

Ingredient #6: Family members ⁽²⁰⁾ _____
for the good of one another.

Ingredient #7: Family members have ⁽²¹⁾ _____
goals and interests.

Ingredient #8: Family members demonstrate
⁽²²⁾ _____ with one another.

Ingredient #9: Husband and wife engage in ⁽²³⁾ _____
sexual intercourse.

Ingredient #10: Husband and wife have a firm parental
⁽²⁴⁾ _____ in raising their children.

FINAL TIP: Let First Family Church Help You!!!

- Weekly Church Services
- Spring/Fall Men’s and Women’s Ministry
- Summer Children’s Events – Weekly Children’s Events
- Pastoral Prayer and Counseling for FFC Members

Additional Notes: _____



Know someone who needs this message? Today’s message will be available online at www.ffc.org, both to view as an archived message and to download from a podcast. To purchase today’s message on CD for \$5 or on DVD for \$10, please stop by the First Family Inspiration Book and Gift Store located in the Grand Foyer.

Answers: 1-skill 2-valued 3-equality 4-leader 5-nurture 6-loyalty 7-lover 8-learner 9-coaches 10-cheerleaders 11-counselors 12-consultants 13-spiritual 14-graduate 15-communication 16-time 17-faith 18-key 19-practice 20-sacrifice 21-common 22-trust 23-regular 24-coalition

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Pastor Christian Newsome’s Sermon
Sunday, May 16, 2010
“How to Have a Healthy Family”
Bible Text: I Timothy 3:16

II Timothy 3:16-17—“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work.”

The Message:

“Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us.”

What Can I Do to Have a Healthy Family?

The Healthy Husband/Father – I Peter 3:7

I Peter 3:7 (NASB) – “You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.”

Three Keys to Being a Godly Husband/Father:

1. **“live in an understanding way”** – Learn the insight and ⁽¹⁾ _____ needed to lead your family.
2. **“show her honor”** – Always show appreciation to your wife and let her know she’s ⁽²⁾ _____.

3. “a fellow heir of the grace of life” – As a Christian husband, show your wife ⁽³⁾_____ and worth.

Ephesians 5:25—“Husbands, love your wives, just as Christ also loved the church and gave Himself for her...”

Keyword for Husband/Father: Servant
⁽⁴⁾_____.

The Healthy Mother/Wife - Proverbs 31

According to Proverbs 31 the healthy family has a Mother/Wife that fulfills two key roles:

- Role #1: They ⁽⁵⁾_____ their family.
- Role #2: They show ⁽⁶⁾_____ to their family above all else.

Keyword for Mother/Wife: Servant ⁽⁷⁾_____.

The Healthy Child – Proverbs 22:6/Ephesians 6:4

Proverbs 22:6—“Train up a child in the way he should go, And when he is old he will not depart from it.”

Ephesians 6:4—“And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.”

Keyword for Child: Servant ⁽⁸⁾_____.

Children learn in different ways as they grow:

- Age 0-13 – Children need parents to be ⁽⁹⁾_____.

- Age 13-18 – Teenagers need parents to be ⁽¹⁰⁾_____ and ⁽¹¹⁾_____.

- Age 18 and Up – Young Adults and Adults need parents to be ⁽¹²⁾_____.

A child’s ⁽¹³⁾_____ formation is nearly complete by the time they enter Middle School.

A child’s spiritual formation is cemented by the time they ⁽¹⁴⁾_____ from High School.

The Top 10 Key Ingredients for a Healthy Family:

**Adapted from Men’s Fraternity: Winning at Work and at Home*

Ingredient #1: A family is characterized by strong, supportive, honest ⁽¹⁵⁾_____.

Ingredient #2: Family members spend a large quantity of ⁽¹⁶⁾_____ together.

Ingredient #3: Family members share common ⁽¹⁷⁾_____ and practices.

Ingredient #4: Family members agree on ⁽¹⁸⁾_____ values.

Ingredient #5: Family members ⁽¹⁹⁾_____ love and mutual appreciation.