

Rebuilding Families

What family situations can drain us or provide stress to us?

- Anything involving our spouse and children can/will affect us greatly
 - Law violations
 - Travel
 - Change in health
 - Change in eating habits
 - Boss, jobs, new employment, or lack of employment
 - Increase or Decrease of responsibilities
 - Financial changes
 - Rent/Mortgage
 - (All) In-Laws – father, mother, daughter and son
 - Death of a family member
 - Life style changes
 - Intimacy
 - Pregnancy
 - Marriage, Separation, Divorce, reconciliation

John 7:38 - ³⁸Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”

It's not just about being unselfish. If you really want your spouse and family to see Jesus in you, **you have to genuinely put into practice an attitude of becoming more like Christ in everything you do.**

This call to rebuild family is about prioritizing God's desires first for your marriage, and placing these desires over your own—**in a pursuit of holiness.**

It is a call to marital intimacy that is built on selflessness, trust and respect. It is a call to extend grace as you unconditionally love the

spouse to whom God has joined you. **It is a call for an investment of time to allow strained emotions to heal.**

One of the largest challenges for all relationships, families and especially marriages today, is a **lack quality and quantity time.**

Here's three questions you can ask yourself how well the time is managed in your marriage:

1. **In the past week, how satisfied were you with the emotional and physical intimacy you and your spouse shared?**
2. **How aware are you of your spouse's current emotional needs?**
3. **In the past month, how much time have you spent seeking God's direction for your marriage?**

If you are not an advocate for traditional marriage or fighting you're your own marriage then who will?

Isaiah 58:11 - ¹¹ The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

You have the power to choose your beliefs and actions. When you focus on the positive instead of the negative you'll find the faith, strength and confidence to take on life's challenges.

Here are 5 healthy things you can practice for healthier families

1. **Practice Gratitude.** It's also physiologically impossible to be stressed and thankful at the same time. Psalm 118:24
2. **Praise Others.** Make sure you give ten times as much praise to criticism. 1 Thessalonians 5:11

3. Focus on Success. write down the one great thing about each family member, then pray over these successes, thanking God for them.
Philippians 4:8

4. Let Go. Give it up to God and trust Him with the outcome.
Surrender is the answer. Proverbs 3:5

When things don't go your way, your family is acting up and a mess!
Don't complain about it to God – PRAY about it to God!

5. Pray. Take your worries to Him and He will help you. Did you know that **daily prayer reduces stress; boosts positive energy; and promotes health, vitality, and longevity.** Philippians 4:6

“Do all things without complaining and disputing...” - Philippians 2:14

**Healthy Marriages = Healthy Practices = Healthy Outcomes =
Healthy Families**

How can we build a strong family? Here are three points to get you started.

1. **Your presence matters.**
2. **Celebrate everything.**
3. **Talk about faith.**

When your family are exposed to God's truth in small amounts, it can, help them **develop a craving for Jesus.**

Jesus said, Matthew 7:24-25, "Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock".