

"Is My Family Healthy?"
Part 2 -10 Part Series on "What is a Mature Disciple?"
May 8, 2011 (Mother's Day)

Scripture Reading – Ephesians 4:25-32

A Definition of a healthy "Christian" family = *"To live by faith as a family, in a way that pleases the Lord and reflects Christ likeness."*

Healthy families...

1. Are not perfect but they know how to respond to the problems and tensions of life.
(Gen. 50:15,19-21)
2. Have clear "Christ-centered" priorities.
 - A Personal relationship with Christ as Lord of your life and of your home. (Joshua 24:15; I Peter 3:15)
 - Problems and praises are brought to God in prayer. (Phil. 1:4; 4:6)
 - Progress is being made with God as a family. (Phil. 3:13b-14)
3. Have clear "communication" principles to live by.
 - Listening is intentional and truth is spoken. (Eph. 4:15)
 - Love is expressed and covers sins. (2 Cor. 5:14a; Prov. 10:12)
 - Lavish grace is given. (I Peter 3:7; Eph. 4:29)
4. Have clear "care" for one another.
 - Kindness. (Eph. 4:32; I Cor. 13:4)
 - Humbleness. (Gal. 5:13b; John 13:14)
 - Thankfulness. (I Thess. 5:18; Phil. 1:3)

Application:

1. Is your family healthy? What changes can you make to make a difference in your family? Identify at least one area to work on this week.
2. Pray for the families at South Hills church to be "healthy." Pray for a new way of living with one another.
3. Thank the Lord for your family and for your mom. Take time today to thank them directly.

Bible Study Questions/ Discussion
"Is My Family Healthy?"
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May 8 2011

1. Discuss the definition of a "healthy" family. (To live by faith as a family in a way that pleases the Lord and reflects Christ likeness.) Is there anything else you might add? A mature disciple knows how to do what with his family? (I Tim. 3:5) He /she "takes care" of his family. Compare this same word found in Luke 10:34 and how it compares to healthy families.
2. Healthy families are not perfect. Share with one another some of the challenges your family has endured. Identify the challenges in Joseph's family. (Gen. 50:15-21) What response do we see in healthy families based on the example of Joseph?
3. Healthy families have clear Christ-centered priorities. What is the beginning point for healthy families? (Joshua 24:15) Share how your family has made your commitment clear. What does it mean to "sanctify Christ as Lord in your hearts?" (I Peter 3:15) Discuss ways parents can influence their kids with their relationship with the Lord.
4. Healthy families bring everything to the Lord in prayer. (Phil. 1:4; 4:6) Have you ever seen an answer to prayer as you have prayed as a family? According to Phil. 4:6, what is the opposite of prayer? What does your family tend to worry about? Which of the 4 thoughts on prayer do you find the most difficult? (Be specific. Be frequent. Be confident. Be real.) Remember that God cares for whatever you are going through. (I Peter 5:7; Psalm 55:22)
5. Healthy families make progress. They are spiritually growing. Describe what it takes based on the illustration in Phil. 3:13-14. (Also Heb. 12:2) Unhealthy families get stuck in the past or they stop moving forward. Have you or your family ever become "stuck" spiritually? What does that look like?
6. Healthy families know how to communicate. Read Eph. 4:15 and describe good communication. (Also I Peter 4:8; Eph. 4:29) How should we treat one another? (I Peter 3:7; Prov. 15:23) When there are problems what is the Christ-centered response? (Eph. 4:32) How should we help one another? (Gal. 5:13; Jn. 13:14)
7. Take some time to thank the Lord for your family. (I Thess. 5:18; Phil. 1:3)