

**Flight or Fight****February 19, 2012**

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step.

**With your Bible or Youversion.com read Judges 21:25 and 1 Samuel 8:7-9; 19-22**

During the book of Judges we see this roller coaster spiritual existence in Israel where the people forsook God and then when judgement came through God allowing other nations to invade and afflict Israel they would cry out to him.

- How do you think the family would be affected in a culture where, “all the people did what was right in their own eyes”? Could this same thing be said of the day in which we live? What have you seen that leads you to believe this?
- What does it mean to have God be King in your life. Right now who is on the throne - God or you? Explain?

**Read 1 Samuel 17:11-50**

This famous Bible story we know as the story of David and Goliath also contains another important story, the story of Saul’s fear which crippled an entire army. This story has application for many different areas of life but we will look at it from the lense of parenting.

- Are there areas, when it comes to parenting (or life), that seem like goliaths to you? Explain.
- Saul and his army seemed to “freeze” in the face Goliath. How do you react to your parenting goliaths -

fight, flight or freeze? How does this response work for you and your family?

- Have you ever ignored an issue with your children hoping that it will just get better? Did it work?
- What are some examples of times when you did the right thing even when the issue you were dealing with as a parent seemed like a giant?

**Read Proverbs 11:29a; 24:3**

None of us are perfect. Yet, we can’t use that as an excuse to not do our best to parent well.

- Why do you think the writer of Proverbs thinks that we end up with nothing when we bring trouble on their families? How have you seen this lived out in life?
- What are some areas in your life where you need greater wisdom when it comes to parenting?
- What are some things that you have learned as a parent that helped to make your family strong?
- If you were starting over what would you do differently? Why?

**My Next Step Today Is To . . .**

- Trust my life to God as I make Him King of my life..
- With God’s help to fight for my family rather when things get tough.
- Do what is right even when it is difficult.
- Meditate on and/or memorize Proverbs 24:3

**Talk It Over with God:**

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Ask God to give you wisdom and understanding so that you can be a better parent.
- Admit your greatest area of fear when it comes to parenting and ask God to help you to act courageously in that area.
- Daily pray for your child(ren). Ask God to bless, guide, and protect them. If they are not a Christian ask God to be so at work in their lives that they would come to faith.