

## How To Grow Healthy Families

*"I was glad when they said to me, "Let us go into the house of the LORD." Psalm 122:1 (NKJV)*

### I. Introduction

**Key thought:** *"It takes wisdom to have a good family, and it takes understanding to make it strong."*  
Proverbs 24:3 (NCV)

*"The family should be a closely-knit group. The home should be a self-contained shelter of security; a kind of school where life's basic lessons are taught; and a kind of church where God is honored; a place where wholesome recreation and simple pleasures are enjoyed."-----Dr. Billy Graham*

### II. The Purposes and Practices Healthy Families

*Healthy families...*

1. \_\_\_\_\_ their children for \_\_\_\_\_.

*"And **Jesus grew** in wisdom and stature, and in favor with God and men." Luke 2:52*

- o Jesus grew in **wisdom**=Mental or intellectual growth
- o Jesus grew in **stature**=Physical growth
- o Jesus grew in **favor with God**=Spiritual growth
- o Jesus grew in **favor with man**=Social growth

*"**You must diligently teach these commandments to your children**, and must speak of them when you sit in your house, when you are out for a walk, when you lie down, and when you rise up."*

Deuteronomy 6:7 (NKJV)

*Three crucial areas that healthy families train children in...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. \_\_\_\_\_ their children in \_\_\_\_\_

*"Reverence for the Lord gives a man deep strength; **his children have a place of refuge and security**."*

Proverbs 14:26 (TLB)

*"My child, pay attention to what your father and mother teach you. **Their teaching will improve your character** as a handsome turban or a necklace improves your appearance." Proverbs 1:8-9 (TEV)*

Three common storms that children will encounter...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*"Two are better off than one, because together they can work more effectively. **If one person falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him back up.**" Ecclesiastes 4:9-10 (TEV)*

3. \_\_\_\_\_ with their children and \_\_\_\_\_  
*"**It is a time to celebrate before the Lord with your whole family and household.** And don't forget to include the local Levites, foreigners, widows, and orphans. Invite them to accompany you to the celebration at the sanctuary." Deuteronomy 16:11 (TLB)*

*"**People ought to enjoy every day of their lives,** no matter how long they live..." Ecclesiastes 11:8a*

*"A two-year-old is kind of like having a blender, but you don't have a top for it."—Jerry Seinfeld*

*"Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life." —Lisa Weed*

4. Always \_\_\_\_\_ their children to \_\_\_\_\_  
*"Fathers, never exasperate your children; instead, **bring them up in the training and instruction of the Lord.**" Ephesians 6:4*

*"For the reverence and fear of God are basic to all wisdom. **Knowing God results in every other kind of understanding.**" Proverbs 9:10 (TLB)*

*"But if you are unwilling to obey the Lord, then decide today whom you will obey. Will it be the gods of your ancestors beyond the Euphrates or the gods of the Amorites here in this land? **But as for me and my house (family; lineage), we will serve the Lord.**" Joshua 24:15 (TLB)*

**Statistics:** Every eight seconds, a child drops out of school. Every twenty-six seconds, a child runs away from home. Every forty-seven seconds, a child is abused. Every sixty-seven seconds, a teenager has a baby. Every seven minutes, a child is arrested for drug abuse. Every thirty minutes, a child is arrested for drunk driving. Every thirty-six minutes, a child is killed by a gun. Every fifty-three minutes, a child dies of poverty. And in America, every day, 100,000 children are homeless.

**Dear Friends, let us strive to be the good, nurturing, and Godly families that the Lord wants us to be!**

**ANSWER KEY:**

**1. PREPARE---REAL LIFE**

***RELATIONSHIPS----CHARACTER---VALUES***

**2. PROTECT-----STORMY TIMES**

***CHANGE----FAILURE---REJECTION***

**3. PLAY----HAVE FUN**

**4. POINT-----GOD**