



Home Improvement Fundamentals of a healthy family

What is a family? I decided to do what you often do when you want to find the meaning of a word. I checked the dictionary and, admittedly, I was disappointed. Webster defines family as, "a group of individuals living under one roof and usually under one head; a group of persons of common ancestry." This definition was not much help. To be more thorough, I dusted off my giant, exhaustive Oxford English Dictionary, found the entry for family, pulled out my magnifying glass, and read, "The body of persons who live in one house or under one head, including parents, children, servants, etc." OK, that was not my childhood home! As I recall, I was the servant! Maybe that fits Oxford, but it does not describe most of us. Let's begin to unravel this little mystery. See what you think of my working definition.

The family is where you put down your first roots, where you form your most lasting impressions, where you put together the building blocks of your character, and where you determine whether you will view life through the eyes of prejudice or acceptance. Family is where you learn to laugh and where you are allowed to weep without losing respect. Family is where you learn how to share, how to relate, and how to treat other people. Family is where you learn how to interpret your surroundings correctly. It is where you discover how to draw the line between right and wrong, between good and evil. Dysfunctional families blur that line, and boundaries become unclear. Solid, secure families have a clear view of the differences so that their members have little ethical confusion. Moral dilemmas will challenge you, but if you come from a healthy family, you are seldom unclear about what is right or wrong.

STRENGTH

S1: Read and answer the following.

Proverbs 17:22 A merry heart [a]does good, *like* medicine, But a broken spirit dries the bones.

- From this verse, what should a healthy family have in it?
- On a scale of 1-4, with 1 being very fun and 4 being not very fun, rate the fun that is in your family. Write out a weekly family fun night plan for the next four weeks.

S2: Read and answer the following.

Romans 12:10 *Be kindly affectionate to one another with brotherly love, in honor giving preference to one another*

- From this verse, what should a healthy family have in it?
- On a scale of 1-4, with 1 being very high and 4 being not very high, rate yourself on how well you give your family attention. Write out a plan to improve in this area.

S3: Read and answer the following.

Deuteronomy 4:9 *Only take heed to yourself, and diligently keep yourself, lest you forget the things your eyes have seen, and lest they depart from your heart all the days of your life. And teach them to your children and your grandchildren,*

- From this verse, what should a healthy family have in it?
- On a scale of 1-4, with 1 being very good memories and 4 being not very good memories, rate yourself on how well you capture memories with your family. Write out a plan to improve capturing memories.