

A background image of Earth from space, showing the blue and white horizon of the planet against a black starry sky. A bright sun is visible in the upper right corner, creating a lens flare effect.

A TIME FOR...

“Building Healthy Family”

Definitions to Note

Perfect: being entirely without fault or defect. Flawless.
(No perfect family!)

Health(y): is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

(Can we have healthy families without any dis-ease?)

Function (*as a verb*) : to perform the purpose of a particular thing, or to perform the duties of a particular person.

(Yes! Family can fulfil purpose, even with some dis-ease /dysfunction)

What is the Purpose of a Family?

1. God's blessings

Genesis 1:28_{NLT} “Then God blessed them and said, **“Be fruitful and multiply. Fill the earth and govern it. Reign over ...”**

(To live out the blessings pronounced by God)

2. God's commands

Exodus 20:12-17_{NLT} ¹²“**Honour** your father and your mother,..
¹⁴You shall **not commit adultery**,.. ¹⁷ You shall **not covet** your neighbor's house. You shall **not covet your** neighbor's wife”

(Provide honour, ensure self-control, produce contentment)

Family Dysfunction is...

1. Cain killing his brother, Abel (Gen. 4)
2. Sarah asking Abraham to marry her maiden (Gen. 16)
3. Isaac lying that wife, Rebecca, is his sister (Gen. 26)
4. Jacob stealing Esau's blessings (Gen. 27)
5. Uncle Laban tricking his nephew, Jacob (Gen. 29)
6. Rivalry between sisters, Leah and Rachel (Gen. 30)
7. Brothers hating and selling Joseph into Slavery (Gen. 37)

Deuteronomy 6:6-9 NLT

⁶ And you must **commit yourselves** wholeheartedly to these commands that I am giving you today. ⁷ **Repeat them again and again to your children.** Talk about them when you are **at home** and when you are **on the road**, when you are **going to bed** and when you are **getting up**. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

How to Function as a Family?

1. Deep commitment to God (as single adults)
2. Clear and consistent communication (letting God's words be the guide in all conversations)
3. Intentional in passing on Godly values (Godly training)
4. Actively spending time together

“The family should be a closely knit group. The home should be a self-contained shelter of security; a kind of school where life’s basic lessons are taught; and a kind of church where God is honoured; a place where wholesome recreation and simple pleasures are enjoyed.”

Billy Graham

What is Required to Build?

A daily 'practice' of love

1 Corinthians 13:4-7 NLT

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Final Thoughts...

Psalms 127:1 KJV

“Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain.”

Prov. 3:5-6 NLT

⁵ Trust in the Lord with all your heart; do not depend on your own understanding.⁶ Seek his will in all you do, and he will show you which path to take.

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