

# Breakout Options

Legacy Parent Conference 2021

## Breakout Session #1 Options

Discipling my Family

**Who It's For:** *Parents of Children*

At Spotswood we believe that God has given parents the responsibility to be the primary disciplers of their children. But apart from taking their children to church, how exactly should a parent go about doing it? And how do we know if we are doing it well? Take the breakout to learn the skills needed to effectively raise our children to love the Lord and follow Him with their lives.

Having the Talk(s)

**Who It's For:** *Parents of Children and Middle Schoolers*

Interwoven: Intro to Foster Care and Adoption

**Who It's For:** *Parents of Children of All Ages*

James tells us in chapter 1 of his biblical letter that “pure and undefiled religion before God the Father” involves looking “after orphans...in their distress.” So what does that look like for Christians today, especially Christian parents? Join us as we talk about this very important and God-honoring task.

Parenting a Child with Anxiety and/or Depression

**Who It's For:** *Parents of Children of All Ages, especially Middle & High Schoolers*

Anxiety and depression have become two of the most common experiences for children and teens in today's world. Join us as we remove the stigma from this issue and talk about how we can lovingly walk with our children in this area.

Parenting: It's Not What You Think - Session 2, Shape Their Character

**Who It's For:** *Parents of Children of All Ages*

Your children will reveal their lack of character over and over again. Learn from Paul Tripp how to lovingly expose the sin in their hearts and point them to the forgiveness of Jesus.

## Breakout Session #2 Options

### Effectively Disciplining My Children

**Who It's For:** *Parents of Children of All Ages, especially Children*

Our kids come out of the womb needing to be taught a lot of things. But one thing they've never had to learn is how to sin. As people born with sinful natures, sin just comes naturally to us. That's why discipline is such an important thing for parents to initiate within their families. But how do you do it well? And how do you do it in a way that is biblical and honors the gospel? Join us as we answer these questions and more.

### Launching My Teen Into Adulthood

**Who It's For:** *Parents of High Schoolers*

Proverbs 127:4-5a says, "Like arrows in the hand of a warrior are the [children] born in one's youth. Happy is the man who has filled his quiver with them." This passage communicates that there is coming a day when we will launch our children on their own into adulthood. How will we know when they are ready? How will we know that we have given them everything they need to succeed as an adult Christ follower? And what should my relationship look like with my college aged and adult child? Join us as we answer these questions and more.

### Leading My Child to Christ

**Who It's For:** *Parents of Children of All Ages, especially Children*

Many of us are parents who love and follow Jesus and want the same for our children. But how exactly do you communicate the gospel message to them in a way that they can understand? And how do you know if they understand it and are ready to make such a decision? Learn the answers to these questions and more.

### The Techwise Family

**Who It's For:** *Parents of Children of All Ages, especially Middle & High Schoolers*

Based on the book, *The Techwise Family: Everyday Steps for Putting Technology in Its Proper Place*, this breakout is all about learning how to make conscientious choices about technology in our families and developing wisdom, character, and courage in the way we use digital media.

## Parenting: It's Not What You Think - Session 3, Thrive in the Teen Years

***Who It's For:*** Parents of Middle & High Schoolers

Culture portrays this period of life as a chaotic season to be survived, but the Bible is very optimistic about what can be accomplished. Learn from Paul Tripp how to make the most of the teen years and help them successfully transition from childhood to adulthood.