

### Lesson 7: Becoming a Hero to Your Kids

1. *“Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.” (1 Peter 5.8)* The world of culture is the jungle in which prowls a lion that would love nothing better than to devour your family. What safeguards have you taken to minimize the threat and to protect your children from his intent?
2. While children place their parents on pedestals early on, they eventually learn that mom and dad aren't perfect. Each of us has cracks and flaws. Why is it important to communicate authentically with our kids (understanding age appropriateness) and help them see we aren't perfect?
3. *Time Magazine* recently reported that the Family Table is making a comeback. Studies have shown that families eating at least one meal together each day have a greater chance of survival than those that don't. Those studies also reveal that the kids in those families make better grades, have a greater sense of self-worth, experience less tension with parents, are less likely to smoke, use alcohol and drugs, and become sexually active. *Why do you think that is?*
4. How often does your family eat together (with the TV off)?

