

The Pattern of Covenant Parenting

A clean reading edition

BRYAN HICKMAN TEACHING SYNTHESIS

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Introduction

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Parenting is often reduced to the question of how to make a child behave. We ask how to stop the arguing, correct the disobedience, establish better habits, or get through the next difficult stage. Those questions matter, but they are not the whole purpose of training a child. The deeper work is to form a heart that can grow in love, a clear conscience, and sincere faith. As 1 Timothy 1:5 says, "The goal of our instruction is love from a pure heart, a good conscience, and a sincere faith." The hope is not simply to produce outward compliance. It is to raise sons and daughters who can come to know their heavenly Father, receive their identity from Him, and walk faithfully in the purpose He gives them.

That kind of formation begins with the parents. Children learn far more from what they see in us than from what we say to them. They watch how we respond when we are tired, disappointed, interrupted, or afraid. They notice whether our words agree with our lives. In the early years, a parent becomes a child's first picture of authority, love, protection, and security. This makes parenting a form of discipleship, but it also makes it a form of parent training. Before we can ask our children to listen, we have to become people who listen to the Lord. Before we can ask for self-control, we have to let God deal with our anger. Before we can lead a child toward healing, we have to be willing to bring our own wounds into His light.

The model for this surrendered life is Jesus. His life shows what it looks like to depend on the Father rather than act from self-protection or self-importance: "I don't do anything but I see my father do it. I don't say anything but I hear my father say it." The point is not to make parents flawless. It is to help us become honest, obedient, teachable people whose children can see us turning toward God when we fail. Proverbs 14:26 says, "In the reverent fear of the Lord, there is strong confidence, and his children will always have a place of refuge." A child's security grows when the adults around them are learning where true security comes from.

That refuge is built inside the atmosphere of the home. Parenting does not happen in isolation from marriage, family rhythms, work, money, or the condition of the parents' hearts. A peaceful household requires husband and wife to pursue unity, repair conflict, and refuse to make their children carry the weight of adult disagreement. It requires daily deposits of appreciation, patient listening, and the humility to apologize when we have dishonored one another. It also requires practical care: noticing when a spouse is exhausted, stepping in when help is needed, and protecting the home from becoming a place where pressure is constantly passed down to the children. The thirty-day breakfast covenant and the command in Ephesians 4:26 not to let the sun go down on anger belong to this larger work of building peace, not to a formula for pretending that conflict never exists.

Within that atmosphere, parents can establish boundaries without making fear the center of the relationship. Children need direction. They need to know what is safe, what is expected, and what belongs outside the life of the family. Jesus' warning about the broad and narrow ways in Matthew 7:13–14 gives this work a larger frame. Training means helping children learn to listen, to turn away from harmful influences, and to practice what is good until wisdom becomes part of their own character. When a child disobeys, the goal must be restoration rather than humiliation. A parent who is angry or out of control should pause rather than use discipline to release frustration. Correction should protect the child's dignity, leave room for truth and disclosure, and lead the family back toward calm, belonging, and trust. The practical questions of boundaries, correction, and safety require care, patience, and age-appropriate wisdom; they should never be separated from love.

This formation takes place in ordinary life. It happens while parents are deciding what enters the home through television, phones, tablets, and other media. It happens when a mother or father chooses presence over constant distraction, when a family shares work instead of treating chores as an interruption, and when children are welcomed into the real responsibilities of household life. The goal is not to create an artificial world where children never encounter difficulty. It is to give them a secure place from which they can learn how to meet difficulty with faith,

responsibility, and compassion. A boundary can be an expression of care. A shared task can become a lesson in service. A quiet conversation can shape a child's understanding of God more deeply than a lecture.

The book also looks beyond the immediate moment. Parents are not only managing today's behavior; they are building on behalf of people they may never meet. This is the long view behind Proverbs 22:6: "Train up a child in the way he should go, and even when he grows old, he will not abandon it." The healing we pursue, the patterns we refuse to pass on, the promises we keep, and the way we order our lives all become part of the foundation our children inherit. This is the idea of generational advancement: children should not have to begin by fighting every battle their parents were given grace to face. They will have their own struggles and their own relationship with God, but they can stand on a foundation of greater security, honesty, and wisdom. That is why parental humility matters. We can tell our children that we are still growing, that the Lord is still dealing with us, and that our imperfections do not cancel our responsibility to keep moving toward Him.

This vision also changes how we think about the place of family in the wider work of the church. God comes first, family cannot be sacrificed to public ministry, and ministry must flow from a life that is being lived truthfully at home. Parents need the wisdom of mature and trustworthy people around them, and children need safe access to help beyond their parents when they need it. A covenant family is not an isolated family. It is a household learning to receive correction, offer hospitality, repair what has been damaged, and make room for the work God is doing across generations.

The pages that follow develop these convictions through the realities of family life: how parents model the Father, how a home learns to respond to conflict, how husband and wife protect the atmosphere of the household, how families guard the influences shaping their children, how ordinary work and presence become part of discipleship, and how parents can rebuild trust when they are beginning late or carrying a complicated history. The final reflections and exercises are meant to move these ideas out of the abstract and into conversations, prayers, decisions, and small daily practices. Covenant parenting is not a

checklist that proves we are doing everything right. It is a living relationship, walked out before the Lord and before our children, one faithful response at a time.

Chapter 1: The Foundations of Modeling & Multi-Generational Vision

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The Ultimate Goal of Training

The true purpose of child training is not to construct a superficial set of behavioral modifications or to simply "tweak" outward conduct. It is to lay a foundational, structural establishment. Specifically, the ultimate goal is to raise children who can transition cleanly into their own spiritual inheritance. As the scriptures state in 1 Timothy 1:5:

"The goal of our instruction is love from a pure heart, a good conscience, and a sincere faith."

Our target is to have children who seamlessly step into a personal relationship with their heavenly Father, and in that place find their Kingdom identity and faithfully walk out their Kingdom purpose in this generation.

The transition from childhood through adolescence is intended by God to be a seamless, direct journey into relationship with the Father. Society has largely convinced itself that teenagers must undergo a painful, mandatory phase of rebellion simply because they do not know what else to do. However, this expectation is a deception that lowers our standards

and shapes our actions toward failure. God's design is for children to move directly from childhood into a vibrant, personal relationship with Him.

Jesus as the Ultimate Model

To understand how to train children, we must first look at Jesus. Jesus did not come to earth merely to perform miracles or display His divinity; rather, He came to model what a son can do when entirely dependent upon his Father. He walked out His earthly life as a man, not as God, to demonstrate that obedience is fully possible for a heart surrendered to the Father. He lived by a simple, profound standard:

"I don't do anything but I see my father do it. I don't say anything but I hear my father say it."

Just as Jesus modeled sonship for us, parents are called to model the Father to their children. In the eyes of a young child, the parent is effectively "God"—the ultimate representation of authority, love, and security in their life. This is a sobering reality. Parents have both the privilege and the solemn responsibility to demonstrate face-to-face what a loving Father and Mother are like until the child reaches an age of spiritual understanding where that devotion is transitioned to the Lord.

The single most powerful force that will affect your children is for you, the parent, to become an obedient son of God. Because parents are always modeling, every reaction—even after a hard day when we are on edge—sets an example. We cannot expect our children to walk in instant obedience to our voice if we ourselves are not walking in instant obedience to the voice of our heavenly Father.

Building for Generations

To parent effectively, we must reject short-sightedness and adopt a multi-generational vision. We see the danger of passivity illustrated in the history of the Church. During the "Jesus movement" of the 1970s, a

wave of believers dropped out of school and stopped preparing for the future under the premise that "Jesus is coming back". Because they failed to build for the next generation, the world quickly stepped in and took over every major institution.

Conversely, if we believe that the Kingdom will be fully established only in our lifetime, we risk failing to prepare our children for the long-term work. While we must always look for the "end suddenly," we must build and train our children as if the work will span multiple generations. We are not going to build it all in our lifetime; our task is to raise up the little ones placed in our hands so that they will be faithful to God's purposes in their own generation. As Acts 13:36 records of King David:

"For David, after he had served God's purposes in his own generation, fell asleep and was laid among his fathers and underwent decay."

Healing the Parents First

Because children copy what we model, the child training process is, in reality, a parent training process. If we carry unresolved brokenness, anger, or fear, we will pass those patterns down. Allowing the Lord to heal us requires deep humility and submission, but it is the greatest gift we can offer our children. As we grow in our reverence and fear of the Lord, we gain a strong confidence that creates a literal shield of security and a place of refuge for our households. This is beautifully promised in Proverbs 14:26:

"In the reverent fear of the Lord, there is strong confidence, and his children will always have a place of refuge."

When we allow the Lord to deal with our own deep-seated insecurities, we achieve what is called "generational advancement". Children who are raised in an atmosphere of genuine spiritual security do not have to fight the same battles, wounds, or broken family dynamics that their parents

had to overcome. Instead, they get to stand on their parents' advancements and leap forward into their own destiny. This establishes the foundation for the lifelong training command found in Proverbs 22:6:

"Train up a child in the way that he should go, and even when he grows old, he will not abandon it."

Chapter 2: Redemptive Correction: Straightening the Path with Love

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"Narrowing Up" vs. The Demand for "Experiences"

Scripture defines training a child through the Hebrew lens of "dedicating, disciplining, narrowing up, or choking out". It means to straighten a child's path, protecting their outlook, behavior, ideals, views, and influences from being overwhelmed by the weeds of the world. This directly contradicts modern humanistic reasoning, which insists children must be given broad "experiences" to discover themselves. This humanistic philosophy is a widening of the way, which the Bible explicitly warns against in Matthew 7:13:

"Enter through the narrow gate, for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it."

Parents are given the responsibility to shape their children's minds and protect them from worldly conformity. As Romans 12:2 charges us:

"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will

of God is, that which is good and acceptable and perfect."

The renewal of the child's mind is a task delegated directly to the parents. It requires parents to actively narrow up their child's path, choosing carefully what enters their hearts and minds rather than letting them wander broad roads of secular influence.

Debunking the Myth of Adolescent Rebellion

A cornerstone of modern parenting is the belief that teenagers must naturally go through a painful, dramatic season of rebellion. We are told this is just a normal developmental phase. However, this expectation is a deceptive lie that shapes our thoughts and actions toward failure.

In God's design, there is no mandatory period of rebellion. The scriptural transition from childhood to maturity is intended to be a seamless progression directly into a personal relationship with the Father. When boundaries are clearly laid and maintained with love, teenagers do not have to wander into rebellion; they can walk straight from parental guidance into divine devotion.

The Mechanics of Correction: The Switch and the Loving Hand

To remove the foolishness that is naturally bound up in a young heart, God has provided specific, loving tools. As Proverbs 22:15 states:

"Foolishness is bound up in the heart of a child. The rod of discipline will remove it far from him."

Scripture is rich with wisdom regarding the diligent application of this rod of reproof:

- **Proverbs 13:24:** "He who withholds the rod hates his son, but he who loves him disciplines him diligently."

- **Proverbs 19:18:** "Discipline while there's hope, and do not desire his death."
- **Proverbs 29:15:** "The rod of reproof gives wisdom, but a child who gets his own way brings shame to his mother."
- **Proverbs 29:17:** "Correct your son and he will give you comfort. He will also delight your soul."

While humanism rejects these commands or distorts them into abuse, biblical correction is defined by tenderness and absolute control. In our home, we established a strict physical boundary: our hands were made exclusively for holding, hugging, and expressing love. We never used our hands to strike a child, nor did we use heavy, rigid tools like belts or wooden spoons, which can cause physical harm or anger.

Instead, the biblical "rod" refers to a tender, limber shoot or reed—such as a small lilac switch (roughly a quarter of an inch or smaller) with shaved bumps. This tool is designed to produce a quick, harmless sting on the bottom or thigh that instantly captures the child's attention without ever causing physical damage.

Crucially, this physical correction serves a redemptive spiritual purpose: it completely removes guilt and shame. When a child is corrected, the spiritual debt of their disobedience is paid instantly. There is no lingering condemnation, no standing in corners, and no emotional isolation. Once corrected, the child is immediately embraced, loved, and restored to perfect right standing within the home.

The Rule of Calmness: Correcting Without Anger

Scripture issues a vital warning to fathers in Ephesians 6:4:

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."

A parent must never, under any circumstance, correct a child while feeling angry, agitated, or on edge. Correcting in anger is not biblical discipline; it is an expression of the parent's lack of self-control. It models anger to the child, which violates our primary calling as models of the Father.

If you find yourself becoming agitated or losing your emotional composure during a correction, you must stop immediately. It is far better to let an act of disobedience go uncorrected in that moment than to correct your child in anger. The parent must first go before the Lord, find peace, and handle the situation only when they can do so with a calm voice, a peaceful facial expression, and a tender heart.

The Correction Room: Restoring Dignity in Private

To preserve a child's security and dignity, correction must never be a public spectacle. It should not be done in front of guests, siblings, or in public places.

Instead, correction should take place in a private, designated area—such as a bedroom or bathroom. This private environment—the "correction room"—is a place of calm, reassurance, and ultimate security. By keeping correction private, we honor our children, shield them from public embarrassment, and ensure that the process remains a tender, focused interaction of restoration between parent and child.

Chapter 3: Parental Unity & the Atmosphere of the Home

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- [Private Alignment over Public Disagreements](#)
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The Principle of a Unified Front

A central pillar of a peaceful home is the absolute, seamless unity between husband and wife. Parents must understand that children are highly astute observers; they are experts at sensing any lack of alignment and will naturally seek to exploit any crack to sow division or pit one parent against the other.

To prevent this, parents must maintain a completely united front. In our home, we established a simple but powerful protocol. Whenever a child approached one parent asking for a treat, more television time, or a specific permission, the immediate response was always:

"What did Dad say?" or "What did Mom say?"

If the other parent had already given an answer, the discussion was instantly over. The parent receiving the second appeal would simply state, "Well, there is your answer," ensuring that the child's attempt to bypass authority was met with a solid wall of parental agreement. This level of consistency and predictability is not a rigid, legalistic exercise; rather, it provides children with an immense sense of security because they know exactly where the boundaries stand.

Private Alignment over Public Disagreements

Maintaining a united front means that parents must make a covenant never to disagree, correct, or expose each other's faults in front of their children. Doing so publicizes division and teaches children how to manipulate their parents, which ultimately tears down the spiritual authority of the home.

Inevitably, there will be moments when one parent observes their spouse making a decision or handling a disciplinary situation in a way they wouldn't have chosen. The natural temptation is to immediately step in and express "wisdom" or correct the spouse on the spot. This is a critical mistake.

When you feel that irritation rise, you must first deal with your own internal reaction. In front of the children, you must completely support your spouse's decision. Any adjustments, differing views, or scale of discipline must be discussed strictly in private, behind closed doors. In our home, if Deanna handled a situation and I disagreed with the method, we would discuss it privately later so that we could align our hearts before the Lord, but the child always saw us standing as one.

Healing the Crack: Humility and Restoration

Because parents are human, there will be times when they fail to maintain this standard and inadvertently display division or disrespect in front of the child. When this happens, it must be corrected immediately in the spirit of humility.

First, the parents must align privately. The offending parent should go to their spouse and say:

"Cariño, lo siento. I realize that I made you look bad in front of the child, and I repent."

Second, depending on the situation, it is often necessary to go directly to the child to model genuine repentance and restore the standard of honor:

"What I said to you about your mother/father was wrong. The Lord is working in my heart, and I cannot make an excuse for what I did. I want to apologize to you for deshonorar (dishonoring) them in front of you, because they deserve honor."

There is extraordinary, transformative power when a parent is willing to be authentic and humble before their children. It models a soft, teachable heart and teaches children how to walk out repentance in their own lives.

Atmosphere of Peace and Order

The physical environment of the home directly affects its spiritual atmosphere. A clean, orderly house is a powerful catalyst for a home filled with peace. When a mother takes joy and satisfaction in nurturing and keeping the home, and the husband actively notices, appreciates, and verbalizes his gratitude, it weaves a beautiful bond of peace over the entire household.

This atmosphere also requires parents to be highly sensitive to one another's limits. Parenting is a demanding, daily labor, and there are times when "too much is too much" and one spouse is exhausted or on edge. In those moments of high stress, the other spouse must be ready to step in, "take the ball," and cover for them. This mutual support ensures that correction is never administered out of exhaustion or emotional agitation.

Nurturing the Marriage: Horizontal and Vertical Communication

We must recognize that child training is not an isolated task; it is completely interwoven with every other area of family life, particularly the marriage relationship. If there is no peace between husband and wife, it is impossible to have lasting peace in training the children.

Healthy communication requires us to stop simply waiting for our turn to speak so we can make our own point, and instead learn to truly listen to one another's hearts. This communication must be intentionally nurtured.

To build this horizontal connection, we must make constant, deliberate "positive deposits" into our spouse's emotional bank account. As the proverb of the household says, if you put a coin in the piggy bank every single day, it will eventually be filled.

A highly practical and transformative exercise for married couples is to commit to a 30-day breakfast covenant. For thirty consecutive days, sit down together for breakfast, and each day, make a specific, intentional positive deposit by telling your spouse one thing you sincerely estimate and appreciate about them.

For husbands, this requires stepping away from vague, general statements like "You know I love you" or "You look good," and instead sharing specific, particular details of appreciation. For wives, it means actively finding ways to make their husbands feel proud and respected, rather than assuming they only need to receive appreciation without giving it. This intentional focus changes the entire climate of the home because, as Scripture principles teach:

"Buscad y hallaréis (Seek and you will find)."

If you look for faults, you will surely find them; but if you intentionally seek the good in your spouse, you will find it and multiply it.

The Covenant Rule: Never Go to Bed Angry

To safeguard the home's atmosphere, couples must establish a firm covenant line that they resolve never to cross. Chief among these is the scriptural command:

"...do not let the sun go down on your anger."

In our thirty-seven years of marriage, we decided we would never go to sleep angry with one another. If a disagreement arose, we would take a "time out" to pray individually, allowing the Lord to deal with our own hearts first. Then, we would return, ask for forgiveness where we had failed, and pray together. We did not always agree on the specific point of contention immediately, but we agreed on God and gave Him the place of preeminence in our marriage.

As a husband, the Lord taught me that I must function as the priest of my home. When my wife made a mistake or did something wrong, the Lord would use it to deal with me first, instructing me to carry the burden, be silent, and go to the cross for her just as Christ did for the Church. When both husband and wife surrender their right to be right and prioritize the covenant, they establish a secure spiritual foundation that their children will naturally inherit, creating a magnificent generational advancement.

Chapter 4: Guarding Influences & Practical Daily Wisdom

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Textile Boundaries & Early Training

To train a child to listen to their parents' voices, training must begin in infancy with simple, knowable boundaries. Rather than overwhelming a toddler with a laundry list of hundreds of rules that they are incapable of following, parents should establish a few select, physical boundaries.

A highly practical and successful method for this is blanket training. Spreading a small blanket on the floor, the parent instructs the infant (typically starting around six to nine months of age):

"I don't want you going off of that."

Inevitably, the child's curiosity or old nature will lead them to test the boundary and attempt to crawl off. In that moment, the parent administers a light, instant correction—such as a gentle tap on the hand—and places them back on the blanket, reinforcing the instruction. Within just a few repetitions, the infant learns to associate their disobedience with the immediate correction and willingly remains within the border.

The goal of this training is not merely to restrict the child's movement or to protect household furniture, such as a coffee table. Rather, it is to train the child to listen to and obey the parent's voice. These physical boundaries provide children with immense security. Just as the Lord

establishes boundaries for our lives to keep us secure, clear boundaries in the home let children know exactly what is acceptable, preventing a frantic, heavily policed household and fostering an environment of deep spiritual peace.

Guarding the Mind: "Tell-a-Vision" and Media

In a modern world saturated with technology, parents must exercise extreme vigilance regarding television, tablets, and media. The world's media system is highly intentional; it is designed with specific "channels" and "programming" to literally "tell your vision"—shaping the ideals, desires, and minds of children away from the Kingdom of God.

Allowing a television or a tablet to act as a surrogate parent is a dangerous convenience. It acts as a deliberate distraction designed by the adversary to draw parents away from their greatest earthly blessing and responsibility: actively training their children. While completely avoiding media in today's society is a challenge, limiting it strictly produces extraordinary, healthy fruit. By closing the door to secular programming, we prevent the enemy from exploiting gaps in our children's security and instead keep their minds pure and focused on the atmosphere of the home.

Nurturing, Presence, and Owning Your Time

Effective child training cannot be outsourced; it is a precious gift and responsibility given directly by God to the parents. This training requires physical and mental presence. You cannot train up a child in the way they should go if you are not there to walk beside them.

This truth carries profound implications for the roles of both the mother and the father:

The Mother as the Nurturer

A mother's primary calling in most circumstances is to stay home, keeping the house and nurturing the family. In this sacred role, she fulfills her God-given ability to multiply. When a husband brings home a

paycheck, the wife multiplies it into food and a meal; when provided a house, she multiplies it into a warm, peaceful home. The work a mother does in the home far surpasses any secular career or paycheck. Husbands must actively celebrate, honor, and protect this role rather than allowing the diabolical wisdom of the world to demean it.

The Father as the Provider of Time

For a mother to stay home, the father must be willing to step outside of the conventional worldly system to prioritize his family. The Lord gave a specific word of wisdom: "Own your time.". Fathers must seek the Lord for creative strategies to free up their schedules so they can be available, present parents. This may mean starting a simple business or adjusting financial expectations to avoid the diabolical trap of Egypt, which demands two incomes and keeps parents too busy making bricks to build the family altar.

Integrating Children into Daily Work

A common mistake parents make is separating their daily lives into strict categories of "work" (which is treated as a burden to be done alone) and "fun" (which is treated as the only desirable activity). While it is often faster and easier for a parent to paint a wall, do the dishes, or fold the laundry by themselves, this misses a critical opportunity for training.

Parents should actively integrate their children into all the affairs of daily life. Give an eight-year-old a paint roller and teach them how to paint; let the toddlers help push the buttons on the washing machine or play in the sink while doing dishes. When children are included in these tasks, they do not grow up hating work or viewing it as an awful chore. Instead, they learn that work is a natural, joyful expression of family life. Ultimately, children do not need constant, artificial entertainment; they simply want to be with their parents, and sharing in daily labor bonds the family together in purpose.

Chapter 5: Generational Advancement & the Covenant Family

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- ["Cutting the Penny in Half"](#)
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The Principle of Generational Advancement

A primary objective of the covenant family structure is what we call "generational advancement". This means that the spiritual victories, emotional healing, and behavioral discipline established by the parents become the floor upon which the children stand. Because children raised in a genuinely secure, peaceful environment do not have to fight the same battles, wounds, or broken family dynamics that their parents had to overcome, they are uniquely positioned to stand on their parents' advancements and leap forward into their own divine destinies.

Our children still have their own struggles and areas of life that the Lord must work on. This is a beautiful and necessary reality because everyone needs something in their life that forces them to cry out to the Lord and depend on Him. However, generational advancement ensures that they do not start from scratch; they start from a position of inherited spiritual security.

"Cutting the Penny in Half"

To keep our children from expecting perfection from us—while still keeping them engaged in the process of growth—we taught them a foundational concept. When our daughters were around seven to nine

years of age, we sat down for a teaching moment and told them:

"Girls, listen. Mom and I are going to be able to cut this penny in half. All this stuff on this half of the penny, the Father is going to work with us to remove it from our lives. But there is still going to be half of a penny left for you to deal with in your own life. And then you are going to have children, and you are going to cut that penny in half again. But you will always have half of the half that remains. Why? Because the Father needs to be sovereign to your children, and He will be."

This simple, powerful teaching set a healthy expectation within our home. Our daughters did not expect us to be flawless, perfect parents, but they constantly saw us leaning into the Lord, seeking His face, and working to deal with our own "half of the penny". This vulnerability and transparency created a beautiful, authentic environment where the entire family advanced together before the Lord.

Covenant Priorities: God, Family, and Ministry

In establishing a stable, secure home, parents must walk in strict alignment with God's divine order of priorities. We are firm believers in a covenant hierarchy that must never be compromised:

- 1. God First**
- 2. Family Second**
- 3. Ministry Third**

Tragically, when this order is inverted, the home suffers immensely. We see this manifest in the lives of many "preacher's kids" who grow up bitter and distant from the Lord because their parents prioritized public ministry or the affairs of the church over the spiritual and emotional security of their own household. Even for those carrying a powerful ministerial anointing, fathers must seek the Lord for the creative wisdom

and divine provision necessary to protect their family time. We must lift our vision higher to see that our children are our primary, most significant ministry.

Relying on the Greater Body

No family is designed to function as an isolated island. Part of walking in the covenant is recognizing that you are not alone when you are parenting. The Lord has intentionally structured the Body of Christ so that you have older, more mature people around you who have been given pastoral or apostolic responsibility over your life to speak wisdom, correction, and guidance into your household.

Furthermore, parents must actively teach and model honor for others. In our home, we wanted our daughters to know that they were not restricted to only receiving help from us. We gave them explicit permission that if they ever felt they needed outside spiritual help or counseling, they had the freedom to reach out directly to our trusted leaders and spiritual counselors. By removing the fear of being threatened by outside help, we established a network of absolute security around our daughters. They grew up knowing that if Mom and Dad were struggling, there was a safe, ordained place in the local headship where help, restoration, and life-giving counseling could be found.

Blended Families and Late Starts: Rebuilding the Foundation

We frequently meet parents who are entering the child training journey late—whether because they have recently come to know the Lord after their children are older, or because they are navigating the unique complexities of a blended family. In these situations, parents often ask how they can remove old, ungodly foundations that were laid before they entered the picture.

In these cases, the primary strategy is to become the model of the Father's love in their presence. Walk before them as a consistent, unshakeable, secure place that they can count on day in and day out.

If you are dealing with older children where the primary training window has passed, look backward to see if there are any broken bridges of trust. Seek the Lord and ask yourself: "Have I ever made any promises to my children that I have not kept?"

If the answer is yes, you must do whatever it takes—no matter how difficult or costly to your finances—to keep your word and fulfill those promises. This act of sacrificial integrity sends a powerful message that you are a parent of truth, modeling the covenant-keeping nature of our heavenly Father. Combine this with doing extraordinary, unexpected things to display your love, and stay closely submitted to your local spiritual headship, who can help navigate the specific nuances of your household. The Lord's grace is fully sufficient to heal, restore, and rebuild the foundations of any home that yields completely to His pattern.

Chapter 6: The Covenant Parenting Workbook — Reflection and Action

In this chapter

- [Workbook — Chapter 1 focus: Modeling & Generational Vision](#)
- [Workbook — Chapter 2 focus: Redemptive Correction](#)
- [Workbook — Chapter 3 focus: Parental Unity & Atmosphere](#)
- [Workbook — Chapter 4 focus: Guarding Influences & Daily Wisdom](#)
- [Workbook — Chapter 5 focus: Generational Advancement & Covenant Priorities](#)

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This workbook is designed to help you and your spouse move beyond information and step into active, structural transformation. Covenant parenting is not a formula to be checked off; it is a living relationship that must be intentionally walked out before the Lord and before your children. Use these reflective questions, practical exercises, and covenant commitments to build a secure sanctuary of peace in your home.

Workbook — Chapter 1 focus: Modeling & Generational Vision

Heart-level reflections

Dependent Sonship: Jesus modeled a life of complete dependence on His Father ("I don't do anything but I see my father do it"). In what areas of your daily life are you struggling to walk in instant obedience to your Heavenly Father? How might this struggle affect your children's ability to obey your voice?

The Power of the Model: In the eyes of a young child, you represent God—His authority, His love, and His safety. When you come home on edge or exhausted, what kind of father or mother are you modeling?

Multi-Generational Legacy: Are there areas where you have fallen into passive parenting or short-sightedness? If you parented with a vision that extended three generations deep, what would you change about your household today?

Action steps

The Refuge Audit: Identify one major source of fear, anger, or insecurity in your own heart. Set aside a specific time to bring this before the Lord, asking Him to deal with the root of this brokenness. Re-read Proverbs 14:26:

"In the reverent fear of the Lord, there is strong confidence, and his children will always have a place of refuge."

Write down how you will yield to His healing hand this week to make your home a stronger refuge.

Workbook — Chapter 2 focus: Redemptive Correction

Heart-level reflections

The Rule of Calmness: Do you ever correct your children out of irritation, frustration, or a desire for convenience? What is the difference between biblical discipline (which restores) and humanistic punishment (which lingers)?

Removing Shame: Does correction in your home leave a lingering shadow of guilt or emotional distance, or does it result in immediate restoration, hugs, and perfect right standing?

Action steps

The Hand Consecration: Make a solemn covenant with your spouse today that your hands are strictly reserved for holding, hugging, and expressing love. Remove all wooden spoons, belts, and other rigid implements from your parenting toolbox.

Setting Up the "Correction Room": Identify a private room in your house (a bedroom or bathroom) that will serve as the private place of correction. Place a tender, limber lilac switch (smooth, with bumps shaved off) in that designated room. Agree to never correct your child in front of guests, siblings, or in public.

Practice Stopping: If you feel your blood pressure rising during a correction, commit to saying: "I am not in a position to handle this right now." Ask your spouse to cover for you, or find a controlled situation before the Lord until you can speak in a calm, tender voice.

Workbook — Chapter 3 focus: Parental Unity & Atmosphere

Heart-level reflections

The Cracks of Division: Children are astute observers who look for alignment. Can your children find any "cracks" between you and your spouse to get a different answer?

Private Alignment: Have you fallen into the trap of correcting, undermining, or arguing with your spouse in front of the kids? How can you build a stronger habit of waiting until you are behind closed doors to resolve parenting differences?

Action steps

The "What Did They Say?" Protocol: Practice the immediate gatekeeping response. Whenever a child asks for permission or a treat, always ask: "What did Dad say?" or "What did Mom say?". If the other

spouse has given an answer, the discussion is permanently closed.

The 30-Day Breakfast Covenant: Set your alarm 30 minutes earlier. Sit down together for breakfast every day for the next 30 days. Each morning, share one specific, particular detail that you sincerely estimate and appreciate about your spouse. Focus on finding the good, and watch the atmosphere of your marriage and home transform.

The Sunset Covenant: Commit to the rule of Ephesians 4:26:

"...do not let the sun go down on your anger."

Agree that no matter the disagreement, you will pray individually, come together, ask for forgiveness, and pray together before sleeping.

Workbook — Chapter 4 focus: Guarding Influences & Daily Wisdom

Heart-level reflections

Surrogate Parenting: Is television or digital media acting as a surrogate parent or a distraction from your training responsibilities? How is "tell-a-vision" programming shaping the minds and desires of your children away from the Kingdom?

Owning Your Time: Fathers, are you caught in the "Egyptian" bricks-and-mortar trap of overworking at the expense of being present to train your children? What adjustments do you need to make to own your time?

Action steps

The Blanket Training Trial: For infants (6–9 months), lay down a small blanket on the floor. Practice giving the quiet command: "I don't want you going off of that." Gently correct their hand when they test the

boundary, and place them back on. Use this tool to train their ears to listen to your voice.

Integrating vs. Separating: Stop treating household chores as a solo burden. This week, give your child a paint roller, have them help push buttons on the washing machine, or pull up a chair to help wash dishes. Let them participate in your daily life, reinforcing that the family works together with joy.

Workbook — Chapter 5 focus: Generational Advancement & Covenant Priorities

Heart-level reflections

The Penny in Half: Do your children carry the heavy burden of expecting you to be perfect? How can you model humility and the pursuit of growth rather than a false image of perfection?

The Priority Order: Honestly assess your calendar and energy. Are you living according to the covenant order: God First, Family Second, Ministry/Work Third?

Action steps

The "Half-Penny" Conversation: Gather your children (especially those ages 7–9 or older). Share the "half-penny" teaching with them:

"Mom and I are not perfect parents, but we are working with the Lord to clear away old battles so you don't have to fight them. There will still be a portion left for you to deal with, but you will stand on our shoulders."

Rebuilding Broken Bridges (Late Starts / Blended Families): Seek the Holy Spirit and ask: "Have I ever made any promises to my children that I have not kept?" If a promise comes to mind—no matter

how small or how financially challenging—make a concrete plan to keep your word and fulfill that promise this month.

The 30-Day Covenant Parenting Challenge Calendar

In this chapter

- [Week 1: Laying the Marital Foundation](#)
- [Week 2: Establishing Heart-Level Security & Early Boundaries](#)
- [Week 3: Integrating Work, Joy, and Presence](#)
- [Week 4: Generational Legacy & Deep Restoration](#)
- [Days 29–30: Evaluation & Generational Forwarding](#)

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This practical, day-by-day companion calendar is designed to help you and your spouse actively move from information to structural, heart-level transformation in your home. Covenant parenting is a living relationship that must be intentionally walked out before the Lord and before your children. Use this daily tracker to build a secure sanctuary of peace in your household.

Week 1: Laying the Marital Foundation

The spiritual atmosphere of the home is anchored in the absolute unity of husband and wife. This week, we focus entirely on sealing the "cracks" of division, aligning our hearts privately, and nurturing horizontal communication.

Day 1: The Sunset Covenant (Ephesians 4:26)

Action: Sit down with your spouse tonight and make a solemn covenant that you will never go to sleep angry. If a disagreement arises, commit to taking a private "time out" to pray individually, then come together to ask for forgiveness and pray together before sleeping.

Scripture: "...do not let the sun go down on your anger."

Day 2: Launching the 30-Day Breakfast Covenant

Action: Set your alarm 30 minutes earlier. Sit down for breakfast together (just the two of you) and share one specific, particular detail you sincerely appreciate and estimate about your spouse. **Rule for Husbands:** Avoid generalities like "you look good"—find a particular, concrete action to celebrate.

Scripture: "Seek, and you will find."

Day 3: The "What Did Dad/Mom Say?" Gatekeeping Protocol

Action: Align on the gatekeeping protocol. Whenever a child approaches you asking for a treat, permission, or a change in rules, your immediate, unthinking response must be: "What did Dad say?" or "What did Mom say?". If the other spouse has given an answer, the discussion is permanently closed.

Day 4: Day 3 of the Breakfast Covenant

Action: Share your daily specific deposit. Today, focus on celebrating how your spouse handles pressure or exhaustion.

Day 5: Private Discipline Alignment Check

Action: Covenant together that you will never correct, undermine, or disagree with each other's disciplinary actions in front of the children. If you disagree with how a situation was handled, deal with your own irritation privately and discuss it strictly behind closed doors later.

Day 6: Modeling Humility & Repentance

Action: If you slipped up this week and displayed division or disrespect in front of your children, execute the restoration protocol. First, apologize to your spouse privately:

"My love, I am sorry. I realize that I made you look bad in front of the child, and I repent."

Second, go to the child:

"What I said to you about your mother/father was wrong. I want to apologize to you for dishonoring them in front of you."

Day 7: Weekly Reflection & Rest

Action: During your breakfast covenant today, evaluate the atmosphere of the home. Has the spirit of peace and security increased? Ask: "Are we taking time to truly listen to one another's hearts, or are we just waiting for our turn to speak?".

Week 2: Establishing Heart-Level Security & Early Boundaries

This week, we transition into early training boundaries and emotional security. We examine how our physical actions, voice tone, and early limits build a protective shield around our children.

Day 8: Consecrating the Hands & the Voice

Action: Consecrate your hands and voice today. Declare that your hands are made exclusively for hugging, holding, and expressing love and tenderness. Agree that your voice will never be the vehicle of correction, but only of instruction, praise, and love. Remove all rigid correction implements (belts, heavy spoons) from the home.

Day 9: Establishing the "Correction Room"

Action: Identify a private, designated area in your house (a bedroom or bathroom) that will serve as the private place of correction. Place a tender, limber lilac switch (smooth, with bumps shaved off) in that room. Commit to never correcting your children publicly or in front of siblings.

Day 10: Expressive Love Deposits

Action: Be intentionally expressive today. Hug your children unexpectedly, write them a sweet note, or tell them specific reasons why you love them and estimate who they are. Ensure they know their security is unshakeable.

Day 11: Blanket Training Setup (For Infants 6–9 Months)

Action: Spread a small blanket on the floor. Place the infant on it and say quietly: "I don't want you going off of that." When they attempt to crawl off, gently tap their hand to associate disobedience with instant correction, and place them back on the blanket. Repeat this several times in a focused, calm session. **(For older children, choose a single, clear boundary—like not touching the coffee table—to train their ears to listen to your voice.)**

Day 12: The Rule of Calmness Practice

Action: If you feel your blood pressure rising or feel on edge during a disciplinary moment today, practice stopping immediately. Say to your spouse: "I am not in a position to handle this right now," and let them step in and cover for you, or find a calm place before the Lord before addressing the situation.

Day 13: Instant Obedience Check

Action: Evaluate if you have fallen into the trap of counting to three or repeating commands multiple times. Commit today to expecting instant obedience to your voice. Give clear, loving instruction once, and address any delay as disobedience.

Day 14: Mid-Point Reflection

Action: Reflect on Proverbs 14:26. Write down how growing in your own reverent fear and instant obedience to the Heavenly Father has created a physical and spiritual "shield of refuge" for your children this week.

Week 3: Integrating Work, Joy, and Presence

We are called to own our time, stay present, and include our children in the everyday affairs of life so they learn that labor is a joyful, natural expression of the family.

Day 15: Media Audit ("Tell-a-Vision")

Action: Walk through your home and evaluate the media intake. Identify where tablets, phones, or television are acting as "surrogate parents" or distractions. Agree to strictly limit or close the door to secular programming to keep the atmosphere of the home pure.

Day 16: Erasing the Work vs. Fun Boundary

Action: Stop treating household chores as a solo burden. Today, pull up a chair and let your toddler help wash dishes, push the buttons on the washing machine, fold laundry, or give your older child a paint roller to help paint. Make work a shared, joyful experience of living life together.

Day 17: Father's Covenant: Owning Your Time

Action: Fathers, spend time before the Lord today asking for creative, Kingdom strategies to "own your time". Examine your schedule to ensure you are physically and mentally present for your family rather than caught in the "Egyptian brick-making trap" of excessive work.

Day 18: Celebrating the Mother's Role

Action: Husbands, take time today to actively celebrate, verbalize, and honor the sacred work your wife does in nurturing the home and multiplying your family's resources. Let her know that her presence far surpasses any secular career or paycheck.

Day 19: The "I Will Say Yes" Promise

Action: Look for opportunities to say "Yes!" to your children today. Tell them: "There are times I have to say no to protect you, but I am looking for every opportunity to say yes to you." Plan a family-appropriate trip, surprise outing, or special treat to fulfill this promise.

Day 20: Outdoor Activity Shift

Action: If the atmosphere of the home feels pent up or stressful today, physically shift locations. Take the children outside to build a fort, play in the yard, go to the park, or take a simple drive. Use nature and play as a release valve for energy.

Day 21: Weekly Reflection: Celebration of Individuality

Action: Discuss how your children are uniquely wired. Repent of any verbal comparisons between siblings. Ask the Holy Spirit for custom wisdom (Rhema word) for each child's specific, unique design.

Week 4: Generational Legacy & Deep Restoration

We parent with a multi-generational vision, preparing our children to stand on our spiritual shoulders and leap forward into their own divine destinies.

Day 22: The "Half-Penny" Conversation

Action: Gather your children (especially those ages 7–9 or older) for a teaching moment. Explain the "half-penny" concept:

"Mom and Dad are not perfect, and we are working with the Lord to clear away old battles so you don't have to fight them. There will still be a portion left for you to deal with under His sovereign hand, but you will stand on our shoulders."

Day 23: Rebuilding Broken Bridges (Late Starts & Blended Families)

Action: Ask the Holy Spirit: "Have I ever made any promises to my children that I have not kept?" If a promise comes to mind—no matter how small or financially difficult—write down a concrete plan to keep your word and fulfill it this month. Fulfilling your promises models our covenant-keeping Father.

Day 24: Covenant Priority Check

Action: Audit your calendar, finances, and energy. Are you walking in strict alignment with God's covenant order of priorities: God First, Family Second, Ministry/Work Third? Adjust any inverted priorities today.

Day 25: Honoring the Greater Body

Action: Teach your children that they are not alone, and that they have the freedom to reach out to trusted, ordained local leaders or counseling elders if they ever need help or counsel. Model this by showing submission and honor to local headship yourself.

Day 26: Facing Insecurities

Action: Realize that any insecurities you carry do not have to be passed down. Bring your deep-seated fears or past family wounds to the Lord, allowing Him to heal you so that your children can walk in total, inherited spiritual security.

Day 27: Concluding the 30-Day Breakfast Covenant Challenge

Action: As you complete your 30th breakfast together, commit to making these daily specific deposits a permanent, lifelong habit of your marriage. Celebrate how focusing on finding the good has transformed your relationship.

Day 28: Preparing the Next Generation to Model

Action: Reflect on Acts 13:36. Pray a blessing over your children, asking the Lord to equip them to serve His purposes faithfully in their own generation.

Days 29–30: Evaluation & Generational Forwarding

Day 29: Joint Spouse Review

Action: Review the completed 30-day challenge. Where did you see the most significant fruit? Where did the Holy Spirit highlight areas that still need to be "narrowed up" or healed?

Day 30: Sealing the Legacy

Action: Commit this parenting journey to the Lord in prayer. Declare that your family is stepping into generational advancement, and that the spiritual ceiling of your life has officially become the floor upon which your children stand.