



Unshakable
KIDS

SMALL GROUP GUIDE

Welcome

Thank you for deciding to use *Unshakable Kids* with your small group! I'm praying this study draws you closer to Jesus and gives you practical tools to raise spiritually strong and emotionally healthy kids.

Getting Started

This is a six-week study. Each week you'll find guiding scriptures, discussion questions, and homework. At the beginning of each session, you can provide time for fellowship. We recommend always finishing each session with prayer. Below is the reading schedule and format that works best for busy parents. However, feel free to tweak the book study to fit your needs.

Session 1: Introduction and Chapter 1

Session 4: Chapters 6 and 7

Session 2: Chapters 2 and 3

Session 5: Chapters 8 and 9

Session 3: Chapters 4 and 5

Session 6: Chapters 10, 11, and 12

Small Group Tips

Discussing your emotional and spiritual health and your child's emotional health takes a lot of bravery. As the leader, try to set an encouraging and comfortable atmosphere for the parents.

Make sure the members of the group understand that whatever is talked about in the group stays in the group. Confidentiality is vital. We must protect each other as brothers and sisters in Christ.

Also, encourage parents to be mindful of what they share about their children. We want to protect their hearts as best we can. Remind parents to pause and think before they share something more private in nature.

Lastly, I learned in graduate school that unsolicited advice is the number one conversation stopper. Of course we want to sharpen each other, but we should proceed with caution when offering advice.

Thank you for choosing to share *Unshakable Kids* with your group of parents!

Warmly,

Lauren Gaines

WEEK 1:

Introduction and Chapter 1

Scripture: Romans 12:2; Lamentations 3:22–23

Discussion Questions:

- Let's start with an easy one. Introduce yourself and share about your kids.
- Did anything surprise you or stand out to you this week as you read?
- In the introduction, Lauren shares that we were made to mother in this moment. Why do you think God has given you your children to raise?
- Early in motherhood, Lauren often lost her temper. She also questioned every decision she made and frequently fought self-defeating thoughts. What has been one of your biggest struggles in motherhood?
- On pages 21–22, Lauren writes, “Let's stop blaming our circumstances for our instability and start fighting the true enemy. The devil doesn't want us to know that when we take every thought captive, we free not only ourselves but also our children and our children's children.” What does this mean to you?
- In a practical sense, how do we “not be conformed to this world” and instead be transformed (Rom. 12:2)?
- Do you find it difficult or easy to accept God's mercy when you mess up as a parent? Why or why not? Reminder: God's mercy is His compassion toward us even when we deserve punishment (Lam. 3:22–23).
- **Close in prayer:** Invite the Holy Spirit into the group and ask Him to speak to parents' hearts as they work through *Unshakable Kids*.

Homework: This upcoming week, challenge yourself to pause before reacting. Before responding to your child, ask yourself: Are you reacting in your flesh or in your Spirit? Read chapters 2 and 3.

WEEK 2:

Chapters 2 and 3

Scripture: Matthew 7:24–25; Proverbs 23:7

Discussion Questions:

- Did anything surprise you or stand out to you this week as you read?
- Which growth area interested you the most: mind, heart, or identity?
To go along with that, which area do you think you need the most help with?
- Are you afraid of negative emotions or do you view them as warning signs?
How can you help your kids realize their bad moods are their bodies trying to tell them something?
- On pages 38–39, Lauren writes, “Parents who practice purposeful parenting when their children are young reap great rewards later in life. Note that I didn’t say *perfect* parenting. I said *purposeful* parenting.” Do you struggle with perfectionism in parenting? How can you offer yourself grace in parenting while being intentional in your actions?
- In chapter 2, Lauren shares why you should build firm foundations in your children’s hearts (Matthew 7:24–25). What’s something you are currently doing to lay that foundation?
- Share a biblical or psychological truth you learned in chapter 3 that you are most excited to teach your children.
- In chapter 3, you read about the cognitive triangle. Have you ever considered how your thoughts impact your feelings and actions? How will this revelation transform your attitudes and beliefs in parenting?
- Did you and/or your children practice metacognition this week? How aware are you and your children of the thoughts running through your heads?
- **Close in prayer:** Ask God to lead parents in their parenting and help them hold every thought captive as they strive to build firm foundations in their children’s lives.

Homework: Practice metacognition yourself and with your children one day this week. How did it go? Do your kids need more targeted help in understanding their thoughts and identifying their feelings? Read chapters 4 and 5.

WEEK 3:

Chapters 4 and 5

Scripture: Hebrews 4:12; Philippians 4:6–9

Discussion Questions:

- Did anything surprise you or stand out to you this week as you read?
- Did you see yourself or your child in any of the mindsets?
Which mental mistake did you relate to the most?
- On page 64, Lauren talks about slowing down and savoring. Is this something you and your children do? What's one thing you can intentionally savor this week?
- God's Word is alive (Heb. 4:12) and can help you uncover your deepest thoughts and desires. How often are you getting in God's Word? What helps you carve out time to read your Bible? Share with the group.
- Do you find it difficult or easy to guard your children's minds and hearts?
What boundaries or systems help your family to keep your thoughts fixed on lovely and pure things?
- How have you helped your children learn to guard their own hearts and minds?
- The Brain Builder on page 90 challenges you to capture your first thought in the morning. Did you or your children try this? What was the result? How did your first thought impact your day?
- **Close in prayer:** As parents, what are we allowing into our minds? Our spirits? Ask Jesus to help parents sow good seed to bring peace and life to their minds and hearts.

Homework: Take a deeper look at what you meditate on throughout the week. Is it bringing you and your family life? What's one thing you can do to challenge those unhelpful thoughts and bring them to the obedience of Christ? Read chapters 6 and 7.

WEEK 4:

Chapters 6 and 7

Scripture: Psalm 22:3; Hebrews 12:11

Discussion Questions:

- Did anything surprise you or stand out to you this week as you read?
- How do you think parents' wounds impact their children? Why is it important to address the current state of your heart?
- In chapter 6, Lauren talks about the importance of worship and how worship plays a big role in our relationship with Jesus (Ps. 22:3). What does your worship life look like? How do you think worship impacts your heart and mind?
- On page 105, Lauren shares a practical tip titled "How to Confront Sin in Our Children." When you address sinful behavior in your children, do you use similar tools? What have you found helpful when confronting sin in your kids?
- In chapter 7, Lauren shares three keys to winning your child's heart. What key stood out to you? How do you plan to implement it with your family?
- Families in today's world are busy. Do you feel pressure to "do it all" with your kids? How do you think that belief impacts your emotional and spiritual health as a parent?
- Discipline isn't fun, but it's a necessary part of parenting. How do you handle discipline in your home? Is it something you dread? How do you think the world's definition of discipline differs from the Bible's definition (Heb. 12:11)?
- **Close in prayer:** Ask Jesus to search parents' hearts and bring to their attention any areas where they need His touch. Thank Him for His faithfulness to cleanse us and restore us to the Father.

Homework: Take a step back and consider your parenting style. What do you do well? What areas are you hoping to work on? Read chapters 8 and 9.

WEEK 5:

Chapters 8 and 9

Scripture: Ephesians 2:10; Romans 6:14

Discussion Questions:

- Did anything surprise you or stand out to you this week as you read?
- In chapter 8, Lauren talks about our identity as children of God. Whose voice are you listening to about your worth—the world's or God's? Is this something you need to learn more about?
- Lauren shares seven areas to focus on to cultivate a biblical identity in your children. Which areas do you do well? Which areas do you want to improve? Share with the group.
- Have you heard of self-talk before? In what ways can you start modeling positive self-talk to your children?
- In chapter 9, Lauren talks about the right kind of praise. What do you think about praising your kids? Should parents try to limit praise? Explain your perspective to the group.
- As humans, we're competitive by nature. Do you ever fall into the performance parenting trap of only offering praise or encouragement when your kids excel at something? How can we guard ourselves from putting too much pressure on our kids to succeed?
- It's hard to see our kids struggle, but mistakes are a breeding ground for growth. Do you allow your kids to make mistakes? How do you encourage them to persevere even when life gets hard?
- **Close in prayer:** Thank God that He made us in His image, and praise Him for creating us to do good works. Ask God to show parents the gifts, talents, and abilities He's given their children and the best ways to nurture them.

Homework: Think about your answers to the self-esteem temperature check in the Brain Builder on page 149. Is there anything you need to give to God in prayer? Don't shy away from challenges. God wants to do mighty works through you! Read chapters 10, 11, and 12.

WEEK 6:

Chapters 10, 11, and 12

Scripture: Proverbs 21:9; Matthew 11:28–30

Discussion Questions:

- Did anything surprise you or stand out to you this week as you read?
- Do you agree that homelife can either support or hinder emotional and spiritual growth? Explain to the group.
- In Proverbs 21:9, Solomon writes that it's better to live on the corner of a roof than in a home with a quarrelsome woman. Do you think women set the atmosphere of the home?
- What action step can you take this week to bring more peace to your home?
- How do you reset the mood of your home after a bad moment? Did any of Lauren's suggestions in chapter 10 resonate with you?
- Have you ever created a mission statement for your life or home? What are your dreams and goals for your home? Your family? Your kids? Share with the group.
- In chapter 11, Lauren stresses the importance of rest for emotional and spiritual health. Is this something you're good at fitting into your schedule? Along with that, what are you telling your kids, explicitly and implicitly, about what's important in life through your schedule?
- What helps you feel restful and refreshed? Share what works best for you and your family.
- What was your biggest takeaway from *Unshakable Kids*?
- **Close in prayer:** Thank God for His Word and for giving us a blueprint for life. Ask Him to be with us as we raise strong, godly kids.

Homework: Take time to pray and write a mission statement for your family.



If you are interested in learning more about Lauren Gaines, visit her at Inspired-Motherhood.com or connect with her on Instagram at [@inspired.motherhood](https://www.instagram.com/inspired.motherhood).