



Healthy Homes

¹⁴ “You are the light of the world - like a city on a hilltop that cannot be hidden

Matthew 5:14

New Living Translation (NLT)



Growth
Group
Material



BRAY PARK COMMUNITY CHURCH



Healthy Homes

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Missed a sermon?

You can watch or listen online at

www.bpcc.com.au

*Audio of the sermons are uploaded usually
within 30mins of the end of the church service*

Video footage is usually online within 24-36 hrs



Healthy Homes

Introduction

Welcome to this series helping us make our homes as healthy and fun as they can be. That's our objective – to make our homes healthy, fun, safe and welcoming places. I'm convinced this is what God wants and has intended for homes to be from the beginning! So, for the next 10 weeks we'll open some doors on subjects that need His clear instruction and encouragement. I look forward to taking this journey with you as we all strive to make our homes healthy.

Many years ago Alvin Toffler wrote a book called *The Third Wave* where he looked ahead 20 years to the year 2000 and beyond. In it he contends that the first wave which rolled over the earth was an agricultural one. The second was the wave of industry. The third, which is now upon us, is the wave of technology. About this third wave he writes:

A powerful tide is surging across much of the world today, creating a new, often bizarre, environment in which to work, play, marry, raise children, or retire. In this bewildering context, businessmen swim against highly erratic economic currents; politicians see their ratings bob wildly up and down; universities, hospitals, and other institutions battle desperately against inflation. Value systems splinter and crash, while the lifeboats of family, church, and state are hurled madly about. (Alvin Toffler, *The Third Wave*, England, Pan Books, 1980, p.15)

We have to agree with Toffler's predictions don't we? Many of us are concerned for our families and theirs to follow. This study will help us realign our values and priorities to see our homes become more healthy. God's Word is our source of truth and life and here we are reminded of HOW we can grow and nurture healthy homes IRRESPECTIVE of what wave we're living in.

Healthy Homes - Week 1

Week 1 - Healthy Family

Deuteronomy 6:1-15

“Now this is the commandment—the statutes and the rules—that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, ²that you may fear the Lord your God, you and your son and your son’s son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long.

³Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey.

⁴“Hear, O Israel: The Lord our God, the Lord is one. ⁵You shall love the Lord your God with all your heart and with all your soul and with all your might. ⁶And these words that I command you today shall be on your heart. ⁷You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. ⁸You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹You shall write them on the doorposts of your house and on your gates.

¹⁰“And when the Lord your God brings you into the land that he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you—with great and good cities that you did not build, ¹¹and houses full of all good things that you did not fill, and cisterns that you did not dig, and vineyards and olive trees that you did not plant—and when you eat and are full, ¹²then take care lest you forget the Lord, who brought you out of the land of Egypt, out of the house of slavery. ¹³It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear. ¹⁴You shall not go after other gods, the gods of the peoples who are around you— ¹⁵for the Lord your God in your midst is a jealous God—lest the anger of the Lord your God be kindled against you, and he destroy you from off the face of the earth.



My Sermon Notes:

Book List

"The Meaning of Marriage" T & K Keller

"Sacred Marriage" G Thomas

"The Gospel Centred Family"

T Chester & S Timmis

"The Five Love Languages"

G Chapman

"Grace Based Parenting" T Kimmel

"His Needs Her Needs"

Grow More...

- ⇒ Join a **GROWTH GROUP** for this series
- ⇒ Read Deuteronomy 6: 1-24 with your family this week
- ⇒ Spend time in prayer this week thanking God for his provision and blessings



Growth Group Questions

Week 1 - Healthy Family

1. Once the Israelites entered Canaan - the land of milk and honey - they experienced the same worldly temptations we do. They found themselves blessed with land and possessions. What is the Lord's advice for living in the midst of all this affluence? (Deut.6:10-12)
2. Why do you think Moses told the people; 'then watch yourself'? What was the Lord concerned about? What was the potential cause according to the text?
3. Do you feel as sensitive to God's presence and leading during times of adversity as you do in secure, prosperous times? Explain.
4. Read Deuteronomy 6:20-24. Look at the question the son asks and the answer the Lord says to give. Based on this, list at least one purpose of the OT law.
5. God told the parents to tell and re-tell about His faithfulness to Israel and the fulfilment of His promise. How do you think this affected the children's attitude toward God and His law?
6. From these verses name four things that the Lord did for Israel.
7. Why did God do all these things and give them the land?



Healthy Homes - Week 2

Week 2 - Healthy Manhood

Ephesians 5:22-33

Wives and Husbands

22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.

25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. 28 In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, 30 because we are members of his body. 31 "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." 32 This mystery is profound, and I am saying that it refers to Christ and the church. 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband.



Growth Group Questions

Week 2 - Healthy Manhood

1. Do you agree with the biblical teaching of headship (ie: the husband is the head of the Christian home)? Some wrongly conclude that therefore the husband is the 'boss,' but that is not what it means. Discuss why this is so.
2. What is meant by 'marriage is a covenant'?
3. Discuss this statement: 'The essence of masculinity is the taking of responsibility.'
4. How can men encourage one another to lead their homes better?
5. Why is it important for Jesus to be the centre of every marriage and home? How central is he in your home?
6. Husbands, consider this question:
 - a. who is the judge to determine how you're doing as the Covenant Head of your marriage? Discuss this with her.



Healthy Homes - Week 3

Week 3 - Healthy Womanhood

Ephesians 5:22-24, 33

Wives and Husbands

22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.

33 [Husbands] each one of you love his wife as himself, and let the wife see that she respects her husband.

Philippians 4:8

[Wives], whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy [about your husband] - -think about such things.



My Sermon Notes:

Book List

"Girl Talk" C Mahaney
"For Women only" S Feldhahn
"Girls Gone Wise in a World Gone Wild" M Kassian

Grow More...

- ⇒ Visit www.5lovelanguages.com and take the online Love Languages Quiz
- ⇒ Listen to our recent PM series called Man vs Woman, message 4 is focused on What is a Woman? Visit www.bpcc.com.au



Growth Group Questions

Week 3 - Healthy Womanhood

1. Why is a wife's respect for her husband his number one motivation and need as a husband?
2. True or false: 'The basis of successful fulfilling marriage is friendship'? Discuss your thoughts.
3. They say mums have the most influence in young children. How do your children hear you speak about their dad? What message is this sending them?
4. If you were to rate your communication 'depth' with your spouse, what number would you give (1 very low – 10 very high)?
5. In the sermon we heard this statement: 'Both husband and wife must agree on theological beliefs and values.' Do you agree? Why/why not?
6. Wives, consider these questions:
 - A. how do you think of your husband?
 - B. how do you feel about your husband?
 - C. how do you help/serve your husband, with respect or merely out of duty?
 - D. do you pray for him?
 - E. do you willingly touch his heart with words, notes, encouragement, intimacy?



Healthy Homes - Week 4

Week 4 - Healthy Children

Proverbs 22:6

Train up a child in the way he should go; even when he is old he will not depart from it.

Ephesians 6:4

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

2 Timothy 3:14-15

14 But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it 15 and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.



My Sermon Notes:

Book List

"Give them Grace" E Fitzpatrick

"Loving the Little Years: Motherhood

in the Trenches" R Jankovic

"Grace Based Parenting" Dr T

Kemmel

Personality Plus for Parents

F Littauer

Grow More...

- ⇒ Spend some one on one time with each of your family members this week, encourage their God given uniqueness



Growth Group Questions

Week 4 - Healthy Children

1. Consider Psalm 139:13-16. What does this say about your child? About their value to God? How can you see God's design and purpose in his or her life?
2. Think about your siblings or friends you knew growing up. How were they similar? How were they different?
3. Consider Proverbs 20:11-12. What is the writer saying about each child's unique differences?
4. Why must parents be careful to think through how they will raise their children?
5. Why is comparing your children with each other and applying the same approach to parenting likely to fail?
6. No parent is perfect. Think of some particular child-rearing mistakes your parents made that you want to avoid with your children. Discuss them with your spouse.
7. How are you and your child alike? Different? In what way does this affect the way you guide him or her?
8. Ask God to give you a sensitive spirit and to help you learn to be deliberate as you study your child.

Exercise: Read Psalm 139:13-16 again, and write a single sentence using your child's name that summarizes the psalmist's thought.



Healthy Homes - Week 5

Week 5 Healthy Discipleship

Proverbs 13:24

Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.

Proverbs 22:15

Folly is bound up in the heart of a child, but the rod of discipline drives it far from him.

Hebrews 12:16

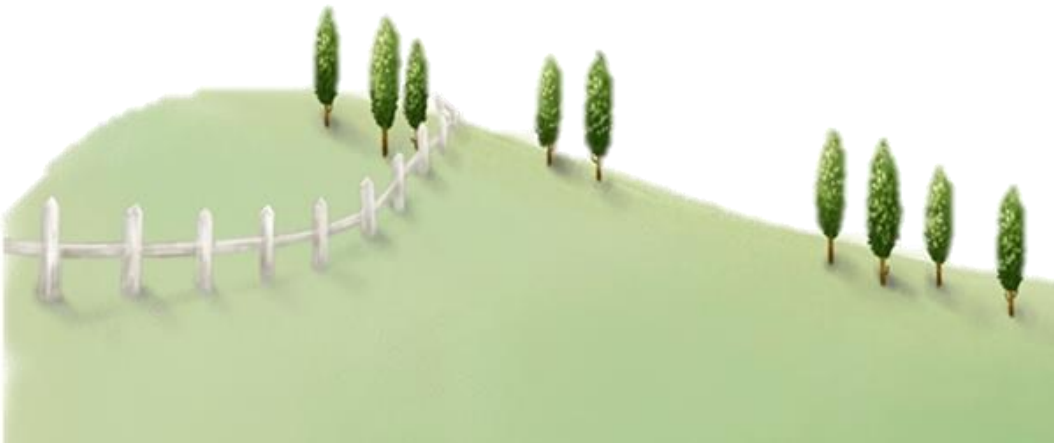
The Lord disciplines the one he loves, and chastises every son whom he receives.

Psalms 139:1-3, 13-16

1 O Lord, you have searched me and known me! 2 You know when I sit down and when I rise up;

you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways.

13 For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. 16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.



My Semon Notes:

Book List

"Five Love Languages for children"

G Chapman & R Campbell

"Personality Plus- Understanding

what makes your child tick"

F Littauer

"Loving You Kids on Purpose" D Silk

Grow More...

- ⇒ As a family, or as a single person, revisit your family values and expectations.
- ⇒ Are there areas where you have not been consistent in disciplining your family, discuss these areas together and pray about them



Growth Group Questions

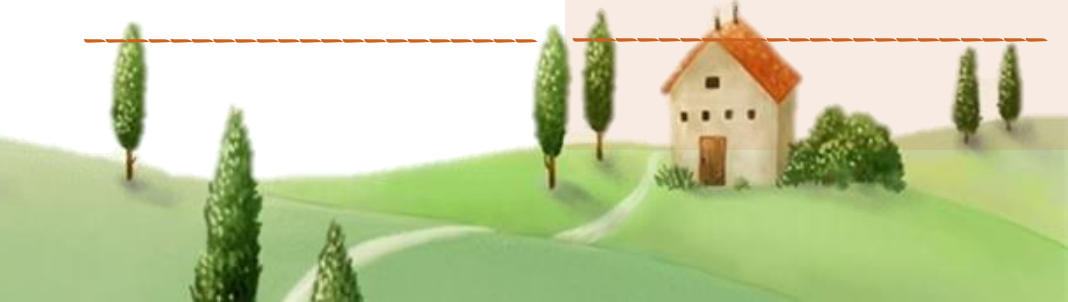
Week 5 Healthy Discipleship

1. Parents, consider how you were disciplined? Were your parents consistent?
2. Did they balance the physical and verbal (words/warnings) aspects of your discipline? How?
3. How reasonable do you think your parents were? Why?
4. At what point do you think we start letting go of our children and letting God lead them directly rather than through us? Explain.
5. Why do we find it difficult to let go of our kids even when they're old enough to be under God's authority alone?
6. What is the consequence of not disciplining our children?



Growth Group Notes:

Prayer Points (pray for one another)



Healthy Homes - Week 6

Week 6 - Healthy Identity

Ephesians 5:25-29

25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. 28 In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.

Proverbs 12:18

There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

Proverbs 20:5

The purpose in a man's heart is like deep water, but a man of understanding will draw it out.

Proverbs 27:17

Iron sharpens iron, and one man sharpens another.

Proverbs 27:19

As in water face reflects face, so the heart of man reflects the man.



My Sermon Notes:

Book List

Gospel Centred Family Tim Chester & Ed Moll

Girl Talk Mahaney & Whitacre

Grow More...

- ⇒ Visit www.5lovelanguages.com and take the online Love Languages Quiz
- ⇒ Talk with your family about their Love Languages and commit to showing Love to one another, in each others primary Love Language this week



Growth Group Questions

Week 6 - Healthy Identity

1. If you loved others the way you love yourself, what would your actions look like? What motives would be behind these actions?
2. Is there a flat-note in the self-esteem of one of your children? Which of the three tones – belongingness, worthiness, or competence – needs tuning (relates to sermon)? How can you tune it?
3. Consider Eph.5:28-30. What characteristics do you see in your loved ones that you could draw out and warm so that their self-esteem would grow stronger? If you don't have children, think of the people in your life whom you do influence.

Name	Characteristics	Ways to draw out or affirm characteristics

4. What are the 'love-languages' of all those in your family?
5. What's the difference between 'time spent together' and 'quality time invested in each other'? Which is more prevalent in your relationships?



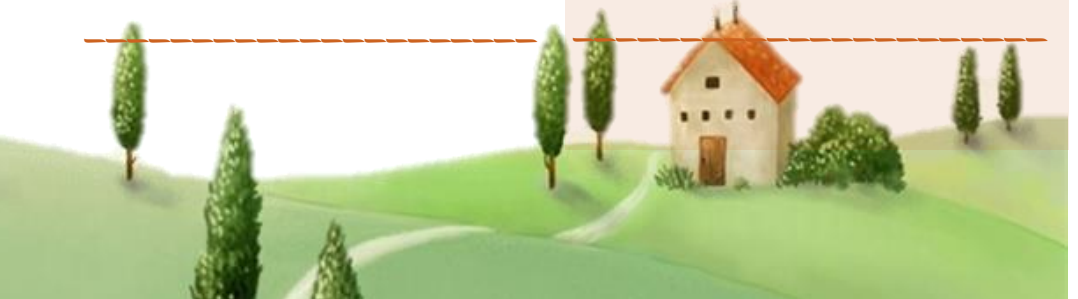
Growth Group Notes:

Handwriting practice lines for notes, consisting of 21 horizontal dashed orange lines.

Prayer Points

(pray for one another)

Handwriting practice lines for prayer points, consisting of 21 horizontal dashed orange lines.



Healthy Homes - Week 7

Week 7 - Healthy Involvement

Here's some sound advice from **Chuck Swindoll** to all parents who want their homes to be fun places their grown kids and future grand kids will want to come visit.

1. When the family is young, balance the tighter rules with a strong emphasis on trust.
2. As time passes, deliberately relax more and release the controls.
3. Throughout the process, cultivate and value the importance of close relationships.



Growth Group Questions

Week 7 - Healthy Involvement

1. When it comes to your schedule, are you one who sticks to it firmly, or are you more flexible and changeable?
2. The two enemies of flexibility in the home are hurry and rigidity. How is this experienced in your family life?
3. Have you ever thought about our 'hurry-up' societies push to force children to grow up too quickly? Discuss differences between your grandparents growing-up years and today.
4. Do you plan fun activities for your family (age specific)? Do you talk about past fun things you have done as a family? Who tells the best stories of these fun times in your family?
5. Think of the time your children are grown up and have left home. What do you think will draw them to visit their family home?
6. Is the rhythm of life in your home, more 'yes' or 'no'? What will your children remember about the 'fun quotient' of their family of origin? What's needed to raise the 'fun quotient' in your home?



Healthy Homes - Week 8

Week 8 - Healthy Conflict

1 John 1:5-10

Light and Darkness, Sin and Forgiveness

5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

8 If we claim to be without sin, we deceive ourselves and the truth is not in us.

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10 If we claim we have not sinned, we make him out to be a liar and his word is not in us.

Luke 11:4

Forgive us our sins, for we also forgive everyone who sins against us

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



Growth Group Questions

Week 8 - Healthy Conflict

1. Why are the following integral to true repentance – Confession? Contrition? Change?
2. Discuss what you understand repentance to not mean?
3. Why is forgiveness an essential part of our walk with Christ? What happens if we are unwilling to forgive?
4. How do we prevent bitterness from taking root in our homes?



Healthy Homes - Week 9

Week 9 - Healthy Heartache

James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

2 Corinthians 12: 7-10

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



Growth Group Questions

Week 9 - Healthy Heartache

1. Is your personal tendency to 'avoid' or 'confront' problems and conflicts?
2. How efficient is your family at coming to decisions? Are they reached through a process of negotiation and discussion?
3. Think about a crisis you're going through now or one you've gone through recently. What things or emotions have kept you from meeting the needs of your children or other family members?
4. It takes wisdom to distinguish biblical principles from promises. Go through the following Scriptures and note whether they are principles or promises and explain how you can apply them to your family life

Scripture	Principle or Promise?	Application to my family
Proverbs 13:24		
Proverbs 30:33		
Matthew 6:25-26		
John 10:27-29		
Hebrews 12:5-11		



Healthy Homes - Week 10

Week 10 - Healthy Witness

Deuteronomy 6:4-9

Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates.



Growth Group Questions

Week 10 - Healthy Witness

1. In what ways does a healthy family reflect a Christian's relationship with God?
2. Discuss the following extract from an essay titled: **A Healthy Family is a Work of Art** (cited in *The Complete Life Encyclopedia*, Minirth, Meier & Arterburn, Thomas Nelson Publishers, 1995, p,285)
It is through the example of earthly parents that children first learn about their Heavenly Parent, God. The family is a child's proving ground, where he or she is trained to take a place in society. In the family, we learn how to interact in relationships, how to function in our various roles including gender roles, how to get along with others, how to relate to people with different views and personalities, and how to respect the rights and feelings of others. This is a sobering and challenging perspective on the family. Clearly, there is more to a family than sharing meals and watching TV together under the same roof. There is something noble, something wonderful, something transcendent about the family. When we become willing to undertake the hard work of making our families more healthy, more functional, and more loving, then we have created something beautiful, something of lasting value. A healthy family is a work of art. It is something we create, working from a blueprint drawn by God.
3. What happens when people don't learn to live under authority? How do they cope in society (school, work, officials, the police)? How do they relate to God?
4. Is your home child-centred or God-centred?
5. Consider Deuteronomy 6:4-9
 - what is the link between verses 4 and 5?
 - what are the people of Israel to teach their children?
 - when are they to teach their children?
 - what's the link between our lives and our teaching?
 - what priorities does this passage suggest for parenting and family life?



