

**GNCOMMUNITY BIBLE STUDY GUIDE****SERMON SERIES: "HEALTHY - FAMILIES & MARRIAGES"****SERMON TITLE: "HEALTHY FAMILIES"****DATE PREACHED: SUNDAY, FEBRUARY 3RD 2019****PREACHER: CODY BALCH**

♦ **Facilitator NOTE:** AS YOU PREPARE AHEAD OF TIME, LOOK THROUGH THE PASSAGES/QUESTIONS BELOW TO HELP YOURSELF PRIORITIZE THE THINGS THAT YOU DEFINITELY WANT TO COVER WITH THE TIME YOU HAVE AVAILABLE. YOU LIKELY WILL NOT BE ABLE TO COVER ALL THIS MATERIAL. TRY TO KEEP THE STUDIES TO AROUND AN HOUR FOR THE KIDS/KIDS-HELPERS SAKE.

**• SERMON IN A SENTENCE:**

"God designed you with the need to be surrounded by a healthy and loving family, regardless of what you were born into."

*(use the questions you want to use, ignore the ones you don't want to use, and add any that you think would be good)*

**WARM UP QUESTIONS:**

⌚ What is "family"? At its core, how would you define this broad term?

⌚ When you hear the word "family", do you get an overwhelming positive feeling, or negative feeling? Why?

⌚ What would you say are characteristics of a "healthy family"?

◆ Cody's list on Sunday was *(3 Vital Signs for a Healthy Family)*:

- ◆ The health of the whole is greater than any individual.
- ◆ Love and forgiveness are given freely & unconditionally.
- ◆ personal growth is encouraged & cultivated.

⌚ Where do you see the construct of family played out in our world? (examples: in the home, church, work place, sports, social scenes, school, etc.)

◆ Do you think there is a coincidence that the family concept is more widespread than just in the home?

⌚ What do you think are some of the greatest threats to the health of any family?

## DIVE IN DEEPER:

**Matthew 12:46-50** — “**46** While Jesus was still talking to the crowd, His mother and brothers stood outside, wanting to speak to Him. **47** Someone told Him, “Your mother and brothers are standing outside, wanting to speak to you.” **48** He replied to him, “Who is my mother, and who are my brothers?” **49** Pointing to His disciples, Jesus said, “Here are my mother and my brothers. **50** For whoever does the will of my Father in heaven is my brother and sister and mother.””

- ⌚ Was Jesus being disrespectful to His family? Did He not care about the earthly family that He was born into?
- ⌚ What was Jesus really trying to say? What does He want us to know and better understand?
- ⌚ How is this challenging to you in your actual life? How do you deal with God being your Lord and primary focus, while potentially dealing with earthly family members who aren't on the same page as you (when Jesus said the words in Matthew 12:46-50, most of His earthly family members were not followers of Jesus as Lord).

**Ephesians 2:19-22** — “**19** Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of His household, **20** built on the foundation of the Apostles and Prophets, with Christ Jesus Himself as the chief cornerstone. **21** In Jesus the whole building is joined together and rises to become a holy temple in the Lord. **22** And in Jesus you too are being built together to become a dwelling in which God lives by His Spirit.”

- ⌚ Do you believe that there are many people who are truly longing for a place to belong? An unconditional loving family?
- ⌚ What does it personally mean to your heart to read verse **19** “Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of His household”?
- ⌚ In the context of “healthy families” what implications are there to “Jesus Himself being the chief cornerstone” (verse **20**)? If Jesus was the cornerstone in a family context, how would that impact the overall health?

"Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other. And in fact, you do love all of GOD'S FAMILY throughout Macedonia. Yet we urge you, brothers and sisters, to do so more and more." – 1 Thessalonians 4:9-10

### **TAKE THIS HOME WITH YOU “TAKEAWAY”:**

- ❖ What can you start doing today to connect in deeper, committed relationships to God's eternal family?
- ❖ What can you start doing today to be an earthy family member that embodies the heart of God's family?
- ❖ Close in prayer.

### **MATCHING THEME IDEAS FOR THE KID'S LESSON:**

- I'd encourage a worship time if possible (youtube works great {Lifetree Kids & Bible Project}).
- Ask them if they have any things in their life that they need Jesus' help with, and then pray for the requests of the group.
- And feel free to ask any of the kids if they'd like to say a prayer for the group.

► **Read Ephesians 2:19** — “19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of His household.”

### **Ask the kiddos questions like:**

- What is a family?
- What does a healthy family act like?
- Who are God's family?
- What are ways that you try to help make your family more healthy?

### **Activity Ideas:**

- ➊ Sing: “Father Abraham”. lol (you don't actually have to, but could be a fun icebreaker).
- ➋ Have each child draw a picture of their family surrounded by God's family.