



## PARENT COMPASS

Compass – an instrument for determining direction or helping a person make choices about what is right.

Parent Compass Go Deeper Workbook is an instrument to help point your family in the right direction. In each worksheet, you'll find quotes from each episode and questions designed to point you toward the One Person who can guide you in the right direction – Jesus Christ. As you go through these worksheets, you can keep these questions in mind:

What's God saying to you?

What are you going to do about it?



THE ALPHA FACTOR!

PREMIERE EPISODE

PARENT COMPASS GO DEEPER WORKBOOK

It Can Start with You

THE ALPHA FACTOR!  
It Can Start with You

Introduction

I am the Alpha and the Omega – the beginning and the end – Jesus (Revelation 22:13)<sup>1</sup>.

Alpha: The beginning - number one. Factor: something or someone that helps produce a result. “The Alpha Factor!” episode with Charlie and Rachael Cash and their children Caroline, Mary, Charles, and Henry begs a question for us: Who –or maybe even what - is number one –the Alpha Factor - in our family?

So grab your Bible or use one online, and as you answer these questions, keep in mind: What’s God saying to you? What are you going to do about it?



The Storm

*(Note: The numbers after some quotes are the time marker of the quote in the episode.)  
(The questions below can be answered briefly or lengthy.)*

“There are times when you don’t think you’re going to make it through the storm...Maybe you’re not handling everything right as a parent. It’s just a challenge” – Charlie (1:00).

1. What are storms in your family? What causes them?

2. What do you handle well as a parent? What might be one thing you do not handle well as a parent?

“...wife, mother, carpool, homework, laundry, sports, and then we’re supposed to have dinner together at some point...” - Rachael (1:16).

3. What responsibilities do you have in your family?

4. Charlie and Rachael talked about how they grew up and what their families were like. What in your past may be affecting your parenting now?

<sup>1</sup> New Living Translation (NLT)

“I was motivated so much to start thinking about how we are going to raise this little girl” – Rachael (5:35).

5. What are your thoughts or hopes or goals about raising your children?



### The Branch

*(Hint: The point in some cases for the questions below is not necessarily for us to make up our own answers but to write what the Bible says (or what God says) about it and apply that to our life.)*

“Without me, you can do nothing” – Jesus (John 15:5).

Read John 15:1-8

REMAIN in ME

6. Jesus said, “I am the vine, you *are* the branches, He who abides in me (or remains in me), and I in him, bears much fruit; for without me you can do nothing.” John 15:5 NKJV

a) If you break a branch off from the vine, what happens to it?

b) What does a branch get from the vine when it is attached to the vine?

c) If you are the “you” in the verse John 15:5 above, what does this verse mean for you in life, for your family and in parenting? Use the verse John 14:6 as well. Jesus said, “I am the way, the truth and the life.” John 14:6

7. From John 15:5 above and Galatians 5:22-23: What are fruits that Jesus can produce in and through you?

8. How does the verse John 15:5 say one gets the fruit? What does one have to do?

9. What does it mean according to these verses to remain or abide in Christ?

See John 8:31; John 15:4-10; 1 John 2:5; 1 John 4:16b NRSV

When Jesus says without me, or apart from me you can do nothing, a better translation is: you can do nothing of eternal significance apart from me. Without Jesus, who is the vine – the source of life – you, the branch, cannot do your job which is to produce fruit.



## The Day that Changed Everything

“I picked up the book and with the Bible sitting right there, the words leapt off the page and made sense for the first time” – Rachael (5:35).

“I’m going to live a life that is markedly different than what’s going on in the world” – Charlie (7:15).

11. Re-read John 15:1-8, then read 1 John 5:12. Charlie saw a transformation in Rachael. What happened in Rachael’s life? How did her changes affect Charlie?

12. The Bible says, “Anyone who belongs to Christ has become a new person. The old life has gone; a new life has begun! And all this is a gift from God, who brought us back to himself through Christ” – 2 Corinthians 5: 17-18.

Is Jesus in your life, and are you connected to Him?

- a. If no, and you want to begin a relationship with Jesus, go online and type in on the top navigation bar on your computer [ParentCompass.TV/Know-Christ](http://ParentCompass.TV/Know-Christ) or see the Know Christ section at the end of this workbook.
- b. If yes, ask Jesus to help you abide – stay connected – with Him. You can say your own prayer now or use the sample below.

Dear Lord Jesus,

The world constantly pulls me away from you. There are distractions, disappointments and things I need to get done. Help me learn to abide in you. Give me the desire to make time for you and the understanding that it will make all the difference. Amen



## It Can Start with You

“Hey – this can be us. It can start with us” – Charlie (9:18).

“We took It can start with you as a commission or calling” - Rachael

13. Based on Mark 12:29-30, and Exodus 20:6, what is the most important choice a parent can make?

14. God cares about parent’s choices. If parents’ most important choice is whether or not to love God and if a parent chooses to love God, according to these verses what are some of the things promised from God to those who love Him? 1 Corinthians 2:9; Romans 8:28; James 1:12



### The Alpha Factor!

If your choice is to choose God, His love and His goodness, and to love Him in return and follow Him, then “It can start with you!” - a family life dedicated to God and His love that can pass down generations (Exodus 20:6). Available on the website under ParentCompass.TV/Dedicate is an opportunity to walk through Dedicating Your Family and Parenting to Christ for any time you feel lead to do so. It is also available at the back of this workbook.

Your family’s future can start with you. Please take a moment to reflect on what you’ve heard God say to you in this session about what your next steps are as a parent and jot them down below.

If you’d like to talk with God about your family, below is a sample prayer:

Dear Loving Father,

A lot of things have gone before in my life good and bad. Thank you that you are Lord. You are bigger and greater than all that has gone before. Forgive me where I have not chosen what is right. Lead me to you, Lord, and help me to follow you the rest of my life. I say this for my sake, but also for the sake of my children and family. In your strength, wisdom, and guidance help me to accept the commission for “it to start with me” to follow you in my parenting and life. I confess to you now the ways where I am not loving you, God, but rather loving myself and doing things my way without regard to you. Help me to love you more and love my children and family more. Guide my life and parenting to fulfill your purpose for me and my family.

In the Name of Jesus,

Amen.



### Dedicate your Family and Parenting to Jesus

Parent Compass wants to give you the opportunity to dedicate (or re-dedicate) your parenting to Jesus Christ during these sessions. If this is something you’d like to do, please go to: Dedicate Your Family and Parenting to Christ in this workbook or [www.parentcompass.tv/dedicate/](http://www.parentcompass.tv/dedicate/)

If you want to know Jesus personally, please go to: Know Christ in this workbook or online at [www.parentcompass.tv/know-christ/](http://www.parentcompass.tv/know-christ/). To internet chat with someone about Christ, please click on the blue “chat” button in the lower right corner on each page of the website (<http://www.parentcompass.tv/>).