

Core Values

Pt. 2 - Build Healthy Families

Core Value: We Must Build Healthy Families.

To build a healthy family:

Determine my priorities.

Priority determines path.

Defend my priorities.

1. Block family time on my calendar.
2. Learn to say "No".

Have fun together.

Prov. 17:22 **A cheerful heart is good medicine, but a crushed spirit dries up the bones.**

Ecc. 3:4 **...a time to weep and a time to laugh, a time to mourn and a time to dance.**

Gen. 21:6 **Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me."**

Job 8:21 **He will yet fill your mouth with laughter and your lips with shouts of joy.**

Ps. 4:7 **You have filled my heart with greater joy.**

Ps. 20:5 **We will shout for joy.**

Ps. 28:7 **My heart leaps for joy.**

Ps. 128:1 **How happy are those who fear the LORD—all who follow his ways! ²You will enjoy the fruit of your labor. How happy you will be! How rich your life!**

Excuses for a boring family:

1. We can't afford to have fun.
2. We don't have time to have fun.

3. We don't enjoy the same things.

Slow Down.

"For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them."¹

Put God first.

*Mt. 11:28 Come to me, all you who are weary and burdened, and I will give you rest.
29 Take my yoke upon you and learn from me, for I am gentle and humble in heart,
and you will find rest for your souls. 30 For my yoke is easy and my burden is light.*

¹ (Ortberg, John, **The Life You've Always Wanted**, Zondervan, 1997, p.82)