THE PARENTING TABLE · JESUS & PARENTING

CONVERSATION SHEETS

Simple pages for a faithful conversation.

Reusable sheets for individual parents, couples, mentors, and small groups. Print a fresh personal reflection page for each person, and keep private notes private.

New here? Choose one session. Read its Scripture and teaching together; take turns with the questions. Each person writes one small thing they will try and when. Pray and agree when to meet again. Next time, return to that written step: what did I try, and how did it go? At your first meeting, skip this check-in. If a step is untried, begin again without a score. Each person keeps their own notes and chooses what to share.

Abide. Become. Be Sent.

A free discipleship resource from MSSNL.
For individual parents, couples, mentors, and small groups.
mssnl.org/table/parenting

How to use these sheets.

These sheets go with any session in the participant workbook; they do not replace the book or its teaching. Print a fresh My reflection and next step page for each person at each meeting. Keep your previous page so you can follow up.

1. **Prepare:** choose the same session and read its chapter and Scripture.
2. **Last time:** Start with last time. Remind yourself, in one sentence, what the previous session taught. Turn to the My next step box from that session, read what you planned, then ask: How did I respond? How did it go? What helped or got in the way? At your first meeting, skip this.
3. **Reflect:** use that session's questions. Write privately, then talk only about what you choose.
4. **Choose:** Your next step is one small way you will put this session's teaching into practice before you meet again. Choose something you can do yourself. Write what you will try and when in the My next step box.
5. **Pray and try:** pray together or silently. Try your step between meetings. Bring this page back next time.

> Example: Before our next session, I will put my phone away and listen for five minutes on three evenings.

If you did not choose a step, missed a meeting, or did not try it, say not yet or pass. You can try it again, make it smaller, or choose a different step. There is no score and no catch-up test.

Final session: choose when you will check in privately or with a trusted person.

Meeting together: agree on a safe rhythm first. The shared next-step page is optional; the facilitator's check page is for the person leading, not a report on participants.

Make the most of your time together.

Read these simple agreements together before your first conversation.

When and where will we meet?

- Take turns. Listen to understand before offering advice.
- Anyone may pass, pause, or keep a reflection private.
- Share everyday family examples thoughtfully. Keep sensitive family matters private.
- Read Scripture to learn how to follow Jesus in your own parenting.
- Choose one small step you can take, rather than a task for someone else.
- Keep personal stories within the group. If someone's safety or the law requires help, seek it promptly.

> **Children's safety comes first**
>
> Follow Jesus with patience, kindness, and care for the children entrusted to you. This is a discipleship resource, not counseling, therapy, or legal advice. Share only what you choose, and respect each family's privacy. If you are concerned about a child's safety or well-being, seek help promptly from a qualified professional. In an emergency, contact local emergency services.

My reflection and next step.

Date:

Chapter or session:

Look at the My next step box on your previous sheet. This is the step you chose to try between meetings. First meeting, no step chosen, or missed a meeting? Skip this check-in and begin here.

How I responded: what did I try? How did it go? What helped or got in the way?

Scripture: what do I notice?

What am I learning about following Jesus as a parent?

My next step: one thing I will try before our next session, and when:

What am I asking God for?

Try your step, then bring this page back next time. This page is yours; you do not need to hand it in.

An optional shared next step.

Complete together only if both of you freely choose and it is safe. Keep separate personal notes separate.

One thing each of us appreciated in today's conversation:

A small practice we both agree to try:

When will we try it?

When will we check in?

What support would help, and from whom?

Group sharing: agree on one general insight you are comfortable sharing, or pass. Do not turn this page into a report on a child or another parent.

Facilitator’s meeting check.

1. **Read:** prepare with the chapter and Scripture in context.
2. **Reflect:** look at your own heart first; write only about yourself.
3. **Practice:** choose one small action you can take, not a plan to change your child.
4. **Pray:** ask Jesus for grace to live what you have learned.

- Did we read Scripture and connect it to everyday parenting?
- Was each person free to pass?
- Did we listen kindly and respect each family's privacy?
- Does anyone need a private conversation or help connecting with a qualified professional?
- Did each person write a next step and when to try it?
- Have we agreed on the next reading and meeting?

My preparation for next time:

Record your own facilitation notes only, not details about any parent or child.