

The 6 Be's Every Parent Can Be

Proverbs 22:6

“Train up a child in the way he should go, and when he is old he will not depart from it.”

The Hebrew word for *train* in Proverbs 22:6 is *chanak* — meaning to dedicate, inaugurate, narrow, discipline, and train up. Parenting is not passive. It is purposeful. It is the narrowing of a path so a child can clearly see the way forward.

Jesus reinforces this idea in Matthew 7:14: *“Small is the gate and narrow the road that leads to life, and only a few find it.”* As parents, we are called to help our children find that road.

We wear many hats — parent, teacher, coach, disciplinarian, motivator. But at the core, there are six powerful ways we can “be” for our children.

1. Be Christ-Centered

Closeness creates clarity.

When we are close to Christ, we parent from the Spirit of God, not the stress of the moment. We operate from wisdom, not reaction. The child entrusted to you by God requires the wisdom of God.

Galatians 5:22–23 reminds us that the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

If you want more love in your home... more patience in your discipline... more peace in your marriage... get close to God. What grows in you will overflow into them.

2. Be Present

Be present in the good and the hard.

Be at the games, the concerts, the performances. Be in the room. Sit on the edge of the bed. Drive without distractions. Put the phone down. Don't give your children your leftovers.

Often, connection doesn't happen in formal moments — it happens in quiet ones. In a bedroom conversation. In the car ride home. On a random Tuesday evening.

As Barbra Johnson said, *“To be present in your children’s memories tomorrow, you have to be present today.”*

3. Be Intentional

Parenting does not drift in a healthy direction. It is directed.

Be intentional with meals and moments. Be intentional with your words — because what you repeatedly say to your children becomes their internal self-talk.

Know when to press into correction — and when to pause.

Be intentional with your “yes” and your “no” (Matthew 5:37).

Be intentional with your calendar (Ephesians 5:17).

Thoughtless parenting produces unnecessary regret. Intentional parenting produces clarity and confidence.

4. Be an Example

Your children will model what you are far more than what you say.

In Proverbs 31:1–9, King Lemuel recalls the instruction of his mother — wisdom that shaped his leadership and character. Her voice became his compass.

J.C. Ryle once wrote, *“The parent who tries to train without setting a good example is building with one hand and pulling down with the other.”*

1 Timothy 4:12 challenges us: *“Be an example... in speech, in conduct, in love, in faith, in purity.”*

Our children are watching how we speak, how we handle stress, how we treat others, how we pursue God. Our lives preach louder than our lessons.

5. Be Encouraging

“Encourage one another and build each other up.” – 1 Thessalonians 5:11

Research suggests it takes seven positive statements to counteract one negative one. And studies show the majority of our thoughts lean negative — and repetitive.

Your child is already fighting internal battles. Be the voice that builds them. Speak life. Call out effort. Celebrate growth. Remind them who they are.

Encouragement doesn't ignore correction — it fuels resilience.

6. Be Strong — Be the Leader

Leadership in the home requires strength and courage.

David told Solomon, *“Be strong and courageous... Do not be afraid or discouraged, for the Lord God... is with you.”* (1 Chronicles 28:20)

Your children need stability. They need direction. They need someone willing to hold the line with grace and conviction.

Being strong does not mean being harsh. It means being steady. It means doing the work even when it's inconvenient. It means leading your home with courage rooted in faith.

The Call

Parenting is a sacred assignment.

You are not called to be perfect. You are called to *be* faithful.

Be Christ-centered.

Be present.

Be intentional.

Be an example.

Be encouraging.

Be strong.

Train them. Narrow the path. Help them find the road that leads to life.