

# Series: **Home Improvement**

God doesn't need a perfect person, marriage or family to do His best work. But He does need people who are willing to make improvements!

**Our understanding of marriage and family is influenced by;**

- Our family of origin.
- Our cultural perspective.
- Our experiences.

**Unlearning patterns of negative behaviours.**

- Take responsibility to identify and to break negative patterns.
- As Christ followers, we are to align our behaviour to reflect godly principles.
- The cross of Christ is our new reference point, not what was before.
- When we look into the mirror of Kingdom culture what do we see?
- Culture can be a crutch that we lean on when we do not want to conform to live by God's principles.

***Romans 12:2** Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.*



## **Healthy Families Do Matter**

Four tips to create and maintain 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.
- Parents should model fun.
- Busyness can be a fun killer.

*Thoughts...*

- Schedule some fun times.
- Be spontaneous.
- Make everyday things fun.

### **Healthy families give attention to one another.**

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

- The Scriptures encourage us 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.*

*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.*

*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.*

*Thoughts...*

- Value one another's point of view.
- Genuinely be interested in one another.
- Bring the best out of one another.
- Look for opportunities to serve one another.

**Healthy families encourage one another.**

- Healthy families verbally inspire and encourage one another.

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

- Some people find it hard to give verbal encouragement because they may not have received it from within their family of origin.

*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.*

- The words that come out of our mouth are a reflection of what's happening in our heart and thought life.

*Thoughts...*

- Guard our words because words can hurt.

*Proverbs 12:8a (ncv) says, Careless words stab like a sword...*

- Send cards, texts, flowers, date nights, attend children's events etc.
- Speak well of your children and your spouse in front of others.

**Healthy families love each other 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.*

- Contractual love develops children into becoming performers.
- Performers become people pleasers.
- We can't escape God's love. His love never weakens for us.

*Thoughts...*

- Love through our words.
- Love through our actions.
- Love through an attitude 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.*

*"We all agree forgiveness is a beautiful idea until we have to practice it." - C.S. Lewis*

## **Conclusion**

One of the greatest gifts we can give our children is a godly, stable and happy family life because **healthy families DO matter.**