


“Is My Family Normal?”

The Spiritual Significance of the Family Unit

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Question: Does our family impact us as individuals, the church, our relationship with God, and society?

Remember,

***As far as
everyone knows
we are a nice,
normal family***

Goal

Awareness

of the impact of the family on:

- **On us as Individuals**
- **Church/Relationship with God**
- **Society**

Together we will explore:

- 1. Challenges that families face**
- 2. Characteristics of a *Spiritually healthy family***
- 3. Disruptive family behaviour/patterns**
- 4. Biblical Review how Families & the Church can support & encourage one another**

And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. (Deut 6: 6,7)

Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6)

And let us consider one another to provoke unto love and to good works (Hebrews 10:24)





Adverse Childhood Experiences Study (ACE Study)



- 1) Emotional Abuse
- 2) Physical abuse
- 3) Sexual abuse
- 4) Physical neglect
- 5) Emotional neglect
- 6) Exposure to domestic violence
- 7) Household substance abuse
- 8) Household mental illness
- 9) Parental separation or divorce
- 10) Incarcerated household member

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Challenges that families face

- Spiritual well-being
- Marriage relationship
- Parenting
- Extended family
- Communication
- Culture/Society/Government
- Financial
- Dual income home
- Employment status
- Work-life Balance
- Decision-making
- Structure at home
- Chores
- Conflict resolution
- Schooling
- Kids facing peer pressure, bullying
- Failure to launch

- Stress
- Nutrition
- Internet
- Cell phones
- Entertainment
- Free time
- Personalities
- Self will
- Difficult children
- Trauma
- Learning disabilities

- Mental health
- Addictions
- Chronic Illness
- Loss of loved one
- Family History
- Health
- Stages: Childhood, Adolescence, Early adult, Midlife, Late Adult, Old age

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Characteristics of a *Spiritually healthy family*

- Parents have strong marriage
- Regular church attendance
- Eat meals together
- Pray together
- Family Devotions
- Structure in home
- Appropriate discipline

- Deliberate about conflict resolution
- Display Fruits of Spirit
- Everyone has responsibilities/chores
- Kids respect, listen and obey parents
- Appropriate Entertainment

- Internet/cell phones controlled
- Spend time together
- Hospitality/visitations
- Financial responsibility
- Parenting is biblical, fair, done in love
- Mom & dad united front
- House rules/expectations consistently adhered to
- Treat each other with love and respect
- Issues are faced and not ignored/hidden

Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.(Exodus 20:12)

But as for me and my house, we will serve the Lord.
(Joshua 24:15)

Wives, submit yourselves unto your own husbands, as unto the Lord...Husbands, love your wives, even as Christ also loved the church, and gave himself for it.
(Eph 5:22-25)

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Disruptive family behaviour/patterns

- Church life is not a priority
- Poor marriage relationship
- Harsh or no discipline
- Poor/No communication
- Constant arguing/conflict
- No responsibility
- Uncontrolled gaming/internet/cellphone
- Lack of spirituality
- Mental Health & Addictions not being addressed
- Work-life imbalance
- Legalistic/over permissiveness
- Unresolved conflict
- Helicopter parenting vs Ignoring kids
- Abuse

- Narcissistic Behaviour
- Putting others down, threatening
- No order/structure, chaos
- Pornography
- Grudges
- Enabling/codependency
- Excessive criticism
- Family live separate lives
- One family member disrupts whole family
- Uncontrolled emotions
- Manipulating
- Selfishness
- Quick to blame
- No accountability
- Conditional love
- Secrets
- Electronics in bedroom
- Think other families are perfect (shame)


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But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. (Galatians 5:22-34)

Children, obey your parents in the Lord: for this is right. Honour thy father and mother; which is the first commandment with promise (Ephesians 6:1,2)


Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. (Ephesians 4:29)



**Biblical Review how Families & the Church
can support & encourage one another**

1. Assess situation honestly
2. Make a list
3. Accept responsibility
4. Identify benchmark (Scripture!)
5. Letting go of the past
6. Forgiveness
7. Avoid victim mentality
8. **Ask for help!**
9. Prayer
10. Repent, don't let sin hold you back
11. Deny self, take up cross daily
12. Be willing to try new things
13. Fruits of the Spirit
14. Being intentional
15. Commit/Focus on Kingdom/church
16. Open Communication

17. Presentations,
Workshops
18. Accountability
partner
19. People Helpers
20. Hospitality/visitations
21. Adopt struggling
family
22. Work-life Balance
23. Productive/healthy
family traditions
24. Conflict resolution
25. Family Devotions
26. Prioritize each other
27. Each has their roles
28. Face, don't ignore
issues
29. Control internet,
entertainment cellphone
30. Love & Respect



And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins. (1 Peter 4:8-10)

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord. (Ephesians 6:4)

Bear ye one another's burdens, and so fulfil the law of Christ. (Galatians 6:2)

Awareness

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***"...but as for me and
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serve the Lord"***

Joshua 24:15



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