

4.1 SPIRITUAL QUOTIENT: HOW CAN I HELP MY KIDS GROW IN GOD?

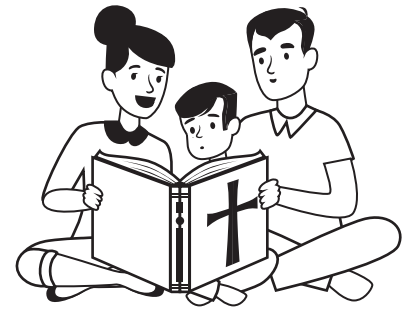
Watch the video and use this outline to write down your response and learning points.

What is Spiritual Quotient (SQ)?



What parents can do to build our children's relationship with God

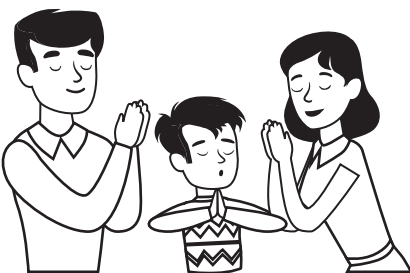
- Start with our own relationship with God
- Set an example in life and speech
- Be deliberate in imparting knowledge of God's Word



Let's Pray

Lord, I thank You for the work You have done in my life. Help me to stay faithful in my relationship with You. Give me wisdom and the words to guide my child on the path of righteousness. Reveal yourself to my child so that he may know You personally. May we, as a family, grow in Your favour.

How do we grow in the Lord as a family?



4.2 REFLECTIVE JOURNALLING

Take 15 minutes to reflect on what you have heard and learnt from the video series on nurturing talents, EQ, AQ, and SQ. Write your response to each question in the space provided.

- Consider your abilities, personality, and areas of strengths. List down five of your talents.
- Compare these five talents to the five talents you wrote of your child in Worksheet 1.2. How are they similar or different?
- What are some struggles you have faced in your life? What did you do to handle the situation?
- How does your child deal with problems he faces? How similar or different is his approach from yours?
- Which part of this video series challenged you the most? Why?
- What is one Bible verse that you can use to pray over your child?

Reflect on your responses to the above questions and write a prayer for your child in the space below.