

HEALTHY FAMILIES GOD'S WAY

Elder Shelia Humphrey
Jesse Curney III, Senior Pastor
New Mercies Christian Church



TYPES OF FAMILIES

- 1. Nuclear Family:** The **nuclear family** is the most recognized family structure, consisting of two parents (biological or adoptive) and their children living together.
- 2. Extended Family:** An **extended family** includes not only parents and children but also other relatives such as grandparents, aunts, uncles, and cousins.
- 3. Single-Parent Family:** A **single-parent family** consists of one parent raising one or more children due to separation, divorce, death, or personal choice.

TYPES OF FAMILIES

4. Blended Family: A **blended family** forms when one or both partners in a relationship have children from previous relationships.

5. Childless Family: A **childless family** consists of couples who choose not to have children or are unable to have them.

Genesis 2:18 (NKJV)

“And the Lord God said, ‘It is not good that man should be alone; I will make him a helper comparable to him.’”

GOD CARES ABOUT WHAT HAPPENS IN THE HOUSE

QUALIFICATIONS OF OVERSEERS

1 Timothy 3:4-5 (NKJV)

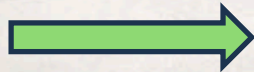
⁴ one who rules his own house well, having *his* children in submission with all reverence ⁵ (for if a man does not know how to rule his own house, how will he take care of the church of God?);

Your public life cannot be separated from your private life.

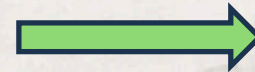
FIVE BIBLICAL PRINCIPLES THAT DEFINE HEALTHY FAMILIES

- I. Healthy Families Are Built On God
- II. Healthy Families Have Godly Leadership
- III. Healthy Families Demonstrate Love
- IV. Healthy Families Communicate
- V. Healthy Families Know How To Forgive

God



FAMILY



Ministry

I. HEALTHY FAMILIES ARE BUILT ON GOD

Psalm 127:1 (NKJV)

Unless the LORD builds the house,
They labor in vain who build it;
Unless the LORD guards the city,
The watchman stays awake in vain.

Healthy families are built on:

- Love that forgives
- Grace that restores
- Patience that endures
- Humility that serves
- Kindness that encourages

Reflection – Matthew 7: Parable of The Two Builders

I. HEALTHY FAMILIES ARE BUILT ON GOD

RESPONSIBILITIES OF FAMILY MEMBERS

HUSBANDS	WIVES	CHILDREN	PARENTS
Lead with humility	Encourage	Honor parents	Teach God's word consistently
Love sacrificially	Support	Practice obedience	Teach God's word consistently
Serve the family as Christ served the Church	Display wisdom and strength	Grow in faith	Teach God's word consistently
Ephesians 5:25	Ephesians 5:22	Ephesians 6:1	

II. HEALTHY FAMILIES HAVE GODLY LEADERSHIP

Joshua 24:15 (NKJV)

“...But as for me and my house, we will serve the LORD.”

Spiritual leadership begins with personal commitment:

- **“My family will know who we belong to.”**
- **“My family will know what we believe.”**
- **“My family will know what values guide this house.”**
- **“My family will know that God comes first in our home.”**

Reflection – Mark 10:43-45: Whoever Desires to Become Great

II. HEALTHY FAMILIES HAVE GODLY LEADERSHIP

Joshua 24:15 (NKJV)

“...But as for me and my house, we will serve the LORD.”

Godly leaders in the home ask:

- **How can I serve my family?**
- **Am I living in a way that warrants respect?**
- **Am I creating an environment that fosters love?**

Healthy leadership begins with responsibility.

III. HEALTHY FAMILIES DEMONSTRATE LOVE

1 Corinthians 13:4-7 (NKJV)

⁴ Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶ does not rejoice in iniquity, but rejoices in the truth; ⁷ bears all things, believes all things, hopes all things, endures all things.

III. HEALTHY FAMILIES DEMONSTRATE LOVE

What would happen if:

- Husbands practiced patience?
- Wives practiced kindness
- Parents stopped criticizing their children?
- Children learned to honor their parents?
- Family members learned to apologize?
- No one had to win the argument?

Reflection – Luke 15:11-32 – The Parable of The Prodigal Son

LOVE IS...	FAMILY EXAMPLE
Patient	Ruth caring for Naomi (Ruth 1–4)
Kind	The father welcoming the prodigal son (Luke 15:11-32)
Not self-seeking	Ruth leaving everything for Naomi (Ruth 1-4)
Keeps no record of wrongs	Joseph forgiving his brothers (Genesis 37, 39–50)
Always protects	The father restoring his son (Luke 15:11-32)
Always hopes	Hannah praying faithfully for Samuel (1 Samuel 1–2)
Always perseveres	Ruth remaining with Naomi through hardship (Ruth 1-4)

IV. HEALTHY FAMILIES COMMUNICATE

James 1:19 (NKJV)

¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

Healthy Families Learn:

- To talk about difficult things
- That disagreements do not have to become disrespect
- That anger does not have to become abuse
- That conflict does not have to become separation

Reflection – Genesis 45-50: Joseph and His Brothers

James 1:19 (NKJV)

¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

A Practical Pattern for Healthy Families:

- **Quick to listen - Understand before responding**
- **Slow to speak - Choose words carefully**
- **Slow to become angry - Respond with patience rather than impulse**

Your family history does not have to become your family's destiny.

V. HEALTHY FAMILIES KNOW HOW TO FORGIVE

Colossians 3:13 (NKJV)

¹³ bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

Healthy Families Learn How to Say:

- "I was wrong."
- "I am sorry."
- "Please forgive me."
- "I forgive you."
- "Let's move forward."

Reflection – Genesis 32-33: Esau and Jacob

WHAT DOES A HEALTHY FAMILY LOOK LIKE?

- A healthy family is not necessarily a family without disagreements.
It is a family that knows how to disagree respectfully.
- A healthy family is not a family without mistakes.
It is a family that knows how to apologize.
- A healthy family is not a family without conflicts.
It is a family that knows how to resolve conflict.

WHAT DOES A HEALTHY FAMILY LOOK LIKE?

- A healthy family is not a family where everybody thinks alike.
It is a family where everybody feels safe enough to communicate.
- A healthy family is not a family with perfect parents.
It is a family where parents are willing to grow.
- A healthy family is not a family with perfect children.
It is a family where children are taught, corrected, loved, and given room to mature.

**A healthy family is NOT a family that NEVER
struggles.**

**It is a family that knows WHERE TO TURN when
it struggles.**

