



RAISING YOUR KIDS *Without* Raising Your Blood Pressure

TAUGHT BY RICK WARREN



A THREE-SESSION VIDEO BASED STUDY FOR SMALL GROUPS

RAISING YOUR KIDS without Raising Your Blood Pressure

A Three-Session Video-Based Study for Small Groups

Edition 1.0

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SESSION ONE

Growing Healthy Kids

LOOKING AHEAD

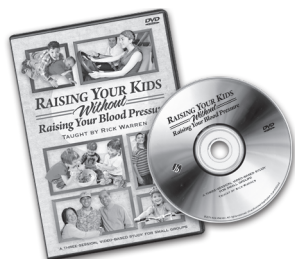
- Tell your group about your kids. How many do you have? What are their names and ages?
- What are you hoping to get from this study?



KEY VERSE

*It takes wisdom to have a good family,
and it takes understanding to make it strong.*

Proverbs 24:3 (LB)



WATCH THE VIDEO LESSON NOW AND TAKE NOTES IN YOUR OUTLINE. REFER BACK TO THE OUTLINE DURING YOUR GROUP DISCUSSION.



Growing Healthy Kids

Healthy families are not an accident. They are the result of wise actions and wise decisions by wise parents.

It takes wisdom to have a good family, and it takes understanding to make it strong. Proverbs 24:3 (LB)

I. _____ YOUR KIDS FOR LIFE

Jesus grew in wisdom and stature, and in favor with God and with men. Luke 2:52 (NIV)

Four Ways Jesus Grew

Jesus grew in wisdom = intellectual growth

Jesus grew in stature = physical growth

Jesus grew in favor with God = spiritual growth

Jesus grew in favor with man = social growth

