

# RAISING KIDS WITHOUT RAISING BLOOD PRESSURE

Extreme Marriage Make Over - Part 9 of 12  
 Matthew 5:48  
 Pastor Sasha Brown

Matthew 5:48 *“Be perfect, as your Heavenly Father is perfect.”*  
*To Be Like My Heavenly Father...*

**I. I MUST \_\_\_\_\_ MY CHILDREN.**

*“As a father has compassion on his children, so the Lord has compassion on those who fear Him; for He knows how we are formed...”*  
 Ps. 103:13-14

*“Homes are built on the foundation of wisdom and understanding.”*  
 Prov. 24:3 (GN)

Proof of Understanding:  
 (Prov. 14:29)

**II. I MUST \_\_\_\_\_ MY CHILDREN.**

*“The Lord is gracious and compassionate; slow to anger and rich in love.”*  
 Ps. 145:8

Rom. 15:7 *“Accept one another...”*

**III. I MUST \_\_\_\_\_ MY CHILDREN.**

*“... The Lord disciplines those whom He loves ... “*  
 Heb. 12:6

*“If you refuse to discipline your son, it proves you don’t love him.”*  
 Prov. 13:24 (LB)

*“Discipline your children while they are young enough to learn. If you don’t, you are helping them destroy themselves.”*  
 Prov. 19:18 (GN)

“PUNISHMENT”

“DISCIPLINE”

Purpose: Inflict \_\_\_\_\_

Promote \_\_\_\_\_

Focus: \_\_\_\_\_

\_\_\_\_\_

Attitude: \_\_\_\_\_

\_\_\_\_\_

Result: \_\_\_\_\_

\_\_\_\_\_

*“There is no fear in love. But perfect love drives out all fear, because fear has to do with punishment.”*  
 1 John 4:18

How to Discipline:

1. \_\_\_\_\_

*“A fool gives full vent to his anger”*  
 Prov. 29:11

*“Don’t keep scolding and nagging your children, making them angry and resentful... use loving discipline...”*

Eph. 6:4 (LB)

2. \_\_\_\_\_

Prov. 13:24

3. \_\_\_\_\_

*“Fathers, don’t scold your children so much that they become discouraged and quit trying.”*  
 Col. 3:21 (LB)

**IV. I MUST \_\_\_\_\_ TO MY CHILDREN.**

\* Through \_\_\_\_\_ (Ps. 145:9)

\* Through \_\_\_\_\_ (Ps. 145:14)

\* Through \_\_\_\_\_ (Ps. 145:18)

**V. I MUST \_\_\_\_\_ WITH MY CHILDREN.**

*“The Lord is righteous in all His ways...”*  
 Ps. 145:17

*“It is a wonderful heritage to have an honest father.”*

Pr. 20:7

*“The Lord is faithful to all His promises.”*  
 Ps. 145:13b

*“He will turn the hearts of the fathers to their children, and the hearts of the children to their fathers...”*  
 Mal. 4:6