

How to Fix It – Pt. 3 “Stress in the Family”

“According to The American Institute of Stress: About 33 percent of people report feeling extreme stress. 77 percent of people experience stress that affects their physical health. 73 percent of people have stress that impacts their mental health.”

Matthew 19:26b “But with God all things are possible.”

1 Corinthians 15:57 “But thanks be to God, who gives us the victory through our Lord Jesus Christ.”

Romans 8:37 “No, in all these things we are more than conquerors through him who loved us.”

“Everything starts with the ATMOSPHERE.”

“It is relationship driven not rule driven.”

“Creating rules without relationships will produce resentment and rebellion.”

Creating a Healthy Family Atmosphere:

√ Love – Relationships first!

John 13:34 “A new command I give you: Love one another. As I have loved you, so you must love one another.”

√ Honor – Honor goes up, down, all around.

Romans 12:10 “Love one another with brotherly affection. Outdo one another in showing honor.”

Honor - High respect; great esteem.

√ Peace – We got this!

Proverbs 17:1 “Better a dry crust with peace and quiet than a house full of feasting, with strife.”

What about the Kids?

1. Teach
2. Reprove
3. Correct
4. Train

2 Timothy 3:16 “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.”

1. Teach – This is the way.

Deuteronomy 11:18-19 “So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders.

¹⁹Teach them 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.”

2. Reprove – That is the wrong way.

Proverbs 15:31 “The ear that listens to life-giving reproof will dwell among the wise.”

3. Correct – Here’s the way back.

Proverbs 15:32 “Those who disregard discipline despise themselves, but the one who heeds correction gains understanding.”

4. Train – This is stay on the way.

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