



Series Theme

This series of talks is about applying God's principles into our home life. We'll discover practical ways of how to apply God's Word in making wise choices, handling anger, finances, conflict, and raising children. We will also discover the value of family, the meaning of love, and the power of forgiveness in the home.



HOME IMPROVEMENT

Part 1

Family Matters

Creating Healthy Families

... Theme

Whatever the makeup of our family, no-doubt we want it to be healthy.

Today we will look at four simple ways how we can create and maintain healthy families.



Family Matters

Creating Healthy Families

Healthy families have fun together

Proverbs 17:22 (CEV) *If you are cheerful, you feel good; if you are sad, you hurt all over.*

Fun doesn't just happen.

It has to be a conscious decision and making fun often needs preparation.



Family Matters

Creating Healthy Families

...Healthy families have fun together

Parents need to model fun for their kids.

Busyness can be a fun killer.

- Fun is usually the first thing to go out of the home when the busy schedule dictates our movements and time frames.



Family Matters

Creating Healthy Families



- Schedule some fun times.
- Do the unexpected.
- Make everyday things fun.



Family Matters

Creating Healthy Families

Healthy families give attention to one another

Selfishness causes us to focus on ourselves first and to lose sight of others and their needs.



Family Matters

Creating Healthy Families

...Healthy families give attention to one another

Jesus modelled for us how to put other people first.

Philippians 2:2-4 (ncv) *When you do things, do not let selfishness or pride be your guide. Be humble and give more honour to others than to yourselves. Do not be interested only in your own life, but be interested in the lives of others.*



Family Matters

Creating Healthy Families

...Healthy families give attention to one another

Philippians 2:5-7 (CEV) *Think the same way that Christ Jesus thought: Christ was truly God. But He did not try to remain equal with God. Instead He gave up everything and became a slave, when He became like one of us.*



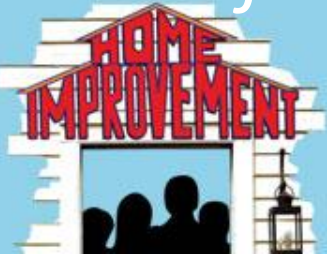
Family Matters

Creating Healthy Families

...Healthy families give attention to one another

Romans 12:10 (esv) *Love one another with brotherly affection, outdo one another in showing honour.*

Galatians 6:3 (nlt) *If you think you are too important to help someone, you are only fooling yourself. You are not that important.*



Family Matters

Creating Healthy Families



- Value one another's point of view.
- Look for opportunities to serve one another.



Family Matters

Creating Healthy Families

Healthy families inspire one another

Healthy families verbally inspire and encourage one another.

1 Thess 5:11 (ncv) *So encourage each other and give each other strength...*



Family Matters

Creating Healthy Families

Cheryl Prewitt
Miss America 1980



Family Matters
Creating Healthy Families

...Healthy families inspire to one another

Some have a hard time giving any verbal encouragement because their hearts are in the wrong place.

Matthew 12:35 (tlb) *A good man's speech reveals the rich treasures within him and an evil hearted man is filled with venom and his speech reveals it.*



Family Matters

Creating Healthy Families

...Healthy families inspire to one another

Jesus is saying here, the words that come out of our mouth are a reflection of what's happening in our heart and thought life.



Family Matters

Creating Healthy Families



- Look for family members doing things right and let them know.
- Guard our words because words can hurt.

Proverbs 12:8a (ncv)

Careless words stab like a sword...



Family Matters

Creating Healthy Families



- Send cards or letters of encouragement in the mail.
- Speak well of our children in front of others.



Family Matters

Creating Healthy Families

Healthy families love unconditionally

John 13:34 (nlt) *So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.*

Healthy families love without conditions.



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

Contractual love says, *"You fulfil your end of the agreement and I'll reward you with love."*

Contractual love gives us as parents, power.



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

Contractual loves develops our children
into becoming performers.

Performers become people pleasers.



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

God's unconditional love towards you and me is called covenant love.

God made a covenant with the Israelites that said, *"I will never leave you nor forsake you."* (Deut 31:6,8)



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

We can't escape God's love.

His love never weakens for us.

He loves us unconditionally.



Family Matters

Creating Healthy Families



- Love through our words.
- Love through our actions.
- Love through a permanent attitude of forgiveness.



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

Matthew 18:21-22 (ceV) *Peter came up to the Lord and asked, "How many times should I forgive someone who does something wrong to me? Is seven times enough?" Jesus answered: Not just seven times, but seventy-seven times!*



Family Matters

Creating Healthy Families

...Healthy families love unconditionally

Jesus wants us to develop a habit of forgiveness.

Colossians 3:13 (nlt) *You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others.*



Family Matters

Creating Healthy Families



Take home point

Healthy relationships are all about finding a happy balance between the busyness of life and the quality time given to the people who mean most to us!