

Parents and children

Ephesians 6:1-4

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul ask of children, and what does he warn fathers not to do?

2. What does it show me about people — and about myself?

How were honor and encouragement — or their absence — part of the home you grew up in?

3. What will I obey this week? (a concrete step, with a day)

How could you honor a parent or encourage a child this week — a phone call, a spoken blessing, patience instead of a sharp reply?

4. Who will I tell?

Who is struggling as a parent, or with a parent, and could this passage open a conversation with them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, you parent me with a patience I don't deserve. Help me honor those over me and never exasperate those in my care.

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