

# Healthy Family

New Life Lessons  
November 1<sup>st</sup>, 2015  
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**Day One – Read** 2 Corinthians 10:5; John 14:27; Mark 6:31; Luke 6:12; Luke 5:16

To have healthy relationships with friends, co-workers, or family we need to take time to take care of ourselves. Looking at your own life where do you feel out of balance? What changes could you make to take better care of yourself? Which area is more difficult to deal with: Thoughts, emotions, physical, or spiritual health?

**Pray** and ask God to help you find balance and time to take care of yourself.

**Day Two – Read** Matthew 10:37; Proverbs 3:5-6

Reflecting on your own family how would you describe the hierarchy? Is God first in your family and family relationships? If not, what adjustments need to be made to create a healthy family structure?

**Pray** and ask God to be first in every relationship and your family. If needed pray for the wisdom and tools to change your family structure and create a healthy family.

**Day Three – Read** Ephesians 2: 19-22

Focusing on community and being a part of healthy church, how do you view your role as a church family member? What gifts and talents do you contribute to this family?

**Pray** and ask God to show where you belong in the church family. If you are willing, take a step to be more connected to your church family. Trust that God is "...fitting you in brick by brick, stone by stone, with Christ Jesus as the cornerstone..."

## “Healthy Family”

*Becoming the People God Wants Us To Be #5*

### What is Healthy Family?

As the family is our primary source of nurture, our first school in life, the foundation of our society, and our first priority in ministry, we commit ourselves to the development of healthy marriages and families. This will mean understanding the nature and purpose of family, the development of healthy family systems, and learning and applying biblical principles for a healthy marriage and for healthy parenting. For those who are not yet, or no longer married, we seek to develop healthy relationships in our family of origin and in our friendships. We all will seek to develop a true sense of “family” within the fellowship of our church.

### Family is ...

Primary source of nurture

Our first school in life

Foundation of our society

First priority in ministry

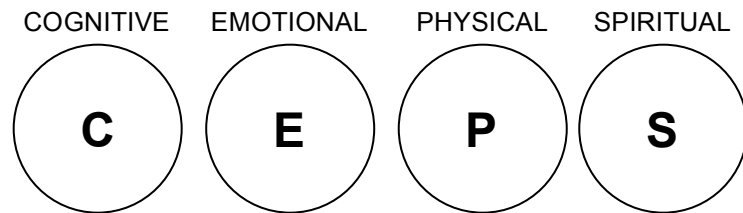
# Healthy Family

## ***1. Healthy relationships include balanced individuals.***

**2 Corinthians 10:5** (NIV) ... and we take captive every thought to make it obedient to Christ.

**John 14:27** (NIV) <sup>27</sup>...Do not let your hearts be troubled and do not be afraid.

**Mark 6:31; Luke 6:12; Luke 5:16**



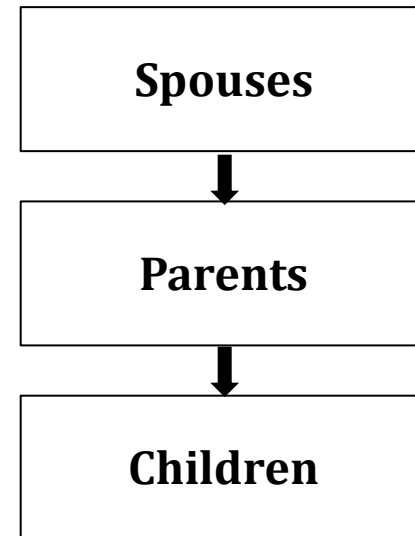
## ***2. Healthy families have God FIRST.***

**Matthew 10:37** (NIV) <sup>37</sup> “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.”

**Proverbs 3:5-6** (NIV) <sup>5</sup> **Trust in the LORD** with all your heart and **lean not on your own understanding**; <sup>6</sup> **in all your ways acknowledge him**, and he will make your paths straight.

**1 Samuel 1:27-28** (NIV) <sup>27</sup> I prayed for this child, and the Lord has granted me what I asked of him. <sup>28</sup> 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.

# GOD



## ***3. A healthy church family is an authentic community.***

**Ephesians 2: 19-22** (MSG) <sup>19</sup> That’s plain enough, isn’t it? You’re no longer wandering exiles. This kingdom of faith is now your home country. You’re no longer strangers or outsiders. **You belong here**, with as much right to the name Christian as anyone. God is building a home. He’s using us all—irrespective of how we got here—in what he is building. He used the apostles and prophets for the foundation. Now he’s using you, fitting you in brick by brick, stone by stone, with Christ Jesus as the cornerstone that holds all the parts together. We see it taking shape day after day—a holy temple built by God, all of us built into it, a temple in which God is quite at home.

**Galatians 6:2** (NIV) <sup>2</sup> Carry each other’s burdens, and in this way you will fulfill the law of Christ.