

Healthy Families In A Dysfunctional Age

*"A father of the fatherless, a defender of widows, is God in His holy habitation. **God sets the solitary in families**, and leads prisoners out into happy freedom, but rebels will have to live in a desolate land."*

Psalm 68:5-6

I. Introduction

Big Thought: You must be willing to _____ and _____ ---an awesome family!

II. Five Biblical Truths About Healthy Families

1. Healthy families are _____

*"So I recommend the **enjoyment of life**..." Ecclesiastes 8:15*

*"Light is sweet, and it is good for one's eyes to see the sun. **Even though people may live for many years, they should enjoy every one of them**..." Ecclesiastes 11:7-8 (GW)*

*"**Enjoy life** with your wife, whom you love..." Ecclesiastes 9:9 (GW)*

*"**Children are a gift from God**; they are His reward." Psalm 127:3 (TLB)*

2. Healthy families always encourage _____.

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

4 types of growth:

- Wisdom= _____
- Stature= _____
- Favor with God= _____
- Favor with man= _____

3. God has designed families to be the seedbed for children to _____.

*"**Teach children how they should live**, and they will remember it all their life." Proverbs 22:6 (TEV)*

In families, children learn certain critical skills...

- A. How to properly handle _____
- B. How to properly handle _____
- C. How to properly handle _____
- D. How to clearly understand and embrace what _____
- E. How to properly develop and practice healthy _____

4. For children to succeed, parents must employ _____.

The two key means by which children learn and grow:

"I, your Lord and Teacher, have just washed your feet. You, then, should wash one another's feet. I **have set an example for you**, so that you will do just what I have done for you." John 13:14-15 (TEV)

"(You must) Love the LORD your God with all your heart, all your soul, and all your strength. Always remember these commands I give you today. **(Parents, you must) teach them to your children, and talk about them** when you sit at home and walk along the road, when you lie down and when you get up." Deuteronomy 6:5-7 (NCV)

The two unhealthy ways must never be employed in their attempts to teach children:

"And now a word to you **parents. Don't keep on scolding and nagging your children, making them angry and resentful.** Rather, bring them up with the loving discipline the Lord himself approves, with consistent and loving training and godly advice." Ephesians 6:4 (TLB)

"A tranquil heart gives life to the flesh, **but envy makes the bones rot.**" Proverbs 14:30

"I will praise You because of **the wonderful way You created me.** Everything You do is marvelous..." Psalm 139:14 (CEV)

5. Healthy families _____ each other.

"Two are better than one, because **they can help each other succeed. If one falls, the other can help his friend get up.** But how tragic it is for the one who is {all} alone when he falls. There is no one to help him get up." Ecclesiastes 4:9-10 (GW)

Four storms from which children need protecting:

1. _____
2. _____
3. _____
4. _____

ANSWER KEY:

BIG THOUGHT: FIGHT FOR----CULTIVATE

II. Five Biblical Truths About Healthy Families

1. playful

2. growth

- o Intellectual/mental
- o Physical health
- o Spiritual
- o Social

3. Learn specific skills

- A. feelings and emotions
- B. conflict resolution
- C. disappointment and loss
- D. values matter most
- E. life habits

4. healthy teaching habits

The two key means by which children learn and grow:

- Example
- Conversations

The two unhealthy ways must never be employed in their attempts to teach children:

- Criticism
- Comparing

5. protect

- o Change
- o Harmful ideas
- o Rejection
- o Failures