

The 8 Essentials of a Healthy Family
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➤ Your life is directed by your _____.

1) A child needs a house of _____.

- Proverbs 15:16-17 – *“Better is a little with the fear of the LORD than great treasure and trouble with it. Better is a dinner of herbs where love is than a fattened ox and hatred with it.”*
- Proverbs 17:1 – *“Better is a dry morsel with quiet than a house full of feasting with strife.”*
- This is the platform for all other things. It’s hard to provide the other seven without a peaceful home.
- There is _____ conflict in many homes.
- A husband must demonstrably love _____.
✓ This is the most valuable thing a father can do for his family.
- NEVER _____ with your mate in front of your _____.
✓ You can discuss things and work through them, but don’t rob your child of peace in the home.
- You, as the parent, should _____ to your children if you have sinned against your spouse.
- Do NOT allow this double standard in your home...
✓ You ask your child to _____ to your authority, but you don’t submit to God’s _____.
- A magical home is created by _____.
✓ Whatever they might be, create some with your family.
- Before you teach or do anything else in your home, there must first be peace in your home.
✓ You might need to sit with your children for a time of _____ and forgiveness if peace does not currently exist.

2) A child needs _____ to talk to parents and listen to them.

- 2 Samuel 14:28 – *“So Absalom lived two full years in Jerusalem, without coming into the king’s presence.”*
- David’s son Absalom murdered his half-brother Amnon because of the rape of their sister Tamar. Absalom then ran away.
✓ David and his son, Absalom went for _____ without seeing one another.
✓ Absalom tried to see his father two times, but David doesn’t have time for him.
✓ To get the attention of his father, Absalom set _____ field on fire.
- Look at your children with full _____ and listen. One’s opinion is a very valuable thing.
- Laugh at their _____.
- Take them wherever you go.
- You don’t realize when you’re doing it what you’re doing when you spend _____ with your kids.

- 3) A child needs _____.
- 2 Timothy 3:10-15
 - Deuteronomy 6
 - Ephesians 6
 - It is easy to underestimate the impact of what you're doing while you're doing it.
 - ✓ Reading and praying with your children.
 - Use Bible stories as stories for _____.
 - Pray _____ (or intelligently) with your children.
 - ✓ Constantly soak your child in intelligence.
 - You cannot teach your kids without _____ in the home or spending time with them.
 - ✓ If you try, they will put an asterisk beside what you say that says, "Believed but not _____."
- 4) A child needs a godly _____.
- 2 Timothy 3:14 – *"But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it."*
 - ✓ Paul, Lois, Eunice....Timothy was shaped by grandparents
 - It takes the relief of _____ to become an example.
 - ✓ Don't miscalculate what it means for your child to see you doing things (i.e. praying, hugging your wife, etc).
 - Fathers, are you the most _____ your child has ever met? If not, then why?
 - ✓ An example burns into a child. It never leaves.
- 5) A child needs _____.
- Colossians 3:19, 21- *"Husbands love your wives and do not be harsh with them. Fathers, do not provoke your children, lest they become discouraged."*
 - Do not _____ your children, provoking them to anger.
 - ✓ You refrain from this so that he may not lose heart.
 - ✓ A child will no longer have an _____ because he knows he cannot please his Dad/Mom. He will no longer attempt things because he knows he can't please.
 - A child has to have esteem, to know that he is _____.
 - Love your children wherever they are. Don't let them lose their ambition because they cannot please you.
 - Tell your child that you are _____ of them.
- 6) A child needs _____.
- Proverbs 22:6 – *"Train up a child in his way and when he is old he will not depart from it."*
 - ✓ This means to _____ up a child in his particular _____.
 - Parents should have sensitivity and uniqueness in raising each child.
 - ✓ Don't try to make your child do something because an older sibling does.
 - ✓ Have you asked the Lord what your child's _____ should be? Figure out how God made him. Then help him develop that.
 - ✓ You love her the way that God made her, not the way you want her to be.

- 7) A child needs _____ – love with _____ on it.
- Parents should appropriately put their hands on their child.
 - ✓ Hug your daughter, have her sit on your lap. Wrestle with your boys if you need to. Keep your hands on them.
 - ✓ They can feel your love through your touch.
- 8) A child needs _____.
- Proverbs 13:24 – *“Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.”*
 - The child you get is a _____ instrument.
 - The opposite of love is not _____.
 - ✓ The opposite of love is apathy, where you do not _____.
 - Fathers, you never let a boy/girl _____ his mother.
 - Proverbs 19:18 – *“Discipline your son while there is hope; do not set your heart on putting him to death.”*
 - ✓ Start while they are _____, while there is hope.
 - ✓ Parents have to be of one heart in discipline.
 - Proverbs 22:15 – *“Foolishness is bound up in the heart of a child, but the rod of discipline drives it far from him.”*
 - ✓ You do not _____ with your child. You step off the penalty, consistently.
 - Proverbs 23:13 – *“Don’t hold back discipline from your child; if you strike him with a rod, he will not die.”*
 - ✓ Don’t fear their _____.
 - Proverbs 29:15- *“The rod and reproof give wisdom, but a child left to himself brings shame to his mother.”*
 - These are all positive things.
 - ✓ It’s easy to think you are a great parent by basing it on all the things your child can’t or doesn’t do.

In Summary

- Child rearing is what you _____ and who you _____.
- Build into them truth.
- We are God’s _____ to our children on earth.
- There is so much more to parenting than just checking things off a list.
- Parenting starts with your relationship with the heavenly Father.
 - ✓ That should flow out into your relationship with your children.
- Parenting is about raising a child to _____.
 - ✓ It is a marathon.
- It is teaching character.
 - ✓ This life is about _____ with the Lord.