

## PRESCRIPTION FOR HEALTHY CHILDREN

Col. 3 <sup>18</sup> Wives, submit to your husbands, as is fitting in the Lord.

<sup>19</sup> Husbands, love your wives and do not be harsh with them.

<sup>20</sup> Children, obey your parents in everything, for this pleases the Lord.

<sup>21</sup> Fathers, do not embitter your children, or they will become discouraged. NIV

Eph. 6 Children, obey your parents in the Lord, for this is right. <sup>2</sup> “Honor your father and mother”—which is the first commandment with a promise— <sup>3</sup> “that it may go well with you and that you may enjoy long life on the earth.”

The healthy family comes from a healthy mother and father relationship that produces healthy children.

Do you want healthy children? If you want healthy children you must know when you have succeeded.

## TWO EVIDENCES OF A HEALTHY CHILD

### 1. OBEDIENCE TO PARENTS- COL. 3:20

In the original (Greek) text the word which is translated 'obey' comes from two words, 'hear' and 'under'. A rigidly literal translation could be to 'hear under' i.e. 'to listen attentively'. What is in view here is a conscious and deliberate listening, listening so as to really hear. (See Strong's Greek Dictionary no. 5219).

- a. submitting to their authority
- b. disobedience will be a last day trend.

2Ti. 3 But mark this: There will be terrible times in the last days. <sup>2</sup> People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, <sup>3</sup> without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, NIV

## **2. HONORING ONES PARENTS** – Eph 6:2.

1. To honor means to place value on (by impl. 'to revere'), to put a price on. (Strong's no. 5091 Gk. 'timao')

2. It is not enough to just do what your parents say, but you must value them and respect their position.

**\* Be polite and courteous in the way we address them.**

a) Even though Joseph was the equivalent of a modern-day Prime Minister of Egypt, he bowed down with his face to the ground as he showed humility and respect towards his elderly father: Gen. 48 12

b) King Solomon showed great courtesy towards his mother, Bathsheba. Even though he was the newly crowned king, he bowed down to her. 1Ki 2 19

**\* Listen to your parents.**

Pr 23:22 'Listen to your father, who gave you life, and do not despise your mother when she is old.'

Pr 6:20 My son, keep your father's commands and do not forsake your mother's teaching.

Pr 6:21 Bind them upon your heart forever; fasten them around your neck.

Pr 6:22 When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you.

Pr 6:23 For these commands are a lamp, this teaching is a light, and the corrections of discipline are the way to life,

Good parents never lead you astray.

## **WHAT PARENTS CAN DO TO DEVELOP A HEALTHY CHILD-PARENT RELATIONSHIP**

### **1. COMEDY-**

**A. We must be able to laugh at ourselves with others in the family.**

Video of Lampoon Christmas dinner prayer.

Do something stupid- Dad squirt Dennis and me  
With garden hose from  
lawnmower when we was eating supper.

Do fun things together.- video games, fish, golf, movie,  
Dad's kick fights....

**B. Laughter is medicine to the heart.**

A merry heart does good like a medicine.

- \* It does away with tension
- \* It breaks down walls of resistance
- \* It minimizes pain
- \* It creates memories

### **2. COMMUNICATION**

Deu. 6<sup>6</sup> These commandments that I give you today are to be upon your hearts. <sup>7</sup> Impress them on your children. **Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.**

NIV

Video of Andy Griffith

Video of commercial concerning text conversation between a mother and her daughter.

Create **times to talk** to them one on one, alone.

When walking with them

While working

While playing a game

When having lunch with them.

When they first start dating- **Rainey's ball bat**

Ask questions them questions that reflect there values and character:

What would you do if you were me?

Why did you do this?

Where would you go?

Who do you admire most in life?

Who do your respect the most?

What give you the most joy in life?

### **3. CELEBRATION**

Birthdays – “my life has been enriched because you were born”.

**When a good moral decision is made** – avoid sinning with the crowd

ILL. The prodigal son returns home. “kill the fatted calf”

**Celebrate the return back to the family!**

**Physical effort-** try at sports, chores etc.

**When they bring home first pay check**

**When they make good financial decisions.**

**Report cards**

## Just because of whom they are; My son or daughter.

ILL. Scott Price told his son he was going to take his best friend out to eat. The son asked, “Who is your best friend?”

“You are son!” What a message he sent!

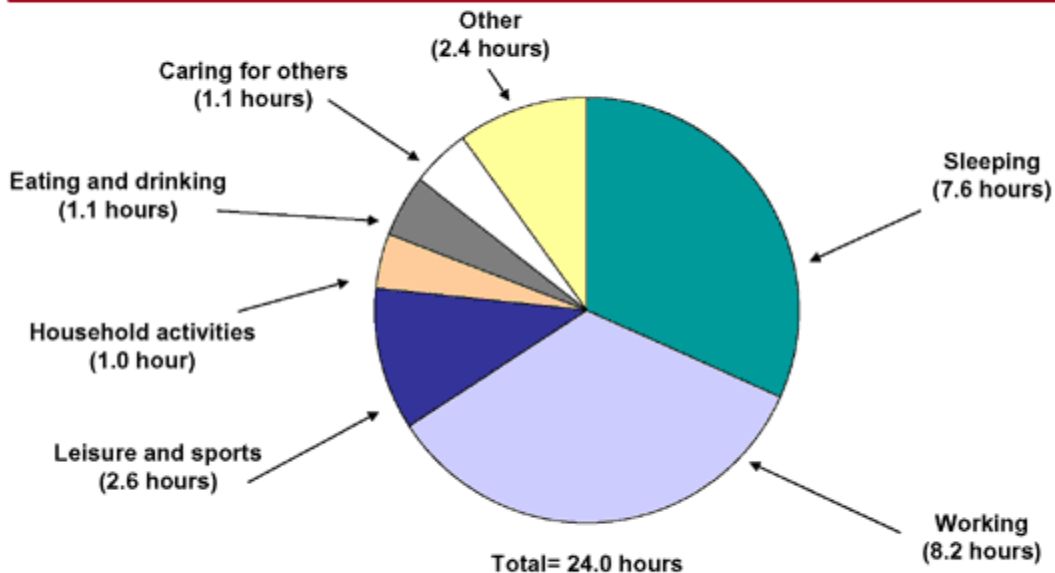
### 4. CHRIST CENTERED – Jesus is first!

Col. 3<sup>20</sup> Children, obey your parents in everything, for this pleases the Lord.

We must teach them that Jesus Lord over everyone in the family! Jesus is first in all things we do.

## Time use on an average work day for employed persons ages 25 to 54 with children

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NOTE: Data include employed persons on days they worked, ages 25 to 54, and who lived in households with children under 18. Data include non-holiday weekdays and are annual averages for 2006.

SOURCE: Bureau of Labor Statistics

## **YOU GET WHAT YOU CELEBRATE!**

Celebrate their salvation

Baptism

Baptism in the Holy Spirit

When they lead someone to Christ

When they participate in a ministry

### **Display on tables:**

Baptismal certificate

Baby dedication certificate

Tithing envelope

Cross and Bible

ILL. Dennis preached a revival in my home church. He was complementing Deanna Green (Dan's girlfriend). He said when children's church was over the children got into the alters in adult service just like the adults do.

We teach children Christ is Lord of us all by living it at home.

Pray with them.-

Worship with them.- Abraham and Isaac

Teach them how to give.- tithe, missions etc.

Lead them to Jesus when they are young!

When we have followed this prescription we will live to see called us, "blessed" Pro. 31

That's the prescription for a healthy and a Godly family