

## The Healthy Family

The family has always had its struggles. Even the first family!

**Gen. 3** <sup>11</sup> And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”

<sup>12</sup> The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.”

<sup>13</sup> Then the Lord God said to the woman, “What is this you have done?”

**4** Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the Lord I have brought forth a man.” <sup>2</sup> Later she gave birth to his brother Abel.

<sup>8</sup> Now Cain said to his brother Abel, “Let’s go out to the field.” And while they were in the field, Cain attacked his brother Abel and killed him. NIV

The American family of the past was a nuclear family in which children and parents remained in tact. Half of the families today are blended families.

Today the majority of children under the age of 38 have been raised without the presence of their biological father. Something has happened to the family that has made it loose its health.

We shall consider what makes the family ill and what makes the family healthy.

### I. What will make a family sick

- A. No head-** No father actively involved with the family  
No protector, provider, spiritual counselor.

**B. No love-** Abandonment (emotionally, physically)

**C. Lack of affection-** No words or touch

**D. Favoritism-** ILL. Jacob and his brothers  
one child favored over another or  
compared to another sibling.

“Why can’t you be like...”

**E. Verbal Abuse**

“I regret the day you were born”

“You are a slut”

“You will never amount to anything”

“You are so stupid”

Being addressed with curse words.

Having to listen to their parents loud arguments.

**F. Physical Abuse-** to themselves or to a parent.

**G. Sexual transgressions-** affairs, molestation, incest

**H. Addictions of any kind**

## **II. What makes a family healthy**

**Blend or nuclear families require the same ingredients.**

**A. A father and mother that are in love.**

1. **Peace, stability, and affection** will flow through the family members.

A where parents do not love one another will leave scars on the children. They will ask themselves, “If they don’t love one another how can they love me?”

2. **Open displays of love between parents** are healthy for the children in learning how to love their future spouse.

**B. A father and mother that love their children.**

Love is shown in the following ways

- 1. Affection-** hugs, kisses, etc. touch is important.
- 2. Affirmation-** expressing pride and bestowing praise on them.
- 3. Giving them their identity-** tell who they are by releasing them to grow with your Blessing.
- 4. Discipline-** work, expectation (placing responsibility on them), denial of privileges, and spankings when they are young.
- 5. Placing value on each child by giving them individual time.**

### **C. Lots of forgiveness**

### **D. Mutual respect that is demonstrated by releasing one another to make choices that affect our own individuality.**

Educational, vocational, and relational choices when they are of age.