

# Building Healthy Families

With Mark and Melissa Medley

Session One

## **Building Healthy Relationships**

Laying the Foundation

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Session Two

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## **Building Healthy Children (Part One)**

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## **Building Healthy Children (Part Two)**

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Discipline with Encouragement

Discipline with Correction

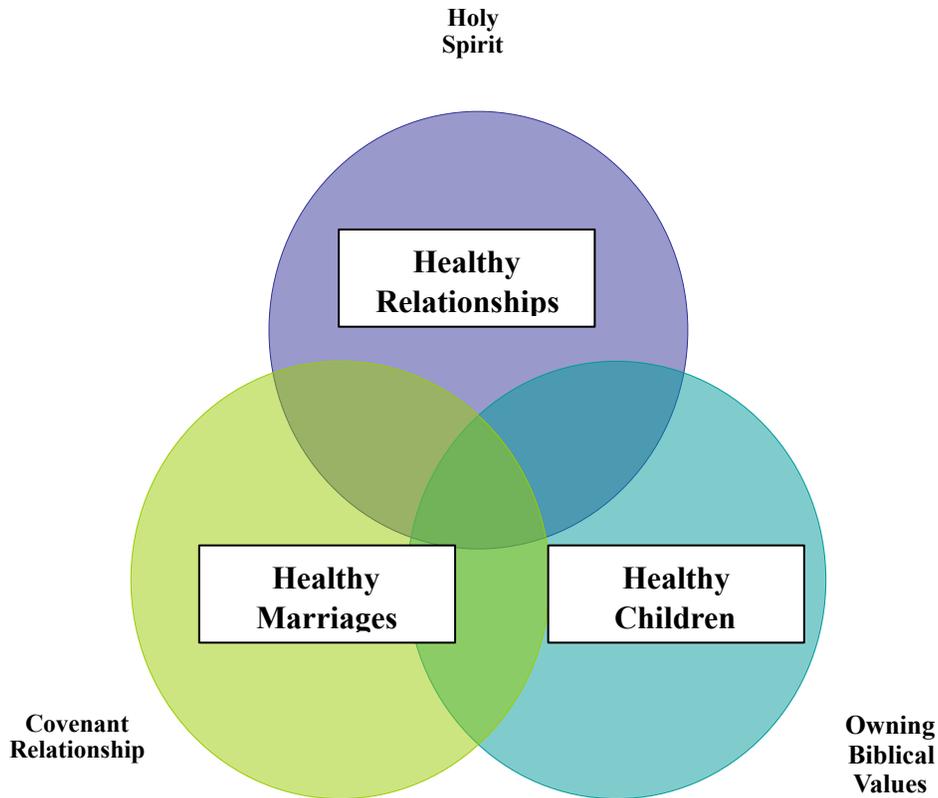
Considering the context

## **Discipline Issues**

## **Questions and Answers**

# Building Healthy Families

## Healthy Relationships



### Ingredients of Healthy Relationships

- 1) **Trust** – Firm belief or confidence in the honesty, integrity, reliability, justice, etc. of another person
- 2) **Communication** – The ability to speak in a way that others can hear what you really mean; the ability to listen to what others are really saying

Levels of Communication:

1)

2)

3)

4)

5)

- 3) **Honor** – Respecting one’s value; holding another person as precious

Consider the “one-anothers” of Scripture:

- 4) **Commitment** – a pledge that, no matter the circumstances, I will do whatever it takes to make the relationship successful

Scripturally, this is called “covenant”

- 5) **Relational Grace** – Bearing with one’s weakness; overlooking faults. Granting mercy because I know my own weaknesses

Understanding our differences helps us to value one another and to grant grace to one another.

“Not wrong, just different”

# Building Healthy Families

## Healthy Marriages

### **We Believe:**

- 1) God desires every couple to experience an excellent and ever-growing marriage
- 2) His pattern for an excellent marriage is found in the Bible
- 3) Your marriage flows from your heart – good things flow from a good heart... bad things flow from a bad heart. Good principles cannot make up for a bad heart.
- 4) Once your heart is where it needs to be there are specific, learnable skills that can solidify your relationship
- 5) The state of your marriage is up to you. As a couple, you make decisions every day which effect the quality of your marriage.

**Here is the point:** The beauty, excellence and fulfillment of your marriage is directly proportional to the degree of submission to the Lordship of Jesus Christ and obedience to His Word walked out by both marriage partners.

### **What is a Disciple?**

1) A disciple \_\_\_\_\_ himself/herself (Luke 9:23-24)

2) A disciple \_\_\_\_\_ daily (Luke 9:23-24)

3) A disciple \_\_\_\_\_ (Luke 9:23-24)

4) A disciple \_\_\_\_\_ to the Word of God and \_\_\_\_\_ it. (John 8:31)

5) A disciple \_\_\_\_\_ (John 13:35)

Your personal love gauge:

6) A disciple is \_\_\_\_\_ (Ephesians 5:18-36)

7) A disciple \_\_\_\_\_ (Ephesians 4:32)

8) A disciple keeps his/her \_\_\_\_\_ as priority (Matthew 6:33)

9) A disciple does not settle for \_\_\_\_\_ (Ecclesiastes 9:9-10)

# Building Healthy Families

## Healthy Parenting

**Parenting is a** \_\_\_\_\_

Parenting takes wisdom, discernment, walking with God daily

When faced with a situation where you don't know how to respond, remember these steps:

- 1)
- 2)
- 3)
- 4)

You need to \_\_\_\_\_ before you \_\_\_\_\_ so you say what you mean and mean what you say.

**Parenting must be** \_\_\_\_\_

- 1)
- 2)
- 3)

Our first step: We will define our goal(s) in parenting so that we can become intentional

The \_\_\_\_\_ family's goal(s) in parenting:

## **Developing a Biblical Mindset for Parenting**

Deuteronomy 6:7

1)

2)

3)

## **How is Biblical Parenting Done?**

1) Discipline

2) Instruction

**Our goal is to raise a moral child:** A child who has the ability to know right from wrong and guides his/her heart by biblical principles, and know his need for a Savior.

## **Two Extremes of Parenting:**

1)

2)

One great enemy to your parenting: \_\_\_\_\_

**How does my child's moral conscience work?**

## **Transitioning from negative to positive training**

### **Character Qualities**

**Respect for Parents** (Exodus 20:12; Romans 1:29-30)

**Respect for Authority** (Romans 13:1-3)

**Respect for Age (elders)** (Leviticus 19:32)

**Respect for Peers and Siblings** (Philippians 2:3)

**Respect for Property** (Exodus 20:15)

**Respect for Nature** (Genesis 1:28)

## The Principles of Obedience

What is the standard of obedience? Obedience must be:

1)

2)

3)

4)

Delayed obedience is disobedience

Partial obedience is disobedience

\* When the parents set the standard and require it, the \_\_\_\_\_ alone determines when he will be punished

\* True obedience is more \_\_\_\_\_ for the parents than for the children

**Four ways parents undermine their efforts to teach obedience:**

1)

2)

3)

4)

**Principles of Instruction**

- 1) Parents should expect an \_\_\_\_\_ and \_\_\_\_\_ response
- 2) Never give a command unless you \_\_\_\_\_ for it to be obeyed
- 3) When a child continually disobeys, \_\_\_\_\_ is in sin. When parents continually reinforce that disobedience, \_\_\_\_\_ are in sin.

## What is Discipline?

Christian discipline is a process of training in righteousness. It is not merely a way to control a child's behavior for the moment. It is long-term shaping the child's heart

**There are two ways to discipline our children:**

- 1)
- 2)

**There are four factors that parents should consider when deciding on a correction:**

- 1) The frequency of the offense
- 2) The age of the child
- 3) The context of the moment
- 4) The overall characterization of the child's behavior

## Repentance, Forgiveness and Restoration

Your training is not complete until you have trained your child to repent, forgive and restore

Repentance –

Forgiveness –

Restoration-

If necessary, restitution –



## The Appeal Process

The appeal process bridges the gap between Colossians 3:20 (children obey your parents) and Colossians 3:21 (fathers, do not provoke your children to wrath)

## The Discipline Flow Chart