we are beloved children of God. Yet, grace can be so hard to give ourselves and our children. As a group talk about different ways and opportunities that grace can be given as parents (see pages 35-36 for examples).
- Kim gives some practical steps to give grace to you and to others. What would you add to this list?
1 | Breathe and gain perspective. 2 | Admit where you messed up. 3 | Say you are sorry. 4 | Move on.

— Perspective is a Choice

- The Merriam-Webster Dictionary defines perspective as a: "a mental view or prospect" or b: "a visible scene, especially: one giving a distinctive impression of distance: VISTA" (Merriam-Webster, s.v. "perspective," <https://www.merriam-webster.com/dictionary/perspective>). How does this definition help you understand the importance of perspective when it comes to parenting?
- This section ends with this: "More confident and resilient parents mean more confident and resilient children." How are you confident and resilient in your parenting?
- Perspective is a choice, and when we are really struggling, it is at times harder to gain that perspective. How can your faith help you with this struggle? Does the opening scripture help with this?

Parenting Perspective | Sharon Rankin

- How can we acknowledge our humanity? Count to 10? Admit our mistakes?
- Mrs. Rankin talked about "keeping your own power." Are there times where we give away our power to others in parenting? How can we reclaim it?
- The art of an apology is the closing of this section. How could you use this in your home?

4 ▶ You Need to Take Care of Yourself

So then, a Sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs. — Hebrews 4:9-11

SCRIPTURE | Read Hebrews 4:1-11

- Sabbath in Hebrew means 'to rest'. There are different ways of rest/sabbath in life. This scripture points out that we are all called to have times of rest. Why do you see rest as important?
- The scripture referenced Genesis, where God rested; David, where his people rested; Joshua, where his people rested. Why do we have to be reminded about rest so much? (even our kids nap; even our pets nap!)
- When we are rested, we are a better version of ourselves. We are able to listen fully and respond in a better way. Do you notice when you need rest?

CHAPTER QUESTIONS

— Learn to Say "No"

- A quote from this section states, "Good parenting requires good self-care." Do you agree with this? How do you best take care of yourself?
- Have you ever thought of the power of saying "No" as self-care?
- How can you help yourself to not overcommit?

— A Step-By-Step Process of Self-Care

- The first step is noticing that you need it. What are some of your triggers, where you know you need to check in with your self-care routine?
- Talk about the parenting stage you are in currently in life. What is the best form of self-care for you now?
- Is there something you think you should always do for yourself, regardless of the stage of parenting that you are in?

— Spirituality as Self-Care

- What does being a Christian parent mean to you?
- How does connecting to God and your faith help with your self-care?
- Complete the sentences:
 - God helps me see my children in _____ way.
 - Connecting with God helps me gain _____.
 - My faith helps me parent most in this way _____.
 - Without faith my family would be different in this way _____.
 - My faith and connect to God help me most by _____.

Parenting Perspective | Rev. Ugonna Ooka Onuoha

- What is a simple self-care item you can do for yourself?
- "Rest is one of those things we must start before the thing we need to start.... Rest is a blessing; the curse is that we need it." What does this say to you? How can you start self-care before you need it?
- Take some time today and develop your personal self-care plan. Read pg. 61 for tips and tricks.

Part Two | Let's Talk About Your Kids

5 ► Your Child Will Not Be First in Everything, and That's Okay

But he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong. — 2 Corinthians 12:9-10

SCRIPTURE | Read 2 Corinthians 12:1-10

- This scripture reminds us that it is okay to sit in our suffering. When we are struggling most of the time, we work to get out of it, quickly. How does being content in that moment help us grow?
- Is there a time where you grew in your faith through a time of struggle? How did it feel in the moment? How do you now feel about it when you reflect upon it?
- This scripture begins with grace. How can you give your kids grace when they need it most?

CHAPTER QUESTIONS

— Be Present in Their Pain

- When your child is in pain, our instinct as parents is to fix it. How can you be present in your child's pain and be supportive (not fixing it)?
- When we fix a problem for them or try to eliminate their pain, we are telling our children they can't handle life themselves. They can do hard things. What is a situation where you saw growth in your child by working through something difficult?
- Do you have a memory of a hard time as a child? How did the adults in your life respond? How do you wish they would have responded differently?

— Effort vs. Reward

- Kim talks about her struggle with spelling, and she worked hard but also realized that she should not enter the spelling bee. How can we affirm weakness in our own children?
- Hard work toward a specific task can be very rewarding. What have you seen your child accomplish that brought you both pride? How did it feel when they were struggling?
- Parenting is a balancing game of looking at your child and the situation, then determining if it is your place to help and encourage or allow for consequences. Do you have times where you are glad you allowed for natural consequences?

— Is It Okay to Quit?

- Any new skill takes a lot of work. What skill is your child currently working on?
- You know your child's best effort? How can you help determine if the effort is worth the reward?
- Did you ever quit a team, musical instrument, etc.? Did you regret it, or did it give you life/freedom?

Parenting Perspective | Rev. Dr. Terry Parsons

- How do you feel when you read "Only winners in this family"?
- Dr. Parsons talks about parenting being an adventure vs. a journey. How does this language help change your perspective?
- How can you be a "student" of your unique child?

6 ► Your Kids Need Room to Grow

For even when we were with you, we gave you this command: Anyone unwilling to work should not eat. For we hear that some of you are living in idleness, mere busybodies, not doing any work. Now such persons we command and exhort in the Lord Jesus Christ to do their work quietly and to earn their own living.

2 Thessalonians 3:10-12

SCRIPTURE | Read 2 Thessalonians 3

- Healthy families expect participation, not perfection.
- Age-appropriate responsibility builds self-worth and life skills.
- Contribution combats entitlement.
- Chores aren't punishment—they're training.
- Model consistency in your own responsibilities.

CHAPTER QUESTIONS

— Tying Shoes and Other Life Skills

- Learning new skills is not easy. What skills are your children currently learning? Any tips/tricks from your small group?
- Kim gives a list of different skills by age range. What other skills does your family work on that might not be on this list? Share with your table; why is that skill important with your family?
- These skills can help build confidence, critical thinking and relational skills—do you see your children growing in confidence, critical thinking and/or relationships because of developing some of these skills? How does that make you feel as a parent?

— Encourage Freedom

- What is your family's balance between freedom and responsibility? How did you find that balance? Is it different than others?
- What choices can you start to give your child this week?
- Is it difficult for you to give your children freedom?

— Develop Responsibility; Offer Options, Not Solutions

- How can you best offer options to your children?
- How can we lead with grace and kindness, not frustration and anger?
- What are some ways that you can gain perspective in a situation as a parent?

Parenting Perspective | Dr. Brad Schwall

- Dr. Schwall begins by talking about our purpose as parents. How does this purpose statement help you in raising your children?
- "When we rescue our children, we are undermining their ability to self-direct as well as their confidence in being able to problem-solve and advocate for themselves, to respond responsibly" (pg. 85). How can this statement help you give your children the ability to respond in an appropriate way?
- As you reflect on Dr. Schwall's section, what is something that stood out to your specific parenting style (good or bad)?

7 ► Your Kids' Mistakes Do Not Define Who They Are

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. — Philippians 4:6-7 NLT

SCRIPTURE | Read Philippians 4

- This section of scripture tells us not to worry and to replace worry with prayer. Is this at all practical as parents?
- How can we lean into this peace that 'exceeds anything we can understand' when we are parenting our children?
- On days where we need this peace and love the most, how do you reconnect with your faith?

CHAPTER QUESTIONS

— Little Mistakes Can Help Eliminate Big Mistakes

- What "nets" do you have in place to allow your children to fail and have a safe place to land?
- When mistakes feel big, how can you help gain perspective (for you and for your child)?
- Talk to your group about a little mistake that your child has made that had a good impact on them.

— When the Principal Calls

- Listen, learn, and advocate when necessary. How does this help when moments feel so big?
- Review the examples on pages 94-95 at your table. What are other mistakes and responses can you use as learning examples to help find perspective?
- Remember time is our friend when it comes to how we respond as parents. How can you give yourself some time?

— Sex, Drugs, and Rock and Roll

- Kim recommends talking with your children before you need to: "Looking at your sweet young child and letting them into some dark sides of the world seems a little counterintuitive. But the alternative is allowing strangers and peers to do the education for you." How do you feel about this statement? How can you start these conversations?
- How can you educate yourself on current trends?
- What will happen in your home when/if your 'good' child does a 'bad' thing? Even if you have a toddler now, think through this. How will you respond?

Parenting Perspective | Rev. Dr. Pam White

- Rev. Dr. White talks about identity. What is your core identity? What is your child's identity?
- When our children go off the path, how can we help bring them back to center?
- Our children are more than their behavior. Create a list of your children and what makes them special and unique. Save this, and look at it when you need it most.

Part Three | Let's Talk About How to Work Together

8 ► You Will Have Dreams for Your Children That They Do Not Share

After looking at the way things are on this earth, here's what I've decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives your life. And that's about it. That's the human lot. Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift! God deals out joy in the present, the now. It's useless to brood over how long we might live. — Ecclesiastes 5:18-20 MSG

SCRIPTURE | Read Ecclesiastes 5:1-20

- How does paying attention to the needs and wants of others connect us to God?
- Joy is so important to our lives. How do you reconnect with joyful things?

CHAPTER QUESTIONS

— We All Want a Healthy Baby

- Parenting is a skill. What do you feel like you are mastering now? What skills do you need growth in?
- Look at the examples on pg. 106. How does this help you gain perspective when parenting?
- Who have you surrounded yourself with that is a step ahead of you when it comes to parenting?

— Your Expectations Will Be Challenged

- Looking at your schedule, do you need to cut back on items? If yes, how can you do this?
- What is your family's priority? How does this help you in your day-to-day rhythm?

— Honoring Your Child's Hopes and Dreams

- Do you need to let go of some hope and dreams for your children?
- "You give your children your ultimate respect when you honor who they are and the goals they set for themselves." Are you doing this as a family? If yes, how does it feel? If no, how can you move towards this goal?
- Read the list on page 113. Discuss how you can do this more as a parent, or how you are doing this as a parent.

Parenting Perspective | Carolyn Gettridge

- Dr. Gettridge says, "love unconditionally and appreciate the uniqueness of the gift that you have been given." How can we do this in a consistent way? Talk with your group about how you do this in your family.
- We instill values both with our words and our actions. What are ways that your actions teach your children love, honor and respect?
- She closes with Jeremiah 29:11: "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm, you, plans to give you hope and a future." Discuss this verse with your group through the lens of parenting a difficult child.

9 ► You Will Love Them So Much It Hurts

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. — 1 Corinthians 13:4-7

SCRIPTURE | Reading 1 Corinthians 13

- How do you show this Godly love in your home?
- What is most difficult for you to do as a parent? What is the easiest for you to do?
 - Be humble
 - Be patient
 - Be gentle
 - Be kind
 - Be tenderhearted
 - Be forgiving

CHAPTER QUESTIONS

— A Parent's Love

- The instinct of loving our children comes naturally to most. Do you remember a moment when it was more difficult to like your children?
- In this section Kim ask this question, "What do you love about having kids?" Use this time as a small group to develop this list. Read Kim's list on pg. 199.

— When They Hurt, and You Can't Fix It

- Asking the question, "Is this ours to fix?" can help us gain perspective as parents. Name what is most difficult for you when your child hurts (either physically or emotionally).
- Kim talks about her family rules. Do you have a set of family rules? If not, what would you like them to be?

— Grace for You

- Say this sentence aloud in your group, "I am the perfect parent for my child." Does this bring up emotions?
- "I will always love you; I just might not always like you." How do you feel about this statement when it comes to parenting? Your relationship with your children? Your spouse?
- In your group, answer the question, "What is Love?"

Parenting Perspective | Kelly Hoxsey

- Mrs. Hoxsey reminds us to parent intentionally out of love, not anger, frustration, intolerance, or even hunger; just love. What does this look like in your family?
- What word or phrase can you choose to help you be responsive instead of reactive?
- "Grieve the loss of the child you wished you had and fall in love with the one you do have." How can you recognize and appreciate your children fully for who they are?

10 ► You Will Have Days When You Don't Like Who They Are

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. — Isaiah 40:28-31

SCRIPTURE | Read Isaiah 40

- As you read this scripture in the lens of parenting, what stands out to you?
- How do you renew your strength by connecting with God?
- Do you have an experience of renewal that you can share with the group?
- Parenting is a marathon, not a sprint.
- God's strength is our renewable resource.
- Self-care is not selfish—it's stewardship.
- Don't parent alone: rely on God and your community.

CHAPTER QUESTIONS

— It's Complicated

- Is it okay to name that you don't like your children in every moment (even when love is still fully present)? Why don't we talk about it more?
- If you have more than one child, how do you have to parent them differently?
- Kim said, "Nothing can separate my children and my love for them. There may be times where I'm not too fond of their actions, their decisions, or even them. But love can help us heal and come back together." How does this love that helps you heal look like in your home?

— When Kids Mess Up

- When you are shocked by your child's behavior, how do you respond in a healthy way?
- How can we stop the misbehavior cycle in our homes? Define the mistake, show the consequence, and move on! Are you able to do this well? How do you not do this well?
- What about the mistake that we don't even want to tell our close friend? What do we do with the shame that comes with it? How do you move on as a parent? *HINT: Grace for you; grace for your child.*

— You Are Blessed to Be a Blessing

- Children can never be told too often that they are a blessing. How can you add blessings into your family routines?
- Do you pray together as a family? How can you allow your children to guide your family in this?
- Take time in your group to bless the people around you. "You are blessed to be a blessing."

Parenting Perspective | Deborah Dobbs

- It is important to name that there will be times that you love your child but dislike their behavior. How can you separate these two things?
- Your child is a blessing, at times a "blessing wearing porcupine skin, but nonetheless a blessing." How is your child a blessing? Have you told your child this?
- How has parenting made you a better person? Have you told your child this?

11 ► You Will Need a Village

Two are better than one, because they have a good reward for their toil. — Ephesians 2:10

SCRIPTURE | Read Ephesians 2:1-22

- This scripture talks about the connectiveness in the Body of Christ. Where are your gifts when you are in community? How do you share them with others?
- Is it hard for you to ask for help? When you do, how does it feel in the end?
- What do you think the reward is for their toil?

CHAPTER QUESTIONS

— Who is Your Partner?

- When you are in times of calm, are you able to rest? (Read pg. 141 for context)
- Who is your partner in parenting? How does this person help you be better?
- Who are the other people in your family's lives that you just could not do life without? I believe it is important to name 5 adults in your children's lives that they can go to outside of you. These are people you trust and respect. Who are these people in your life?

— Real Friends

- Do you have a safe group of people in your life? Take time today to thank them for supporting you.
- Do you have a coin phrase like, "We could be in Hawaii" to help you gain perspective on difficult days (pg. 144)?
- Friends can help you be a better parent, keeping you accountable, loving you and giving you the grace that is hard to give yourself. Make a list of these people in your life, take some time and thank them and pray for them.

— Developing a Community

- Where can you develop a community? Think about where you go on a weekly basis. Are there times when you can build connections with others?
- Who is a part of your children's community? Talk to your children about this—the safe people in their lives outside of your home who love them. As a family take time and pray for them.

Parenting Perspective | Dr. Kari Roan

- Dr. Roan shares the good, the bad and the ugly of her journey. In each section she names others in her life that have helped her and her children. We have spent time naming the people in our lives. This story helps us see how necessary it is to have that community for when we need it the most.
- Read her list of what she has learned (pgs. 151-152). What stands out in this list to you? What would you add for your own life?