

Healthy Family

Happy Father's day Australia for Christ Church community. We are so pleased to be invited to share on this special day.

This day can be a day of mixed emotions, joy and appreciation, to bitterness and hurt. Some of you have had the privilege of having an engaged and involved, loving and thoughtful father whilst others have unfortunately had not had that experience. Or you may have lost your father.

Whichever story you have experienced or currently experiencing our prayer is that you will discover that our heavenly father has a heart for you, He wants to heal any wounds, and He wants you to hear this truth.

That you are :

- Accepted
- valued
- Chosen
- Loved
- You are His creation
- Precious in His sight – you are seen and known
- Forgiven
- He will never leave you nor forsake you
- You have an eternal inheritance
- And nothing can separate you from His love.

And God sent His son so that you and I can, “Have life and life to its full” and that includes having a healthy family.

We are going to share with you 4 simple attributes or keys for a healthy family.

We also know pre, during and post covid, people will experience challenges, especially when it comes to family life. No one is immune.

Jesus himself said,

John 16:33

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

We are fully aware that despite your best efforts, the decisions and actions of others were beyond your control, and we are so sorry if that has been your experience. But overall how an individual responds to the trouble is what makes or breaks a family or relationship.

When strife, pressure and conflict arise, we tend to resort to our foundational coping mechanisms. And if our foundation is **not** strong, the whole structure will collapse.

Reminds me of the story of the parable by Jesus about where you should build your home.

Matthew 7:24-27

“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock. But anyone who hears my teaching and doesn’t obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.”

So, the first thing to put into place to have a health family is:

1. The Firm Foundation

A Personal Relationship with God Through Jesus Christ individually.
Personal story... reliance on God

So, when we enter relationships. we are not relying on others to be our everything

Family foundation built by God

Psalm 127:1

*Unless the LORD builds a house,
the work of the builders is wasted.*

Psalm 118:22-23

*The stone that the builders rejected
has now become the cornerstone. This is the LORD’s doing,
and it is wonderful to see.*

As you place your faith, hope and trust in God, it enables you to face the many issues that we often experience in life. Part of that firm foundation is to allow God into addressing the wounds and baggage of our past.

Before we start our own family, it takes 2 healthy individuals. If we do not deal with these issues, before marriage they will eventually surface. But that is a whole other message. If you have discovered issues that are sabotaging your relationships we would encourage you to seek appropriate help and support because it will affect the health and well-being of your marriage and family.

2. Learn to commit

A healthy family is often determined by the health and wellbeing of the marriage. When the marriage is strong it has a ripple effect on the whole family.

Marriage was designed by God to be a reflection of Christ's commitment to the church

Ephesians 5:25.

For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her

Obviously, that sets the bar pretty high. The best marriages happen when husband and wife commit to one another in a way that reflects Christ.

Definition of commitment...*Staying **loyal** to what you said you were going to do, long **after** the mood/emotion you said it in has left you*

Vows... For better or worse, richer and poorer, sickness and in health, till death do us part.

That goes for all of us

Your word is your bond.

Commitment does not come naturally.

3. Learn to serve sacrificially

We are all innately selfish. For a marriage or for a family to be healthy, we need lay down our wants and our needs. Putting the needs of others before ourselves.

Ephesians 5:21

submit to one another out of reverence for Christ.

Philippians 2:3

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.

4. Seek wisdom

We live in a world that offers a distorted view of wisdom. For example, the wisdom of the world is to do whatever makes you happy. I'm sure this view has unfortunately resulted in destroying many marriages and families, but it is not true wisdom.

Wisdom that comes from the Lord is a safeguard. It protects us.

Proverbs 9:10

Fear of the LORD is the foundation of wisdom.

Knowledge of the Holy One results in good judgment.

Proverbs 8:11

For wisdom is far more valuable than rubies.

Nothing you desire can compare with it.

Developing a love of wisdom now will not only help you navigate any current issues, but it will also increase your chances of success in future relationships. God uses other people to partner with Him, so we would encourage you to seek Godly wisdom from a mentor and have them speak the truth in love into your lives.

I'm sure we can agree that for a marriage to thrive, the ideal is for a husband and wife to have a firm foundation of God in their lives, a deep commitment to one another, be willing to sacrifice and to exercise wisdom and discernment. In turn, we have the privilege and responsibility to pass this on to our children. For those that are single we would encourage you to place these 4 attributes into your own life now for all relationships. And for those that are struggling or you see the need for some adjustment, we would encourage you to place these priorities into your life.

We are not saying that you will be immune from challenges and complex heart-breaking issues but you will be able to stand on the foundation of God as you face the storms of life together with Him. What you do today will determine the health and well-being of your marriage and your family.

Galatians 6:7 *“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.”*

Our prayer for you is that you sow healthy seeds into your life, with God as your foundation, be willing to serve sacrificially, committed to one another and to seeking wisdom.

