



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.

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 look back.

1. **Prepare:** choose the same session and read its chapter and Scripture.
2. **Look back:** Last action means the step you wrote at the end of your previous session. Read your own note, then ask: Did I try it? What did I notice about myself? 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 action is one small thing you choose to try before the next session. It is something you will do, not something you require your child or spouse to do. Write it in the My action box at the end of your session.
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 look back 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.

Agree on a safe rhythm.

This is a discussion guide, not a contract or a promise to disclose.

When and where will we meet?

- Speak for myself; listen without interrupting or correcting.
- Anyone may pass, pause, or keep a reflection private.
- Never name a child or share details that could identify a child.
- Do not use Bible verses, prayers, or group pressure to control anyone.
- Choose personal actions, not demands for someone else.
- Confidentiality has safety and legal limits. If a child may be harmed, we get help.

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 action 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 the look back and begin here.

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

Scripture: what do I notice?

My own response, not my child's faults:

My action: 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 I read the safety statement aloud?
 - Was each person free to pass?
 - Did anyone name a child or give identifying details? Did I redirect kindly?
 - Does anyone need a private conversation or help connecting with a qualified professional?
 - Did each person choose their own action?
 - 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.