

Seven Habits of A Healthy Family, Part Two
Deuteronomy 6:1-9

1554

Theme: Family

Aim: To share practical information on making families healthy

1. Family – everyone is a part of one. But why is it that some find so much more pain than happiness in their families ?
2. God intended better for our families than some get.
3. Last week we discussed kindness, forgiveness (Ephesians 4:32, forbearance (Colossians 3:12-13), and destiny or direction (Matthew 6). Today, three more characteristics of successful families.

I. Commitment.

A. Matthew 12:46-49.

1. Jesus is not disavowing physical family, but saying that his real family are those committed to Him.
2. We quickly see the value of commitment is so many areas of life... what of the need for commitment in the family?

B. What is commitment?

1. “An act of committing to a charge or trust, an agreement or pledge to do something in the future, the state of being obligated or emotionally impelled.”
2. I like the last part of that definition best. Many commitments we make involve no emotional investment, and we are therefore not always keen on keeping them,
3. But in the home, must commit emotional and spiritual resources.
4. That kind of commitment is seen throughout scripture.
 - a. Abraham was “emotionally impelled” to follow God to an unknown country.
 - b. Noah was “emotionally impelled” to build the ark.
 - c. Boaz was “emotionally impelled” to redeem Ruth.
 - d. Jesus was “emotionally impelled” to go to the cross.

C. That kind of commitment is needed in two areas. First, to the institution of marriage.

1. Family came from God, not from eons of trial and error with other arrangements.
2. Given to meet man’s emotional needs, Genesis 2:20-25.
3. Even secular experts now see the value of strong families in meeting societies needs.

D. Secondly, need to commit to the marriage we are in.

1. Why did the marriages of a century ago last? Commitment!
2. Folks today enter marriage with the idea “If this doesn’t work our, we’ll just get a divorce and find someone else!”
3. We must be “emotionally impelled” to make our marriages work.

E. One final point about commitment. How is it shown?

1. What are our priorities?
2. How much time do we spend with family?
3. Is it shown in putting other’s needs above your own? Romans 12:3, Philippians 2:3-4.
4. Is it shown in one’s commitment to be and to do what he/she wants other family members to be or to do?

II. Communication.

A. Lets go back to Deuteronomy 6:6-8.

1. What is God through Moses saying? Some things must be **communicated!**
2. What do we communicate to other members of our family?
3. Do we communicate love, acceptance, kindness?
4. One writer talked about the Emotional Bank Account. Do we make deposits or withdrawals from others family members' Emotional Bank Account?

B. Two thought that might improve communication in our families.

1. LISTEN! James 1:19.
2. Listen to yourself. Measure your tone. Does your body language belie your verbal message?

III. Endurance.

A. Matthew 19:4-8.

1. From the beginning God's intent was one man, one woman for life!
2. Compare Romans 7:1-3.

B. Two great points.

1. Must do a good job picking your mate.
 - a. Do you really want to look at him/her over your corn flakes for the next 50 years?
 - b. Does he/she share you ultimate eternal goals?
 - c. Will he/she help you get to heaven?
2. Marriage is not a sprint, it is a marathon. It takes endurance, Hebrews 12:1.
 - a. Endurance in loving and serving one another.
 - b. Cannot be selfish and have a happy spouse.
 - c. Endurance is working on the family relationships to the end.

1. Strong families are happy and healthy families. God wants them and we need them.
2. What is it that you want your family to be? Are you working to make it so?