

7 steps to

biblical spanking

Clear Warning

Your first interaction with your child about a situation should be verbal. A child should never be blindsided by the discipline you hand down to her.

Establish responsibility

It's important for your child to own up to his misbehavior. Many parents make the mistake of asking, "Why did you do that?" That's not a good question; "why" doesn't help him admit his responsibility in that situation.

Avoid embarrassment

Never embarrass your children in front of their friends, siblings, or even strangers.

Communicate grief

I want my children to know that more than being angry, I'm disappointed and heartbroken when they disobey.

Flick your wrist

This is an extremely practical method that will save you a lot of second-guessing. Remember the point of a spanking: It's to sting, to provide a painful deterrent to misbehavior, not to injure.

Sincere repentance

When my kids were small, I'd let them sit in my lap after a spanking and cry for a while. That was a great time to model for them the love behind the discipline. Then after a few minutes, I'd ask, "Are you ready to talk about this with Daddy and with God?" When I received a nod and could tell repentance and genuine sorrow had occurred, I revisited the issue and asked them, "What did you do wrong?"

Unconditional love

For my part, some of the most intimate, touching moments I ever had with my kids were right after exercising discipline. So after disciplining your child, let me encourage you to take him in your arms and pray, "Thank you, Lord, for my precious boy, for the wonderful way You've made him, for the amazing guy he is, and for all the gifts You've given him. Please help him remember what's right and give him the strength to do it. Thank You that he has taken responsibility for what he did. We know You've taken a big eraser and wiped it off the board. You've forgiven him and made him absolutely clean, and I forgive him too."

Putting it into practice

If you are uncomfortable using biblical spanking as a form of discipline, identify the reasons why. (Check all that apply.)

Lack of belief in spanking

Unable to manage frustration/anger and portray love/gentleness while spanking

Too softhearted to inflict pain on my child

Too difficult to spank consistently

Other _____

What are some instances when you would consider using spanking as a form of discipline? For example: "When my child deliberately defies me," "When Jeffrey talks back disrespectfully and intentionally," "Only when I have given clear warning first."

In contrast, what are some examples of situations in which you would use other forms of correction? For example: "For minor infractions"; "When Jeffrey forgets to answer properly, I will correct him verbally"; "When another consequence is more logical" such as taking away a privilege to correct misuse of that privilege.