

What Healthy Families Do

Let's consider four verbs that will help us remember what a healthy family looks like, what a healthy family does.

- #1: **LOVE**

That is, demonstrate unconditional love.

How great is the love the Father has lavished on us, that we should be called children of God! 1 John 3:1a (New International Version)

. . . May your roots go down deep into the soil of God's marvelous love. ¹⁸And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love really is.

Ephesians 3:17-18 (New Living Translation)

These older women must train the younger women to love their husbands and their children, . . . Titus 2:4 (NLT)

Three Practical Ways Parents Demonstrate Love

- Time and attention
- Words and actions that demonstrate worth
- Open and safe communication patterns
 - Listening: Proverbs 12:15; 15:31; 18:13
 - Admitting wrong and forgiving: Psalm 32:5; Matthew 6:12; Colossians 3:13
 - Telling the truth: Proverbs 12:22; Ephesians 4:25
 - Handling anger: Proverbs 15:18; 29:11; James 1:20
 - Humility/patience: Ephesians 4:29-31

- #2: **LIMIT**

That is, set boundaries.

If you refuse to discipline your children, it proves you don't love them; if you love your children, you will be prompt to discipline them. Proverbs 13:24 (NLT)

Discipline = setting limits and enforcing limits

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. . . . ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:29-32 (NIV)

- #3: **ENJOY**

That is, play together; enjoy a rich variety of activities as a family; enjoy life together.

Go online to www.homeschool.com/articles/time4learning12 to see "101 Things to Do This Summer" for suggestions of activities.

- #4: **PRAY**

That is, make Christ the center of your home.

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸This is the first and greatest commandment." Matthew 22:37, 38 (NIV)

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. Ephesians 6:4 (NIV)

Love the LORD your God with all your heart and with all your soul and with all your strength. ⁶These commandments that I give you today are to be upon your hearts. ⁷Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Deuteronomy 6:5-7 (NIV)

Show proper respect to everyone . . . 1 Peter 2:17 (NIV)