

# Cassie & Caitlin Zlabek's Spiritual Champion Plan

**Key Passage:** Galatians 5:22. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

## Your goal is to become a Spiritual Champion who:

- Embraces Jesus Christ as your Savior and Lord
- Believes that your life should reflect the character of God
- Accepts the Bible as truth and the guide for your life
- Seeks to live in obedience to biblical principles
- Searches for ways to continually deepen your relationship with God
- Possesses a biblical worldview that shapes your decision-making
- Believes there are moral absolutes that are relevant to your life that have dramatic consequences if compromised
- Believes you have been created by God to serve Him in specific ways
- Acknowledges the continual spiritual war between God and Satan and that this can influence the events in your life
- Understands and uses your spiritual gifts in service
- Gives unusually generous amounts of time and money to spiritually-driven causes
- Carefully screens the media you ingest
- Has a deep and intense commitment to your relationship with God and other Christians
- Strives to change the world in significant ways

## You will develop the following character traits through reading God's word, prayer and modeling by your parents:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Faithfulness
7. Gentleness
8. Self-control
9. Purity
10. Honesty
11. Reliability
12. Trustworthiness
13. Discipline
14. Perseverance
15. Loyalty
16. Justice
17. Encouragement
18. Mercy
19. Compassion
20. Humility

## **Family Values:**

1. Obey your parents in everything, for this pleases the Lord. (Colossians 3:20)
2. Always tell the truth, regardless of the circumstances or consequences; strive to be known as honest, reliable, and trustworthy.
3. Never cheat or steal; that brings dishonor on yourself and disrespect to the victim.
4. Always show respect to other people, no matter how you feel about them, through your attitude and language; it reflects the love that God has for them.
5. Help others whenever the opportunity arises; we are God's servants.
6. Control your tongue: Swearing and angry words are inappropriate.
7. Be strong in your convictions; do not succumb to peer pressure.
8. Do not judge other people's motives; only judge their behavior insofar as it personally affects you or family members.
9. Take good care of your body; a consistent healthy diet and regular physical exercise are important.
10. Be active in your faith – regular bible reading, prayer, worship and service. Learn and use stewardship principles and your spiritual gifts.
11. Work hard in school to produce the best grades and most excellent work possible.
12. Carry out your household chores as a means of pulling your weight in the family, honoring family members through service, and developing good habits.
13. Make sure at least one parent knows where you are at all times; if you're away from home and want to go somewhere else, get parental approval first.
14. Accept the penalties for inappropriate behavior; it is not a sign of anger or dislike by those who discipline you, but a sign of caring and love designed to facilitate growth.

# **Jon & Michelle Zlabek's Revolutionary Parenting Plan**

**Key Passage:** Deuteronomy 6:5-9. You must love the Lord your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.

## **Core Parenting Values And Behaviors:**

1. There is nothing more important in our lives than how we love and serve God through the way that we raise our children.
2. We will raise our children according to God's priorities, regardless of the opinions of those in society. We are not striving for the approval of the world, but the glory of God.

3. To succeed, the most important focus of their training is the development of Godly character. Character matters more than achievement. God is more excited about a servant than a superstar.
4. We need to be students of God's principles and commands on parenting – we must maintain strong personal spiritual formation.
5. Our impact on our children's lives is proportional to the depth of the relationship we have fostered with them. We need to pour massive amounts of quality time into these relationships.
6. We must take the time to listen and deeply process what they are saying. This will allow us to shape them by coaching in the moment.
7. Our parenting needs to be "proactive", not "reactive". We need to anticipate difficulties before they arise.
8. The vast majority of our children's spiritual growth will occur inside of our house. We will not rely on church-related activities for their spiritual formation.
9. We will be trusted advisors, confidants and coaches to our children, not their best friends.
10. We will prioritize our family. We will refuse to pursue occupational advancement, professional organizations, sports and social events that, because of time or travel, encroach upon our parenting time.
11. We will pray daily for the spiritual development of our children.
12. We will assist in the development and revision of spiritual formation plans for our children.
13. We will follow a healthy diet and exercise regularly for our own health and as a model for our children.
14. We will read the Bible together as a family at least twice a week, focusing on the foundational passages of scripture and/or passages relevant to our children's current life situations.
15. We will have regular family conversations that bring biblical views into current life situations, and discuss faith principles as a normal part of decision-making.
16. As a family, we will do service projects at least once a month.
17. We will set media limits (non-educational computer time and television) of one hour per day on school days and two hours per day on non-school days.
18. We will dialogue with our children at least 90 minutes a day.

## **Foundational Scriptural Passages**

- Creation (Genesis 1-2)
- Adam and Eve (Genesis 3)
- Moses and the burning bush (Exodus 3)
- Moses and the plagues (Exodus 5-12)
- Moses and the exodus (Exodus 12-14)
- The Ten Commandments (Exodus 19-20)
- David and Goliath (1 Samuel 16-17)
- Solomon's rise and fall (1 Kings 9-11)
- Job's testing
- The meaning of life (Ecclesiastes 3, 12)
- Surviving the furnace (Daniel 3)

- Surviving the lion's den (Daniel 6)
- Jonah and the great fish (Jonah)
- The birth of Christ (Luke 1-2)
- Nicodemus and salvation (John 3:1-21)
- The temptations of Christ (Matthew 4:1-11)
- Prayer (Matthew 6:5-15)
- Judging people (Matthew 7:1-6)
- The Golden Rule (Matthew 7:12)
- The Good Samaritan (Luke 10:25-37)
- Wealth and salvation (Matthew 19:16-30)
- Servanthood (Matthew 20:20-28)
- Chasing out the money changers (Matthew 21:12-13)
- The greatest commandment (Matthew 22:34-40)
- The Last Supper (Matthew 26:17-30)
- Jesus' crucifixion (Matthew 27:32-56)
- Jesus' resurrection (Matthew 27:57-28:15)
- The great commission (Matthew 28:16-20)
- The ascension of Christ (Acts 1:6-11)
- The coming of the Holy Spirit (Acts 2:1-13)
- The early church (Acts 2)
- Saul's conversion (Acts 9:1-30)
- Falling short (Romans 3:9-31)
- The wages of sin (Romans 6:23)
- God's love for sinners (Romans 5:1-10)
- Salvation (Romans 10:5-15)
- Spiritual gifts (1 Corinthians 12)
- Love (1 Corinthians 13)
- The fruit of the Spirit (Galatians 5:22-23)
- Faith in God (Hebrews 11)
- Faith and deeds (James 1-2)

## **Other Revolutionary Parenting Information**

We must give God and our children the best effort possible and confidently leave the results up to Him.

One of the most important skills is listening to what your child says. This is a great opportunity to connect at a deeper level and to take advantage of the life-changing moments available. It serves as an indispensable chance to get right to the core of the child's needs and growth potential with a minimum of trial and error.

Goals must be unique for each child. Need to set milestones and short-term wins and critically assess progress along the way.

Establish and consistently enforce rules. Don't let them get away with anything. Do it without malice.

Carry out your promises.

Verbalize the conditions that remain stable in their lives: rules, our marriage, moral expectations, family priorities.

Have a curfew. Question them to death when they aren't with you.

Consistently and quietly influence their choice of friends. Point out differences in behavior or beliefs. Encourage friendships with children who are positive influences.

Set media limits. Don't allow them to self-regulate. Protect your child from negative influences.

Contain your anger and frustration. Channel emotions into positive and productive solutions.

Explain the logic behind your commands to your children.

Protect your children from "activity burnout".

Teach them the value of hard work.

Need to define and be crystal clear about what "success" is for our children. That means alleviating the pressure to perform in areas that do not meaningfully contribute to their character, social responsibility or faith.

Have children do acts of service each month with you. Visit sick people, make meals for others, volunteer at the Salvation Army or Compassion ministry. Babysitting, shovel snow, do yard work, etc.

*Adapted from Revolutionary Parenting by George Barna, 2007.*