

Healthy, Not Perfect

Proverbs 24:3, Luke 2:52, Deuteronomy 6:7, Proverbs 14:26, Psalm 127:3, Ecclesiastes 11:8, Mark 8:36, and Joshua 24:25

1. When you were pregnant, your wish was to have a healthy child. So now that your kids have been born, what does a healthy family look like? What is your definition of health?
2. The first essential for a health family is to prepare for your kids for life. Here are 3 areas in which you can prepare your kids.
 - A. Prepare them to have good relationships. How do you talk to your kids about forgiveness, handling conflict, meeting new people, and being a good friend?
 - B. Prepare them by building their character. Character is more caught than taught, so what is your life/speech/attitude teaching your kids about character and integrity?
 - C. Prepare them by establishing their values in life. What values are you communicating to your kids based on how you spend your time and money? What will they SEE is of high value based on your actions?
3. If you don't teach your kids that God is a value in their life, then they'll grow up thinking that God is simply optional. So how do you instill that value in them? How do you use your words, actions, attitudes, and habits to do this?
4. What is a storm that you have helped your kids navigate through?
5. Where do your kids go to for strength and refuge? How can you teach them that God will be a source for them throughout their life?
6. Three storms that were listed that kids go through are change, failure, and rejection. What other storms have you had to help your kids through?
7. Here are a few ways to help your kids in the storm.
 - A. Listen to them. Just hear them out.
 - B. Love them. Hugs and physical touch offer comfort during difficulties.
 - C. Help them. Teach them that you as their parent can be a partner in life with them, not matter what they face. Show your kids how to make things right when they go wrong, and put them on the right path moving forward. What other ways can you help kids during a storm?
8. Kids love to have fun, and in order to have a healthy family dynamic the home needs to be a place that happens as well. What are ways that you can ensure that your parenting isn't all about rules and homework and chores? Do you know how each kids has fun, and have you built that into your schedule as a family?

9. The last point is pointing your kids towards God. How are you pointing your kids towards God in the following areas:

- A. your money
- B. your time
- C. your priorities
- D. your words
- E. your involvement at church
- F. your personal spiritual health