

# CULTIVATING HEALTHY FAMILY RELATIONSHIPS

**Children are a blessing from the Lord.**

*Psalms 127:3 (nlt) “Children are a gift from the Lord; they are a reward from him.”*

Three ways we can cultivate healthy family relationships.

## 1. WATCH OUR WORDS

*James 1:19-20 (nlt) “Understand this, my dear brothers and sisters: You must be quick to listen, slow to speak, and slow to get angry.”*

*James 3:7-16 (nlt)*

*Luke 6:45 (nkjv) A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.*

**We need to remember just how powerful our words are.**

Our words affect everyone around us and we need to pay attention to what we say.

*Proverbs 15:1 (nlt) “A gentle answer turns away wrath, but a harsh word stirs up anger.”*

*Proverbs 15:1 (amp) “A soft and gentle and thoughtful answer turns away wrath, but harsh and painful and careless words stir up anger.”*

Two different responses and consequences.

## **2. HAVE FUN**

Make your home a happy place, with lots of laughter and fun.

As parents, we need to understand that each of our children are different and we need to find the best ways of communicating and relating to them.

**Laughter and a cheerful attitude helps everyone.**

*Proverbs 17:22 (tlb) A cheerful heart does good like medicine, but a broken spirit makes one sick.*

*Proverbs 15:30 (cev) A friendly smile makes you happy, and good news makes you feel strong.*

## **3. PARENT ON PURPOSE**

As parents, it is good to be intentional about the qualities you want to develop as a family.

*Proverbs 16:3 (nlt) Commit your actions to the Lord, and your plans will succeed.*

## **Plan and trust God in that planning.**

It is so important to sit down and think about your values and be intentional about the qualities you want to possess as a family.

Think about how you want to spend your time; what your priorities are – decide what is a non-negotiable for you as a family. And then to **reflect and evaluate regularly.**

Children should be known for their first name and not just their surname. It is important that each child reaches their potential in God.

**Parents need to be on the same page.** Agree on the principles and process for disciplining your children, and how to resolve conflict etc.

*Proverbs 14:1 (nlt) A wise woman builds her home, but a foolish woman tears it down with her own hands.*

*Ephesians 6:4 (nlt) Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.*

Be purposeful in raising your family - not hit and miss. Talk about issues as they arise and be intentional.

# Conclusion

We are designed by God to build healthy, life giving and supportive relationships.

God intended for us to grow together and to support one another.

There are many *mothers in Christ* and *fathers in Christ* that have been as influential and loving as natural mothers and fathers.

We see the example of Paul and Timothy's special bond in *1 Corinthians 4:17* "*That's why I have sent Timothy, my beloved and faithful child in the Lord.*"

Let us continue to build strong supporting relationships.