

Spiritual Parenting Group

Based on: “10 Principles for Spiritual Parenting”

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MEETING #2

Principle 1 – Know God Cares for You

1. Taking Care of Business

- **Introductions:** Introduce any new members
- **Group Guidelines:** Review/distribute group guidelines
- **Housekeeping/Administrative Details:**
 - ❖ Circulate form for contact information: email addresses, phone number, etc.

2. Opening Ritual

3. Dive into Discussion: Principle 1 – Know God Cares for You

Some **possible** discussion points:

- Share Reflections on the Readings and Parent Insight-Building Exercises, Parent Check In, Child Guided Journey, Child Check In, and Affirmations at the end of the chapter.
- Talk about your families relationship with God. What’s difficult about bringing God into your everyday lives?
- Pg. 4 – Do you explore God? Do you spend time in God’s presence and encourage/facilitate your children to do the same? How?
- Pg. 5 – Discuss “God’s always available presence within.”
- Pg. 9 to 11 – How do you teach your children how to listen for God’s answers to their prayers?
- Pg. 14 – How can we foster our “child’s conscious connection with God?”
- Pg. 16 – Do you feel comfortable releasing your child “into God’s embrace?” How can you practice this?
- Pg. 17 – How do you acknowledge God’s role in your life with your children?
- Pg. 20 – How can we help our children develop their vocabulary to talk about God and their own spirituality? Discuss creating a “God box,” journaling, prayers and affirmations.
- Pg. 22 – Create your own relaxation meditation or pick your favorite from the four examples listed. Take a few minutes right now to practice and then share

your experience with others. How easy is it for us to quiet our mind? What can you do to help your child practice meditation time?

- Pg. 25 – Identify your self-limiting dialog/programming; how can you change it?
- Pg. 26–32 Discuss/share your favorite Daily Spiritual Habits.

3. Wrap Up:

- Thoughts for the Evening:
 - ❖ This week, go out into your world and _____ (fill in with an “action item”).
- For next meeting - Read **Principle 2, *Trust and Teach That All Life Is Connected And Has a Purpose.***
- Closing Ceremony