

# Course Curriculum Overview

## **A Biblical Worldview (~7 lessons)**

We cultivate and develop our own biblical worldview as a foundation to our lives, and this serves as the foundation for all 4 of the choices.

## **Direct Their Spiritual Formation (~7 lessons)**

We build a biblical framework for parenting, examining our focus, goals, and methods while growing in practical skills to pass faith on in our homes.

## **Steer Their Education (4 lessons)**

We embrace our responsibility to oversee the shaping of our children's minds, growing our skill of assessing and navigating our children's intellectual development.

## **Guide Their Media Habits (7 lessons)**

We study the brain science and spiritual/social/relational issues connected with screens and then using biblical wisdom principles, create a family strategy for healthy, God-honoring engagement with screens and media.

## **Nurture Their Sexual Wholeness (6 lessons)]**

We develop a biblical, Christ-centered approach to sexuality and a practical strategy for passing it to our children.



### *A Note about Age of Children*

*The curriculum for Courageous Parenting was written for parents with kids 10 years old and younger, with a particular emphasis on 4–7 year-olds; all activities and discussion questions were written with this target age group in mind. As you pray and consider if Courageous Parenting is a next step for your family, please do consider the age range of all your children. While parents of older kids have used the curriculum, it requires work from the parents to adapt the content to fit their family situation. We typically recommend that you base your decision on the age of your oldest child.*

*For example, in Guide Their Media Habits, we do not address social media because this is not a common concern of parents of preschool/early elementary children.*

*If you have questions if Courageous Parenting is a beneficial next step based on the age of your kids, please reach out to us at [parenting@hcbbc.com](mailto:parenting@hcbbc.com).*