

“Healthy Family”

Becoming the People God Wants Us to Be #5

INTRODUCTION

Our quality of a disciple called “Healthy Family” refers to the godly development of our marriages, our families and our extended family relationships, including our church family. It is reflected in balanced individuals who have their well being (cognitive, emotional, physical and spiritual) based in God and His word. Healthy families understand that God is first in all areas of their lives and relationships.

Ice Breaker (Optional):

Who lived in your household when you were growing up? (mother, father, brothers, sisters, grandmother...)

STUDY QUESTIONS (45 MIN)

Healthy relationships include balanced individuals.

Q1. Read 2 Corinthians 10:5, John 14:27, 1 Corinthians 9:27

Healthy relationships, with family, friends or co-workers, begin with individuals whose lives are in balance. This weekend Gina Nicola pointed out four areas of our lives that we need to keep in balance; cognitive, emotional, physical and spiritual. Are there any “indicators” that help you recognize when your life is out of balance? Which of the four areas do you find most difficult to deal with? Where can you go for help and support?

Q2. Read Mark 6:31, Luke 5:16, Luke 6:12

To have healthy relationships with family, friends or co-workers we need to take time to take care of ourselves. In Mark 6:31 Jesus encouraged his disciples to come away with him. In Luke 5:16 and 6:12, we see Jesus himself took time to pray in solitude. What do you see as the benefit of a time of prayer in solitude compared to prayer with others? How often are you able to get away to spend time alone with God? What changes can you make to arrange your days so that you have that time of solitude built into your schedule?

Healthy families have God FIRST.

Q3. Read Matthew 10:37, 1 Samuel 1:27-28, Proverbs 3:5-6

Many of us feel that our first commitment is to our family, especially to our children. In light of that, what is your initial response to Matthew 10:37?

What motivated Hannah to offer her only child to the service of the Lord in 1 Samuel 1:27-28? How can Proverbs 3:5-6 be applied to Hannah’s situation? Can you recall any time when you “gave into God’s hands” a family member?

A healthy church family is an authentic community.

Q4. Read Ephesians 2:19, Galatians 6:1-2, 9-10

As a Christian, you are a member of God’s family. What does Ephesians 2:19 tell us *we are not* and what does it tell us *we are*? As children of God and members of His household, we are uniquely responsible to one another. How does Galatians 6:1-2 explain our responsibilities to one another with temptations? Can you think of an example where we must be careful for ourselves? What do verses 9 and 10 tell us about seizing the opportunity to do good? Share with your group some opportunities your group has to do good for the family of believers, and try to join together this month to serve the body of Christ.

WRAP-UP

The first step in having healthy family relationships is to have your own life in balance. One of the keys to this is taking time to care for yourself. Like Jesus, we should set aside time to be in God’s presence so that we can better bring His perspective into all other aspects of our relationships. A healthy family recognizes that nothing, and no one should take priority over God in our lives. As members of God’s household we have a unique responsibility to carry one another’s burdens and to do good when we have the opportunity to do so.

Memory Verse

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." - Mark 6:31 NIV

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: _____

Challenge: Set aside a special time this week to be alone in God’s presence. Let it be a time to listen, not to speak, and let God refresh you.

2 Corinthians 10:5 ESV - 5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

1 Corinthians 9:27 ESV - 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Luke 5:16 NIV - 16 But Jesus often withdrew to lonely places and prayed.

Luke 6:12 NIV - 12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Matthew 10:37 NIV - 37 "Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me.

1 Samuel 1:27-28 NIV - 27 I prayed for this child, and the LORD has granted me what I asked of him. 28 So now I give him to the LORD. For his whole life he will be given over to the LORD." And he worshiped the LORD there.

Proverbs 3:5-6 NIV - 5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Ephesians 2:19 NKJV - 19 Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God,

Prayers Con't: _____

[illegible]