

Fathers, do not exasperate your children, so that they will not lose heart (Colossians 3:21).

Fathers, do not provoke your children to anger,  
but bring them up in the discipline and instruction of the Lord (Ephesians 6:4).

**How to exasperate your children  
and provoke them to anger**

1. Mock them. (Tease them inordinately.)
2. Scold them frequently.
3. Constantly find fault with them.
4. Never praise or encourage them.
5. Make promises and then break them.
6. Make your love conditional.
7. Neglect or ignore your children.
8. Be violent with your children.
9. Fail to recognize growth and development.
10. Refuse to listen to them.
11. Let them do anything they want. (Be too permissive.)
12. Don't let them do anything. (Overprotect and restrict your children.)
13. Don't treat your children as persons.
14. Chastise them publicly.
15. Discipline them for no reason.
16. Discipline them inconsistently.
17. Discipline them fully for any and all offenses.
18. Hold to an inconsistent, arbitrary, or otherwise capricious standard.
19. Make your own rules equal to God's commands (i.e., legalism).
20. Make unreasonable demands or expectations.
21. Show favoritism and frequently compare your children to others.
22. Foster discord and conflict in your marriage.
23. Reverse your roles in marriage.
24. Make the children the center of your home.
25. Exercise vindictive discipline (as opposed to corrective).
26. Exercise no self-control.
27. Do things that you would never allow your children to do. (Be a poor example for them.)
28. Do not admit when you are wrong and never ask for forgiveness.
29. Make your Christianity superficial.
30. Follow worldly standards in parenting.

**How *not* to exasperate your children  
and provoke them to anger**

1. Use words to build them up.
2. Approve them frequently.
3. Gently help your child identify and correct faults.
4. Consistently praise and encourage them.
5. Make judicious promises and keep them.
6. Make your love unconditional.
7. Care for and pay attention your children.
8. Be gentle with your children.
9. Recognize growth and development.
10. Be sure to listen to them.
11. Allow your children freedom in areas where they have proven themselves as faithful.
12. (See #11.)
13. Treat your children as persons.
14. Chastise them privately.
15. Discipline them only for reason.
16. Discipline them consistently.
17. Discipline them appropriate to the offense.
18. Hold to a consistent, logical, or otherwise predictable standard.
19. Derive your rules from God's commands, but maintain flexibility in enforcing them.
20. Make reasonable demands or expectations.
21. Show impartiality and do not compare your children to others.
22. Foster harmony and peace in your marriage.
23. Practice your biblical role in marriage.
24. Make Christ the center of your home.
25. Exercise corrective discipline (as opposed to vindictive).
26. Exercise self-control.
27. Do things that you would allow and encourage your children to do. (Be a good example for them.)
28. Do admit when you are wrong and ask for forgiveness.
29. Make your Christianity sincere.
30. Follow God's standards in parenting.