

FAMILY STRENGTH

Training Families to be Stronger and Healthier Families

12 lessons designed to strengthen families and to help them learn to be more in love with each other

Family Workbook



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Family Workbook

Lee Michael Langdon



Family Strength is dedicated to
Aime,
Brittain, Keegan, Hayden and Makenna,
my beautiful family.

You are the most precious blessings of my life!

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Special thanks to:

Ruttman Printing
1213 Main Street
Woodward, Oklahoma
73801
(580) 256-2409

For additional copies of this book contact Lee Michael Langdon at: leelangdon@sbcglobal.net.

You can also send mail correspondence to:

Lee Michael Langdon
P.O. Box 1093
Woodward, Oklahoma
73801

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Lesson Topics

These lessons have been designed with the desire to strengthen families and to help them learn to be more in love with each other.

Introduction Lesson. An introduction to the concepts behind each lesson	4
Family Forgiveness. A challenge to be more forgiving to family members.	8
Family Acceptance. A challenge to be more accepting of others	10
Family Communication. A challenge to communicate in a healthy way.	13
Family Messages. A challenge to purposefully exemplify what is important.	17
Family Faith. A challenge to intentionally grow spiritually together.	21
Family Fun. A challenge to enjoy each other while doing fun things.	25
Family Stress. A challenge to put forth effort to relieve stress with the help of God.	28
Family Finances. A challenge to understand the family budget, expenses & savings.	34
Family Hospitality. A challenge to be a hospitable family for the Lord	38
Family Safety. A challenge to take care of your family by being safe.	44
Family Trust. A challenge to build trust among family members.	49
Family Prayer. A challenge to be a more prayerful family.	53

These lessons have been designed for 50-60 minute classes. If the trainer plans ahead and is respectful of time, all aspects of every lesson can be completed.

A class for your whole family!

All members of your family are encouraged to participate in this series of lessons together. Hopefully by going through these lessons together your entire family will be nourished, strengthened and encouraged to be more holy. You are encouraged to be sensitive to the learning styles and ages of your family members, to help each member work through the material on their own level. May God bless your family during your study; may he enrich your lives with joy and contentment in your life.

Each *Training Lesson* has been designed in a similar way.

Lesson Aim

In every lesson there is a specific one-sentence description of what the lesson is all about (the introduction lesson is an exception to all of the items listed on this page). This sentence has been given in each lesson so the class trainer can clearly share with the class what they will learn during that lesson.

Practical Piece Check-Up

After the second lesson, each lesson has this section to see how the class did on their Practical Piece to Apply home assignment given in the last lesson. *Please, still go to class even if you weren't able to the home assignment!* You won't be graded!

Interest Seeker

Each lesson has a specific story, joke, commentary--some sort of illustration to get your family's interest. Usually the interest seeker will set up the lesson in some way. Hopefully you will enjoy these special treats!

Engaging Questions

Each lesson has at least three open ended questions for engaging your family to begin thinking about the lesson topic and how it applies to your own family. Please help your family answer these questions to the best of their abilities. Everyone is encouraged to give their two cents, so don't be afraid to raise your hand!

Family Training Text

This section focuses on a biblical text your family should turn to in your bibles and read together when the trainer gives instruction. This section is not meant to be an in depth bible study, but a short biblical discussion based on the topic of the lesson. The texts have been chosen to lay a foundation for the concepts to be learned by your family in class. It is recommended for each family member turning to the text and reading the text in their own bibles is very important. This will help each family lay a foundation for family bible studies in the future.

Family Training Activity

Your family will be challenged to participate in an activity together right there in the classroom. This activity may be answering questions and sharing your individual answers, or the activity may be something physical you must do together. There is specific purpose with each activity so please help your family participate. Sure, some family members might groan and moan, and that's ok. Hopefully by the end of the lesson they will see the point and will appreciate the activity more. It is important for your whole family to participate to lay a foundation for future lessons, but more importantly, so your whole family will be stronger.

Practical Piece to Apply

There will also be a certain assignment given to your family to be completed at home during the week. In order for your family to be trained in these lessons completely, you must be willing to put what your family has learned in the classroom into action at home. So be ready, your trainer will ask for a commitment from your family to do the homework, and will check in with you during the next lesson to see how it went.

Helpful Materials

Here is a list of books that have supported this curriculum and could possibly be very helpful to your family. Most of these resources can be found in your local library, in Christian bookstores or online. You are encouraged to buy them, read them, digest them and share them with other families who might need them.

- Burkett, Larry. *The Complete Financial Guide for Young Couples*. Wheaton, Ill.: Victor Books, 1989.
- Burkett, Larry. *Debt Free Living: How to Get Out of Debt and Stay Out*. Chicago: Moody Press, 1989.
- Brecheen, Carl and Faulkner, Paul. *What Every Family Needs*. Austin, TX: SPC, 1979.
- Cline, Foster and Fay, Jim. *Parenting With Love and Logic*. Colorado Springs: Pinon Press, 1990.
- Elliot, Elizabeth. *Passion and Purity: Learning To Bring Your Love Life Under Christ's Control*. Grand Rapids: Fleming H. Revell Co., 1984.
- Faulkner, Paul. *Achieving Success Without Failing Your Family*. West Monroe, LA: Howard Publishing Co., 1994.
- Harley, Willard F. *His Needs, Her Needs*. Old Tappan, NJ: Fleming H. Revell, Co., 1986.
- Harley, Willard F. *Love Busters: Overcoming Habits That Destroy Romantic Love*. Grand Rapids: Fleming H. Revell Co., 1992.
- Glenn, Stephen and Jane Nelsen. *Raising Self-Reliant Children In A Self-Indulgent World*. Rocklin, CA: Prima Publishing Co., 1989.
- McDowell, Josh and Day, Dick. *How to Be A Hero to Your Kids*. Dallas: Word, 1991.
- McGee, Robert, Single, Pat, and Craddock, Jim. *You and Your Parents*. Dallas: Word Publishing, 1990.
- Omartian, Stormie. *The Power of a Praying Parent*. Eugene, Oregon: Harvest House Publishers, 1995.
- Osborne, Rick. *Teaching Your Children How To Pray*. Chicago: Moody Press, 1997.
- Stinnett, Nick and Nancy, & Beam, Joe and Alicia. *Fantastic Families*. West Monroe, LA: Howard Publishing Co., 1999.
- Stinnett, Nick and Nancy Stinnett, & James Walters. *Relationships in Marriage & The Family*. New York: Macmillan Publishing Co., 1991.
- Swindoll, Charles. *The Strong Family*. Grand Rapids: Zondervan Publishing, 1991.
- White, Joe. *What Kids Wish Parents Knew About Parenting*. West Monroe, LA: Howard Publishing Co., 1998.
- Wright, H. Norman. *Quiet Times for Couples*. Eugene, OR: Harvest House Publishers, 1990.

Introduction Class

Let's Begin!

- *It is wonderful that you are wanting to be a part of this lesson series.* Being in this class shows your desire to make your family stronger and healthier. Every family can benefit from the information given in these lessons, even if your family has heard it all before.
- *We are all here to strengthen our families and this takes training time and effort.* Plan on taking the time required and giving your best family effort during this lesson series so your family can maximize your potential strength.
- *This class is only the beginning* or possibly continuation of a lifetime of growing stronger together as a family.
- *Practical Training* (listen, meditate, experience, and remember) compared to *Formal Education* (listen, memorize, regurgitate, and forget) is great for families!
- *This is **not** a counseling class.* They may be a need for your family to get more help than this class can provide, and that's ok. Many families each year go to counseling. Counseling is a not a bad word or a negative check mark on your family report card—much the opposite! A family who needs counseling and goes through counseling will be stronger and healthier on the other side, and therefore a very wise family.

Six Qualities of Strong Families

Discuss the *Six Qualities of Strong Families* adapted from the Family Strengths Research Project done in the 1980's and listed by Nick Stinnett (Stinnett, 11-15).

1. **Appreciation**—"Get out of a pattern of discouragement"; make ourselves aware of the good qualities and focus on them.
2. **Spending Time Together**—Work together, have fun together, eat together, etc.
3. **Commitment**—Prioritize life (time & energy) to strengthen family.
4. **Good Communication Patterns**—Talk about important & trivial things; listen; respect.
5. **Spiritual Wellness**—Live in the reality and presence of God; holding a spiritual life style; grasping mentally and emotionally that God with his wisdom and power has much bigger purposes for our lives than we will understand in this lifetime.
6. **Ability to Deal with Crises**—Deal with crises constructively rather than destructively.

Safe Classroom Environment

- ⇒ All positive; *NO negative*. This means always talking about yourself and others in a *positive way*.
- ⇒ When someone in the class is talking to the class they should get *all* of the focus.
- ⇒ No Laughing at anyone.
- ⇒ This classroom is about your family, *not* friends across the room!
- ⇒ Consider others better than yourself. **Philippians 2:3-5**
- ⇒ Be a participant in all activities.

People are like POTATOES . . .

Some people never seem motivated to participate, but are content to watch others do.

They are called " (PEKCS) _____ Tators."

Some people never do anything to help, but are gifted at finding fault with the way others do things.

They are called " (MMCTENO) _____ Tators."

Some people are always looking to cause problems and really get under your skin.

They are called " (GIGAE) _____ Tators."

Some people are always saying they will, but somehow, they never get around to doing.

They are called " (ZHEIZE) _____ Tators."

Some people put on a front and act like someone else.

They are called " (MAEM) _____ Tators."

Then there are those who walk what they talk. They are always prepared to stop what they are doing to lend a hand to others and bring real sunshine into the lives of others.

You can call them " (EETSW) _____ Tators."

(Author unknown.)

Future Lesson Topics

Let's look at the topics for each class covered in this lesson series one more time.

- ⇒ Family Forgiveness. A challenge to be more forgiving to family members.
- ⇒ Family Acceptance. A challenge to be more accepting of others.
- ⇒ Family Communication. A challenge to communicate in a healthy way.
- ⇒ Family Messages. A challenge to purposefully exemplify what is important.
- ⇒ Family Faith. A challenge to intentionally grow spiritually together.
- ⇒ Family Fun. A challenge to enjoy each other while doing fun things.
- ⇒ Family Stress. A challenge to put forth effort to relieve stress with the help of God.
- ⇒ Family Finances. A challenge to understand the family budget, expenses, and savings.
- ⇒ Family Hospitality. A challenge to be a hospitable family for the Lord.
- ⇒ Family Safety. A challenge to take care of your family by being safe.
- ⇒ Family Trust. A challenge to build trust among family members.
- ⇒ Family Prayer. A challenge to be a more prayerful family.

Family Training Activity

Remember how your family will be challenged to participate in a home assignment during the week. It will be important for your family to adapt the activity to the age levels of your family. This will happen naturally for most families, but if you need help ask your trainer or another family in class to get some pointers.

How do the parents or guardians in your family answer these two important questions:

- ⇒ How do you feel about your family? Explain.

⇒ What do you hope to learn to help make your family stronger?

Practical Piece to Apply

Together as a family, evaluate how well your family does with the *Six Qualities of Strong Families* found on page four of this workbook. List each quality in the space provided, then write down the comments of *each family member* by the quality. Also, discuss how your family hopes to grow stronger as a family during this class series.

Quality One: _____

Quality Two: _____

Quality Three: _____

Quality Four: _____

Quality Five: _____

Quality Six: _____

Family Forgiveness

Lesson Aim. To understand the unfailing forgiveness our Father has given us, and in turn try and give that measure of forgiveness to our own family members.

Interest Seeker.

The story goes that some time ago, a man punished his three year old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree. Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy." He was embarrassed by his earlier over-reaction, but his anger flared again when he found the box was empty. He yelled at her, "Don't you know that when you give someone a present, there is supposed to be something inside it?" The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it is not empty. I blew kisses into the box. All for you, Daddy." The father was crushed. He put his arms around his little girl, and he begged for her forgiveness. It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

(Author Unknown)

Engaging Questions.

1. Have you ever had to say "I am sorry" and ask forgiveness for something you did that hurt someone?
2. Can you think of a moment your children or your parents forgave you of something?
3. How do you feel when you are forgiven?

Family Training Text. (Matthew 18:21-35)

Before you read the entire story, look at verse thirty five. Who is the *king* representing in this story? Who is the *servant* representing? Who would be the *fellow servants*?

Read the text then answer the following questions:

⇒ How much did God forgive you?

⇒ How often do we need to forgive our family members? Is there a certain number?

⇒ How did the king feel when the man wasn't forgiving?

⇒ How will God forgive you if you don't forgive your family members?

Family Training Activity.

Each family member should think of a specific time they were forgiven of something by another family member present.

Then, with those specific times of forgiveness in mind, each family member should do these things:

1. Tell about that specific time they were forgiven by the present family member in the group.
2. After each person tells their story of being forgiven, they should share with the family how that forgiveness made them feel. (for example: "When I was forgiven by you I felt like a burden was taken off my heart.")
3. Also, before going on to the next person, they must look into the eyes of the person who forgave them and say, "Thank you for forgiving me."
4. After everyone has had a chance to discuss their specific situations, then as time allows, discuss as a family in a very practical way how *your* family can display more forgiveness with each other. When can you show more forgiveness? Are there certain words we should use? Etc.

Practical Piece to Apply.

Every person in your family is challenged to commit for the next week that they will say "Thank You!" to each person in the family for something they did that day.

For example, Mom might say to Son, "Thank you for being such a great example to your sister by obeying me when I asked you to turn off the T.V. and come to dinner." The "thank you" must be said verbally.

Family Acceptance

Lesson Aim. To understand how special each member of your family is to God and have a deeper understanding of how you should accept all members of your family the same.

Practical Piece Check-Up. How did your family respond to saying "thank you" to every family member every day for something they did? How did you like the exercise?

Interest Seeker.

Things to remember each day . . .

- ⇒ God knows how many stars light up every night sky.
- ⇒ God knows how many grains of sand lie on all the beaches in the world.
- ⇒ God knows how many flies are born and die each day.
- ⇒ God knows where all of the ants are in all of the ant holes in the world.
- ⇒ God knows when each bolt of lightening will strike the earth, and how loud it will thunder.
- ⇒ God knows how hot the fire is in the earth's core, and how cold the cold is on the moon.
- ⇒ God knows every thought of everyman who has ever lived, is living now, or ever will live.
- ⇒ God knows how much money there is in every piggy bank in every child's room.
- ⇒ God knows everything there is to know about your life, even your deepest secrets.

And even when God knows all of these wonderful things, he still thinks you are special!

(Lee Langdon)

You may remember the song written years ago by Billy Joel entitled, *Just the Way You Are*. Look at these lyrics from that special song:

*I said I love you and that's forever,
And this I promise from the heart.
I could not love you any better,
I love you just the way you are.*

It seems that Billy hit the nail on the head! We need to love each person in our family for who they are, and *just the way they are*. This means that we don't expect our family members to change before we will offer our love to them. We just love them because they are our family! (By the way, this is a principle that should carryout in relationships with all people.)

Every person in every family is a unique gift from God and contributes something special to make their family complete. Therefore, each family member deserves the same love and acceptance as every other member.



The children's book entitled *Fancy Nancy*, by Jane O'Connor is an adorable book illustrating how a family can and should go out of their way to accept one of their own. (You can purchase this book in most bookstores or online. You can also check this book out of your local library.)

Engaging Questions.

1. What was your favorite part about the book *Fancy Nancy*?
2. Do you think Nancy felt special and important to her family? Why?
3. Can you remember a time when your family made you feel special and important?

Family Training Text.

Each person in your family is very special. No one is exactly alike; each is unique and therefore special. Read the following three principles and their corresponding verses, then answer the questions that follow.

Accepting Your Family Members More: *Three Principles*

1. Remember how much they are worth to God.

“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. Do not be afraid; you are worth more than many sparrows.”
(Matthew 10:29-31)

⇒ How much are you worth to God? Only pennies?

“For God so loved the world that he gave his one and only [unique; special] Son, that whoever believes in him shall not perish [or die] but have eternal life.” (John 3:16)

⇒ What did God give to show us how much we are worth to him?

2. Accept them for who they are today.

*“You have searched me, Lord, and you know me.
You know when I sit and when I rise;
You perceive my thoughts from afar.
You discern my going out and my lying down;
You are familiar with all my ways.”*

⇒ What does God know about you, that in spite of those things, accepts you?

3. Treat your family members how you want to be treated.

“Love your neighbor as yourself.” (Matthew 22:39)

⇒ How does God want us to love and accept our family members?

⇒ Why is this so hard to do sometimes?

Family Training Activity.

For this activity your family should follow these instructions:

Three Minute Adoration

1. Begin by giving the oldest present family member four minutes to tell each of his/she family members what he/she loves about them. This oldest family member can not stop talking for the entire four minutes; the listening family members must have eyes focused on the speaker, and must remain silent.
2. When four minutes are over, the first person is to stop talking and focus their attention on the next oldest person.
3. Go through this process all over again until your entire family has the chance for everyone to speak.

Discussion Time

Discuss how your family can be more accepting of *each other and people outside of your family*. Be specific about people you encounter from day to day whom you have a difficult time accepting just the way they are. Be honest with yourselves and with your family. Use the following space to write down your family's comments.

Practical Piece to Apply.

In Word and Thought

Everyone in your family is challenged to commit tomorrow to say OUT LOUD when they see another family member, "*I love you just the way you are*" (this should be said before speaking any other words each time they see them). Then, only after saying this out loud can they go on to what they wanted to say. If you can't do this tomorrow, commit to another day this week to try this exercise. *Don't miss out on the fun by forgetting the day your family commits to!*

After your family completes this exercise, have your family try to say this phrase in their heads before speaking to another family member. This will not be easy, but it will help your family be more accepting of each other for who they are.

Family Love Letters

If your family so desires, write letters to each other throughout the week expressing what you love about each other and how glad you are to have them in your life. You are encouraged to be sensitive to your family members and not leave anyone out of receiving a letter. The perception of favoritism can sometimes do more harm than good.

Family Communication

Lesson Aim. To understand what encourages good communication in families, and to introduce the concept of *family meetings*.

Practical Piece Check-Up. How successful was your family at saying, "I accept you for who you are." What affect did this exercise have on your family?

Interest Seeker.

This is supposedly a transcript of an actual radio conversation of a US naval ship with Canadian authorities off the coast of Newfoundland in October of 1995, released by the Chief of Naval Operations on October 10, 1995.

Canadians: Please divert your course 15 degrees the South to avoid a collision.

Americans: Recommend you divert your course 15 degrees the North to avoid a collision.

Canadians: Negative. You will have to divert your course 15 degrees to the South to avoid a collision.

Americans: This is the Captain of a US Navy ship. I say again, divert your course.

Canadians: No. I say again, you divert YOUR course.

Americans: THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, I SAY AGAIN, THAT'S ONE-FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Canadians: This is a light house. Your call!

(Author Unknown)

Engaging Questions.

1. What was it in the transcript of the Navy radio conversation that caused the communication to be so confusing?
2. When is communicating clearly in your family a struggle?
3. How do you feel when you can't communicate something important to someone you love?

For this lesson **communication** is when a person shares their thoughts, feelings and information with someone else.

Family Training Text. (John 3:1-7)

Before reading the text, remember for a moment how Jesus felt about people in general. Did he care for them? Did he show them love always?

After reading the text, answer these questions:

⇒ Did Nicodemus *respect* Jesus? If so, why? (3:2)

⇒ Why did Nicodemus believe Jesus was from God? (3:2)

⇒ What confused Nicodemus? (3:3)

⇒ What did Nicodemus do to understand Jesus better? (3:4)

⇒ Let's review: what good things did Nicodemus do as far as communicating with Jesus?

Family Training Activity.

Family Communication Tips

1. Be respectful to each other.
2. Listen to the one speaking to you with effort.
3. Ask questions gently to help understand the speaker.
4. Speak with words the listener understands.
5. Get the facts out in the open.
6. Use a tone of voice that is not abrasive and could turn off the listener.
7. Use body language carefully.
8. Be patient with the listener and help him or her understand you.

Communication Evaluation

Beginning with the oldest family member present, have each person answer the following questions. Be sure to give each person the opportunity to answer all the questions before moving on to the next family member.

1. Think on a scale of 1-5 ("1" means: *I am not a good communicator*; "5" means: *I communicate with others very well*). How do you rate yourself on this scale?
2. What are two items listed above you do well when communicating with others?
3. What are two items you *don't* do very well when communicating with others?
4. What are two things that are important to you that others do when they communicate with you?
5. What can you do to be a better communicator in your family?

Practical Piece to Apply.

Take some time this week to complete the following chart. Working through this chart together should take about twenty minutes. You are encouraged to end your discussion with a prayer asking for God’s help as you become better communicators.

**Family Communication Tips
Family Rating Chart**

Use the scale of 1 to 5 given below to rate your *family’s* ability to follow each of the Family Communication Rules. Be sure to only circle a rating number after each member of your family has had an opportunity to give their input and your family has come to a consensus on each rule.

Use this 1-5 scale:

- “1” means “we *never* use that tip as a family”
- “2” means “we *rarely* use this tip as a family”
- “3” means “we use this tip many times, but many times we don’t as a family”
- “4” means “we use this tip most of the time as a family”
- “5” means “we *always* use this tip as a family”.

1. Be respectful to each other.

1 2 3 4 5

2. Listen to the one speaking to you with effort.

1 2 3 4 5

3. Ask questions gently to help understand the speaker.

1 2 3 4 5

4. Speak with words the listener understands.

1 2 3 4 5

5. Get the facts out in the open.

1 2 3 4 5

6. Use a tone of voice that is not abrasive and could turn the listener off.

1 2 3 4 5

7. Use body language carefully.

1 2 3 4 5

8. Be patient with the listener and help him or her understand you.

1 2 3 4 5

Family Messages

Lesson Aim. To understand the Family Messages our families have and therefore teach by example, and evaluate those messages for the future.

Practical Piece Check-Up. How did your family communication evaluation turn out this week? Was your family able to detect any positive and/or negative communication habits?

Interest Seeker.

IF I HAD MY LIFE TO LIVE OVER

by, Erma Bombeck¹

I would have talked less and listened more. I would have invited friends over to dinner even if the carpet was stained and the sofa faded. I would have eaten the popcorn in the "good" living room and worried much less about the dirt when someone wanted to light a fire in the fireplace. I would have taken the time to listen to my grandfather ramble about his youth. I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed. I would have burned the pink candle sculpted like a rose before it melted in the storage. I would have sat on the lawn with my children and not worried about grass stains. I would have cried and laughed less while watching television--and more while watching life. I would have shared more of the responsibility carried by my husband. I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for a day. I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime. Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realize that the wonderment growing inside me was the only chance in life to assist God in a miracle. When my kids kissed me impetuously, I would never have said, "Later. Now get washed up for dinner." There would have been more "I love you's" . . . More "I'm sorry's" . . . but mostly, given another shot at life, I would seize every minute . . . look at it and really see it . . . live it . . . and never give it back.

Engaging Questions.

1. Is there any value in looking back over your life and how you have lived?
2. What would you change (if anything) if you could live your life over so far?

Messages

- ⇒ Every *person* gives off messages as they live, and their messages influence others.
(People may see you as a very generous person because of your true heartfelt love for the poor. On the contrary, you may be a scrooge on the inside and people understand that about you because of your lack of concern for others.)
- ⇒ Every *family* has messages that are influencing and teaching those *in* the family and *outside* the family.
(For this lesson, we are mostly concerned about the influence in the family. Look at the following examples of *Family Messages*.)
- 3. How do you feel about the message you give to others by the way you live now? Is it positive and good?

1. Bombeck, Erma. *Eat Less Cottage Cheese and More Ice Cream*. (Kansas City: McMeel, 1979.)

Family Messages

1. It is important to study the bible.
2. Depend on the Lord in all you do.
3. Going to worship every time the congregation meets is a must.
4. Always show love.
5. Do your best in all you do.

Family Training Text. (Genesis 5:18-24; Hebrews 11:5-6; Jude 14)

Gather facts about Enoch while reading the following texts. See if your family can complete the blanks in five minutes!

Read Genesis 5:18-24

- ⇒ After Enoch became the father of Methuselah, he walked with God for _____ years.
- ⇒ After Enoch had lived 365 years, God _____ him away.

Read Hebrews 11:5-6

- ⇒ Enoch did not experience _____.
- ⇒ Before he was taken, he was commended as one who _____ God.
- ⇒ Enoch _____ God exists and that God rewards those who seek him.

Read Jude 14-15

- ⇒ Enoch was a prophet with an important message to share.

After collecting this information about Enoch, how does your family answer these questions:

- ⇒ What kind of man was Enoch?

- ⇒ What message(s) do you think Enoch's life displayed to others?

- ⇒ What kind of impact do you think Enoch's life made on his family?

Read 2 Corinthians 2:14-16 and discuss how having an aroma compares to personal and family messages.

Family Training Activity.

Have a volunteer family member lead your family through the following instructions. Please use the list of "Family Messages" from the previous page for this exercise.

1. Read family message one out loud to the family.
2. Then ask, "Is this a family message we exemplify as a family?"
 - ⇒ If your family answers "yes", then explain how your family exemplifies the message.
 - ⇒ If your family answers "no", then explain what keeps your family from exemplifying the message.
3. Then ask, "How important is this family message to our family?"
4. Finally ask, "Will we make a family commitment to try to exemplify this family message better; and if so, how will we do that?"

Please repeat the process through all five family messages. When your family is finished just relax and enjoy each other.

Practical Piece to Apply.

Your family is challenged to commit to holding one family meeting during this week for one hour. Use the *Family Messages Chart* found on page 20 to discuss your family's family messages. Here are the instructions for using the chart:

During your family meeting, your family should do these three things:

1. Make a list of **fifteen** family messages that your family exemplifies.
 - *At least five of these family messages you list must be negative family messages.
2. Then ask this question about each one of the listed messages: *Do we want to continue exemplifying this family message?*
3. Then ask one of these questions based on your answer to question two:
 - If your family answers "yes", then ask: *What can we do to better exemplify this family message?*
 - If your family answers "no", then ask: *What steps can we take together to get rid of this family message?*
4. Be sure to use the *Family Communication Rules* as you have your meeting.

Here are some examples of family messages to get your family thinking:

<p>Examples of Positive Family Messages:</p> <ol style="list-style-type: none"> 1. Do your best in all you do. 2. Be willing to change. 3. Don't quit. 4. Family is important. 	<p>Examples of Negative Family Messages:</p> <ol style="list-style-type: none"> 1. You have to earn love. 2. You can show favoritism to a family member. 3. It's OK to lie every once in a while. 4. Sporting events are more important than church.
---	---

Family Message Chart

Family Message	We can do better by... (or) We can get rid of this by...
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

Family Faith

Lesson Aim. To understand the importance of intentionally having devotional time together as families and growing spiritually together.

Practical Piece Check-Up. How did your family meeting about family messages go for your family? Did your family discover some messages?

Interest Seeker.

These are actual children's prayers:

- ⇒ Dear God, I didn't think orange went with purple until I saw the sunset you made on Tuesday. That was cool! --Eugene
- ⇒ Dear God, Did you mean for the giraffe to look like that or was it an accident? --Norma
- ⇒ Dear God, Instead of letting people die and having to make new ones, why don't you just keep the ones you have now? --Jane
- ⇒ Dear God, Who draws the lines around the countries? --Nan
- ⇒ Dear God, I went to a wedding and they kissed right in church. Is that okay? --Katy
- ⇒ Dear God, Thank you for my baby brother, but what I prayed for was a puppy. --Alex
- ⇒ Dear God, Please send me a pony. I never asked for anything before. You can look it up. --Ryan
- ⇒ Dear God, I want to be just like my daddy when I get big, but not with so much hair all over. --Sam
- ⇒ Dear God, I think about you sometimes, even when I'm not praying. --Elliott
- ⇒ Dear God, I bet it is very hard for you to love all the people in the world. There are only four people in our family and I can never do it! --George
- ⇒ Dear God, Of all the people who worked for you, I like Noah and David the best. --Michael
- ⇒ Dear God, My brothers told me about being born, but it doesn't sound right. They are kidding aren't they? --Christopher
- ⇒ Dear God, If you watch me in church Sunday, I'll show you my new shoes. --Cathy
- ⇒ Dear God, We read Thomas Edison made light. But in Sunday school, we learned that you did it. So, I bet he stole your idea. Sincerely, --Courtney
- ⇒ Dear God, Maybe Cain and Abel would not kill each other so much if they had their own rooms. It works with me and my brother. --Larry

Engaging Questions.

1. What are some specific things your family has prayed for in the past?
2. Does your family have a consistently planned prayer/devotional time together? If so, tell about what your family does.
3. How do you feel when your family does spiritual activities together?
4. What do you think about the statement in the box below?

"A family that prays together, stays together."

Family Training Text. (Acts 16:1-5; 2 Timothy 1:5; 3:14-17)

While reading through the following passages, pay special attention to facts about Timothy and his family. After each text is read, answer the questions that correlate with the text and write your answers in the box entitled below *Timothy Fact Box*.

Read Acts 16:1-5.

- ⇒ **ONE:** *What kind of family did Timothy have?*
- ⇒ *How do you think discussions about Christianity went in Timothy's home?*

Read 2 Timothy 1:5.

- ⇒ **TWO:** *Who passed on their faith to Timothy?*
- ⇒ *Who should pass on faith to your family?*

Read 2 Timothy 3:14-17.

- ⇒ **THREE:** *Who taught Timothy the scriptures from infancy?*
- ⇒ **FOUR:** *What things are so good about learning scripture?*

Timothy Fact Box	
Fact ONE:	<hr/> <hr/>
Fact TWO:	<hr/> <hr/>
Fact THREE:	<hr/> <hr/>
Fact FOUR:	<hr/> <hr/> <hr/>

Parents:

It is very important for us to *intentionally teach* our children (and/or family) about scripture and faith. We have been given our children as *blessings* and *gifts* from God, but strings are attached with these gifts: we need to teach them about him and what he expects of his disciples. Make it your goal to pass on your faith in God

Family Training Activity.

After getting into family groups, choose a family leader from one of the *adults* present in in your family. (If there is only one adult present, then that adult is the leader!)

After the family leader has been chosen in your family, turn to page 24 where you can find the game entitled: *What's Wrong Here*. Follow the instructions at the top of the page and complete the game. Be sure to add your family's total points.

Practical Piece to Apply. Your family is challenged to hold one family meeting-devotional during the week for one hour. This meeting should accomplish these three things:

1. There should be a short discussion about any three proverbs found in the book of *Proverbs*. (The family leader from this lesson should choose these proverbs ahead of time.) Ask these questions about *each* proverb to *each* family member:
 - ⇒ *How do you feel about this proverb?*
 - ⇒ *How can this proverb change my life?*
2. After the proverbs are discussed, then write down on the space provided below five specific prayer requests (there must be at least one given by every family member.) Then, pray about these requests. (The prayer can be lead by any member of the family.)

Prayer Requests:

Date: _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

3. After praying together, then sing one song together. It doesn't matter what you sound like, it is the heart that God wants to hear. Praising God in song from the heart is beautiful and melodious to *His* heart *and yours*, no matter how good or bad it sounds coming out of your mouth.

WHAT'S WRONG HERE?

Instructions:

1. Read the first statement to the family member on your right. That family member should then attempt to correct the statement.

*If he or she corrects the statement correctly the first time your family receives **2 points** for that statement.

*If he or she corrects the statement only after receiving help from one other family member, your family receives **1 point** for that statement.

*If your family can't correct the statement, then **0 points** are given.

2. Go through all of the statements, then tally up your family's points.

HINT: sometimes the errors in the statements are spelling errors.

- ___ Adam and Eve were created from an apple tree.
- ___ Noah's wife was called Joan of Ark.
- ___ The animals came onto Noah's ark in groups of three.
- ___ Lot's wife was a pillar of salt by day, but a ball of fire by night.
- ___ Samson slayed the Philistines with the ax of the Apostles.
- ___ Moses led the Hebrews to the Red Sea, where they made unleavened bread, which is bread with no ingredients.
- ___ The Egyptian warriors drowned in their bathtub.
- ___ Afterwards, Moses went up on Mount Cyanide to get the ten amendments.
- ___ The first commandment is thou shalt not admit adultery.
- ___ Moses died before he ever reached Canada.
- ___ Then Joshua led the Hebrews in the battle of Geritol.
- ___ David was a Hebrew king skilled at playing the liar.
- ___ David fought with the Finklesteins, a race of people who live in Biblical times.
- ___ Solomon, one of David's sons, had 300 wives and 700 porcupines.
- ___ When the three wise guys from the east side arrived, they found Jesus.
- ___ John, the blacksmith, baptized people in the Jordan river.
- ___ Jesus enunciated the Golden Rule which says, "Do one to others before they do one to you."
- ___ Altogether, Methuselah lived a total of 869 years, and then he died.
- ___ It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.
- ___ The men who followed the Lord were called the twelve decibels.
- ___ The epistles were the wives of the apostles.
- ___ One of the opossums was Matthew, who was also a taximan.
- ___ A Christian should have only one spouse. This is called monotony.

___ **Total Family Points**

(Adapted from an unknown source.)

Family Fun

Lesson Aim. To understand the importance of having fun together as a family and planning specific times to spend together.

Practical Piece Check-Up. How successful was your family in keeping your family meeting-devotional. How did you enjoy your time together?

Interest Seeker.

Life-Spans for the Ages

- Experts estimate that if a normal cassette tape is played about 100 times a year, sound quality will deteriorate somewhat after about 10 years. But, the tape itself will play on.
- A lightening bolt lasts 45 to 55 microseconds.
- The average running shoe worn by the average runner on an average surface will last 350 to 500 miles.
- A hard pencil can write up to 30,000 words or draw a line more than 30 miles long.
- Most ball-point pens will draw a line 4,000 to 7,500 feet long.
- Leather combat boots have a wartime life-span of 6 months, and a peacetime life-span of 8 months.
- A 100-watt incandescent bulb will last about 750 hours; a 25-watt bulb, 2,500 hours. The number of times a light bulb is turned on and off has little to do with its life-span.
- A one-dollar bill lasts approximately 18 months in circulation.
- Practice footballs used by professionals last 2 to 3 days--a playing life of perhaps 5 hours.
- Home teams are required to provide 24 balls each game and these last only about 6 minutes of play.
- Studies show married people live longer than those who remain single.
- The projected life-span of a baby born in the U.S. today is about 71 years, nearly double what it was at the end of the 18th century.
- The longest authenticated life-span (outside of the Bible) of a human being is 116-years old of Maria Esther de Capovilla of Ecuador, born September 14, 1889, and died August 27, 2006.

(Author Unknown)

Engaging Questions.

1. How long do you hope to live?
2. How much time do you actually spend each day doing things you have to do like work or school?
3. How do you feel when your family spends time playing together doing fun things?

Discuss with your family the meaning of the saying in the box:

It's not how much time we have to live that is most important,
but how we choose to spend our time while we live.

Family Training Text. (Ecclesiastes 3:1-13,22)

Before reading the entire text, just read Ecclesiastes 3:1 and fill in the blanks.

“There is a time for _____, and a season for _____ activity under the heavens.”

Now, read Ecclesiastes 3:1-8. After reading this portion of the text, answer these questions:

⇒ *Which “time” read from the text jumped out at you? Why do you think it did?*

⇒ *Who is the keeper of time, who has made everything beautiful in its time? (3:11)*

⇒ *How is our view of time different then the way God views it? (3:11)*

⇒ *What conclusions does the writer help us come to? (3:12-14)*

1. There is nothing better for us in life then to be _____ (and/or content).
2. We should concentrate on doing _____ while we live.
3. Find _____ in whatever you do.
4. _____ God as the creator and keeper of time and activity forever.

Your family is encouraged to grab hold of life and enjoy what God has given you today! Before you know it, it will be gone. “Seize the day” and have fun together! Love and enjoy each other while you are blessed with life.

Enjoy the words of the song below :

Soak It Up — words and music by Warren Barfield

Cause I could get caught up in this crazy race
You know the world we live in leaves no room for second place
But I've got to believe there's more to life than winning
I ain't gonna miss out on all the beauty in my life
Like my family and my friends and my wife
All the God given gifts that money can't buy
Oh cause the days go by so fast
And the memories they never seem to last
But I'm grateful for everything I have
Cause You've changed the way I look at all I look at
And soak it up every little bit I can
Enjoy all my days before all my days end
And whatever I get I'll always let that be enough
And never forget to soak it up
Ain't gonna be living tomorrows and missing today
Ain't gonna be making treasures out of things that fade away
No I'd rather be living every second
Living every minute of every single day

Family Training Activity.

Below are instructions for your family to follow. Have a family leader take you through these instructions being sure to give enough time for everyone to answer.

1. Go around to each family member beginning with the person on your right and give everyone a chance to share a *fun time they have had with the family*.
2. Then, family leader, go around to each family member again and tell them to share their *dream family vacation* with the rest of the family.
3. After each family member has had a chance to tell of their dream family vacation, go around again and have everyone share their *top three places to eat*.
4. After favorite places to eat have been shared by each family member, then have everyone share *two life goals they wish to accomplish in their lives*, and how the family can help them accomplish those life goals.

How did you feel about your family conversations? Did you enjoy dreaming together? Remember, you only have a certain amount of time to live on earth, so make the most of it!

Practical Piece to Apply.

Your family is challenged to devote one evening this week to spending time together as a family—a *family night*. This special time together *must be fun, and must last at least two hours*. Sometime today, vote on which night is best for your family this week to have your family night, *and* also decide on something fun to do. Whatever you do, be sure to make these decisions before everyone goes to sleep tonight so you can have your plan of action for your family night.

Here are some ideas of fun things for your family to do for your family night:

- ⇒ Dinner at your favorite restaurant, then go play video games.
- ⇒ Take a hike on a nature trail.
- ⇒ Go play in the park for a while, then get some ice-cream.
- ⇒ Go play miniature golf.
- ⇒ Have dinner outside and play a game in the yard.
- ⇒ Go bowling.
- ⇒ Play your favorite family board games.

Family Stress

Lesson Aim. To understand the importance of dealing with stress in the family, and learn ways to deal with stress.

Practical Piece Check-Up. How successful was your family with having a *family night* since the last lesson? Did you enjoy your time together?

Interest Seeker.

Stress is our way of _____ to anything _____ or _____
in our lives, or _____.

Here are some examples of stress:

- ⇒ A family move
- ⇒ Death
- ⇒ Accidents
- ⇒ Illnesses
- ⇒ Deadlines
- ⇒ Noise
- ⇒ Overcrowding
- ⇒ Tests
- ⇒ Pregnancy

Can you think of more examples?

How To Handle Stress

- ⇒ Jam 39 time marshmallows up your nose and try to sneeze them out.
- ⇒ Pop some popcorn without putting the lid on.
- ⇒ Put your toddler's clothes on backwards and send him off to pre-school as if nothing was wrong.
- ⇒ Retaliate for tax woes by filling out your tax forms with Roman numerals.
- ⇒ Temporarily tattoo "out to lunch" on your forehead
- ⇒ Tape pictures of your boss on watermelons and launch them from high places.
- ⇒ Leaf through National Geographic and draw underwear on the natives.
- ⇒ Go shopping. Buy everything. Sweat in it. Return it the next day.
- ⇒ Pay your electric bill in pennies.
- ⇒ Drive to work in reverse.
- ⇒ Refresh yourself and put your tongue on a cold steel guardrail.
- ⇒ Polish your car with ear wax.
- ⇒ Bill your doctor for the time spent in his waiting room.
- ⇒ Write a short story using alphabet soup.
- ⇒ Make up a language and ask people for directions.

(Author unknown)

Engaging Questions.

1. Which of these suggestions did you like best as far as handling stress?
2. What are some ways that you actually deal with stress in your life?
3. How do you feel when it seems like you are all alone when dealing with stress?

Family Training Text. (Mark 4:35-41)

While the text is being read, look and listen for the stressful situation in the story.

Read the text, then answer the following questions:

⇒ What was the stressful situation in this story? (4:37-38)

⇒ What did Jesus do to relieve the stress? (4:39)

⇒ Why were the disciples afraid during this stressful time? (4:40-41)

⇒ How does Jesus want us to deal with stress in our lives today?

“The LORD is in his holy temple; let all the earth be silent before him.”
Habakkuk 2:20

⇒ What does this verse say to your family today?

Family Training Activity.

1. Each family member is to **share with the other family members what their stresses are in their lives at this time.** Make sure each person gets a chance to share without any interruption from other family members.
2. After everyone has had a chance to share, **ask for two specific prayer requests from each family member relating to their life stresses.** (Space is provided below for your family to write down these requests.) Have a prayer together for your family, specifically in regards to the prayer requests presented.

Prayer Requests:

Date: _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

Practical Piece to Apply.

Techniques for Managing Stress
(Adapted from *Relationships in Marriage and the Family*, Stinnett)

1. **Plan your lifestyle** by clarifying values and determining priorities.
2. **Develop a positive life philosophy** by learning to be optimistic.
3. **Develop a sense of humor** by finding humor in every situation.
4. **Participate in a an activity that relaxes you** by doing things you enjoy.
5. **Get help** by leaning on God, friends, and/or a professional counselor.

Your family is challenged to hold one family meeting at some point during the week. Follow these instructions during your meeting:

1. **Evaluate** how well your family does using the *Techniques for Stress Management*. Then, **discuss** how your family can use these techniques more. Talk about specific changes that need to happen to use each technique.
2. When you are finished evaluating, **play a game together**. Cards, a board game, a memory game, whatever. The point for the game is to relax and enjoy each other.

1.

ADULT Social Readjustment Rating Scale

Stressful Event	Scale of Impact	Adult 1:	Adult 2:	Adult 3:	Adult 4:
Death of a spouse	100				
Divorce	73				
Marital separation	65				
Jail term	63				
Death of close family member	63				
Personal injury or illness	53				
Marriage	50				
Fired at work	47				
Marital reconciliation	45				
Retirement	45				
Change in health of family member	44				
Pregnancy	40				
Sex difficulties	39				
Gain of new family member	39				
Business readjustment	39				
Change in financial state	38				
Death of close friend	37				
Change to different line of work	36				
Change in number marital arguments	35				
Mortgage over \$10,000	31				
Foreclosure of mortgage or loan	30				
Change in responsibilities at work	29				
Son or daughter leaving home	29				
Trouble with in-laws	29				
Outstanding personal achievement	28				
Wife begins or stops work	26				
Begin or end school	26				
Change in living conditions	25				
Revision of personal habits	24				
Trouble with boss	23				
Change in work hours or conditions	20				
Change in residence	20				
Change in schools	20				
Change in recreation	20				
Change in church activities	19				
Change in social activities	19				
Mortgage or loan less than \$10,000	17				
Change in sleeping habits	16				
Change in number of family get-togethers	15				
Vacation	12				
Christmas	12				
Minor violations of the law	11				
	(32)				

(Adult Totals)

CHILD Social Readjustment Rating Scale

Stressful Event	Scale of Impact	Child 1:	Child 2:	Child 3:	Child 4:	Child 5:	Child 6:	Child 7:
Parents divorce	73							
Parents separate	65							
Jail term	63							
Death of close family member	63							
Personal injury or illness	53							
Fired at work	47							
Marital reconciliation	45							
Change in health of family member	44							
Pregnancy	40							
Gain of new family member	39							
Change in financial state	38							
Death of close friend	37							
Change in responsibilities at work (school)	29							
Outstanding personal achievement	28							
Mother begins or stops work	26							
Begin or end school	26							
Change in living conditions	25							
Revision of personal habits	24							
Trouble with boss	23							
Change in work hours or conditions	20							
Change in residence	20							
Change in schools	20							
Change in recreation	20							
Change in church activities	19							
Change in social activities	19							
Change in sleeping habits	16							
Change in number of family get-togethers	15							
Vacation	12							
Christmas	12							
Minor violations of the law	11							
Totals:								

Family SRRS Total Assessment

Adult 1: _____	Child 1: _____	
Adult 2: _____	Child 2: _____	Adult Total: _____
Adult 3: _____	Child 3: _____	
+ Adult 4: _____	Child 4: _____	+ Child Total: _____
	Child 5: _____	
	Child 6: _____	
	+ Child 7: _____	

Adult Total: _____

Child Total: _____

Family Total: _____

Family Finances

Lesson Aim. To help the entire family understand better the financial responsibilities of the family and how to manage money better as a family.

Practical Piece Check-Up. How was your family meeting this week? Did you enjoy your time together evaluating, praying and relaxing?

Interest Seeker.

What's the most outrageous thing you would do for \$10,000 cash?

That's the question posed recently by Chicago radio station WKOX, which attracted responses from more than 6,000 full-tilt crazies.



The eventual winner: Jay Gwaltney of Zionsville, Indiana, who consumed an 11-foot birch sapling -- leaves, roots, bark and all. For the event, he donned a tux and dined at a table set elegantly with china, sterling, candles and a rose vase. Armed with pruning sheers, the Indiana State University sophomore began chomping from the top of the tree and worked his way, branch by branch, to the roots. His only condiment: French dressing for the massive birch-leaf salad. The culinary feat took 18 hours over a period of three days.

When it was all over, Gwaltney complained of an upset stomach. Evidently the bark was worse than his bite.

Campus Life, December 1980, p. 19.

Engaging Questions

1. What would you be willing to do for \$10,000, within the limits of doing good?
2. Why does money become such a strong motivation for some people?
3. How do you think God wants us to think about money?

Family Training Text. (1 Timothy 6)

Consider these financial principles Paul gave to Timothy:

1. *God owns _____ we have.* (6:7;17)
2. *Be _____ with what you have.* (6:6,8)
3. *Be _____: money can pull you away from God.* (6:10) (Ecclesiastes 5:10)
4. *Put your _____ in God, not in your money.* (6:17) (Hebrews 13:5)
5. _____ *what you have.* (6:18)
6. *Be _____ with what has been given to you.* (6:20)

Consider these other financial principles found in the bible:

7. *Work _____.*
⇒ **Colossians 3:23** "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

8. _____ & _____ your money.
 ⇒ **Luke 14:28** “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?”
9. _____ money that you owe.
 ⇒ **Romans 13:6-8** “Give to everyone what you owe: If you owe taxes, pay taxes; if . . . Let no debt remain outstanding.”
10. Give _____ to God.
 ⇒ **2 Corinthians 9:7** “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”

God wants us to use the money and gifts he has given us wisely. Remember the story of the three servants who were given different amounts of money by their master. (**Matthew 25:15-30**) The two servants who used their money wisely were praised by their master and given more. But the servant who hid his money unwisely was scolded by his master and thrown out of his house. God wants you to be wise with everything he has given you. If you are, he may bless you with more in the future.

Family Training Activity

Your family needs to act as a team to complete the *Family Shopping Spree Showdown* found on page 37. When the class trainer gives the green light, have your family try to choose the correct price for the items listed. Make sure everyone in your family gets to have input in your family’s price selection for each item. Only move on to the next product when your family has come to a unanimous vote on the item. Remember, your family is your team and you need to use team work for this activity. When your family has completed the price selection, then please wait quietly and patiently until all families have completed their selections.

How many price selections did your family choose correctly?

Practical Piece to Apply.

This week, there are three different options for your family to choose from in regards to completing your home assignment challenge. You choose the option that best fits with your family stage.

Families with Small Children

Adults, take your children to the grocery store and allow them to purchase some food items of *their choice* to give away to someone. Encourage them to purchase some of their favorite items so they can understand sacrifice better. Help them learn that we shouldn't just give away our old and worn out items and the cheapest food we can buy, but *sacrifice means giving away things that we love and cherish*. After all, that is what God did for all mankind. If your children can grasp and retain this concept early on in life, they will be able to keep their money and assets in perspective with eternal life better.

Families with Teenage Children

Sit down as a family together around a table. Get out a blank piece of paper and a pen and be sure everyone is comfortable. Then, together as a family, plan a family weekend adventure. Allow everyone to give their ideas as to what they would like to do. But before you get too far with ideas, make sure everyone understands the catch, this weekend adventure you plan together can only cost a total of \$10 per family member, including Gas and food! (i.e. A family of four can have a total of \$40 [4 x \$10]. If this family of four decided to go camping, they need to make sure they think of everything that will be involved in their trip, from food, to campsite fees, to gas, to toilet paper!) Make sure you make the budget clear on your paper together. Then, go shopping together for the items needed for your adventure. Allow the children to champion the budget and to be in charge of making all of the purchasing decisions. Be ready to share what your adventure was (or will be) with the class at the next lesson!

Families with College-Bound Children

Take your entire family to the library when you have a good chunk of time and find out all you can about scholarships available for the next school year. If you don't know where to start, ask the librarian, she will be happy to help you.

After you have done all of the research possible about scholarships available for your college-bound children, help them figure out how much money they will need for an average week during school. Help them think through every expense they might have as they venture off "on their own." Help them create a weekly budget based on the information your family has at this point in the process. Try not to consider this a chore, but a great transition time for your family as they move from adolescence to adulthood. This could be some of the best information learned before leaving for school.

Family Shopping Spree Showdown

The prices for this activity were all found online at www.walmart.com in September of 2006. These prices are all pre-tax, and as always, low low prices!

Product Name	Circle what your family believes is the right price!		
1. 42" Polaroid LCD HDTV	\$1,788.00	\$1,288.00	\$288.00
2. Xbox 360 Premium System	\$99.00	\$199.00	\$399.00
3. Madden NFL 07 for Xbox	\$25.34	\$45.82	\$65.98
4. Evenflo Discovery Infant Car Seat	\$55.97	\$44.97	\$33.97
5. Rubber Duck Shower Curtain with Hooks	\$10.48	\$14.48	\$18.48
6. Toshiba 15.4" Widescreen Laptop computer With Intel core Solo Processor T1350	\$2,235.00	\$1,567.00	\$878.00
7. Kent Dual Drive Tandem Bicycle	\$350.96	\$299.96	\$258.96
8. Disney Princess Girl's Toddler Helmet And Pads Value Pack	\$19.84	\$16.84	\$12.84
9. Weed Eater 22" 18-Volt Cordless Hedge Trimmer	\$35.97	\$54.86	\$64.98
10. Levi's Strauss Signature Women's Low-Rise Bootcut Jeans	\$15.68	\$19.68	\$24.68
11. John Mayer <i>Heavier Things</i> (Dual Disc CD)	\$15.88	\$17.88	\$19.88
12. Apple iPod Nano 2 GB, White	\$197.88	\$125.88	\$99.88
13. 15 Point Service (Wal-Mart Tire & Lube)	\$17.96	\$21.96	\$24.96
14. Coleman 17'x9' Weather Master Screened Tent (Sleeps 6-8)	\$158.44	\$125.44	\$105.44
15. Char-Broil B05 30,000 BTU Gas Grill	\$299.00	\$159.00	\$109.00
16. LifeCare Mobilator Walker (Adult)	\$35.74	\$54.98	\$98.72
17. Black & Decker Storm Station (Power Supply)	\$98.76	\$75.00	\$59.98
18. Ralph Lauren Polo For Men (Cologne)	\$24.98	\$47.28	\$62.78
19. Nike Power Distance Super Soft Golf Balls (12pack)	\$10.97	\$14.97	\$19.97
20. Nite Jam Nerf Nerfoop (Basket ball hoop)	\$17.84	\$12.84	\$9.84

Total amount your family selected correctly is: _____

Family Hospitality

Lesson Aim. To understand the importance of showing hospitality as a family and how do show hospitality more.

Practical Piece Check-Up. How successful was your family in completing one of the optional home assignments from the *Family Finances* lesson? Did your family learn anything new?

Interest Seeker. Read these difficult tongue twisters together. After you have read them through, have families attempt to say them in their groups. Have them choose a representative to come forward to say one of the tongue twisters from the list.

Tongue Twisters To Twist Tongues Tight

1. Sixth sick sheik's sixth sheep's sick
2. A good cook could cook as much cookies as a good cook who could cook cookies
3. I saw a saw that could out saw any other saw I ever saw.
4. Betty Botter bought some butter, but she said "this butter's bitter! But a bit of better butter will but make my butter better" So she bought some better butter, better than the bitter butter, and it made her butter better so 'twas better Betty Botter bought a bit of better butter!
5. Black bug bit a big black bear. But where is the big black bear that the big black bug bit?
6. A big bug bit the little beetle but the little beetle bit the big bug back.
7. An Ape hates grape cakes.
8. Penny's pretty pink piggy bank
9. Peter Piper picked a peck of pickled peppers. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
10. If Freaky Fred Found Fifty Feet of Fruit and Fed Forty Feet to his Friend Frank how many Feet of Fruit did Freaky Fred Find?
11. Crisp crusts crackle and crunch.
12. A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.
13. Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy was he.
14. I thought I thought a thought. But the thought I thought wasn't the thought I thought I thought.
15. Six slippery snails, slid slowly seaward.

Engaging Questions

- ⇒ Which would you say is the most difficult tongue twister on the list?
- ⇒ Did you get better at saying one of the tongue twisters after practicing? How?
- ⇒ What does this saying mean: "*Practice makes perfect!*"
- ⇒ We have been told in Scripture to "*practice hospitality.*" Is this the same meaning of the word "practice" that we just talked about?

Family Training Text. (1 Peter 1:17-19; 4:9-11)

Before reading the text, ask the class, *What is hospitality?* (For this lesson, hospitality means welcoming someone into your family home and serving them.)

Can you relate to these common excuses families give for *not* showing hospitality?

- ⇒ “Our schedule is too busy!”
- ⇒ “My house is too small!”
- ⇒ “I am ashamed of our home.”
- ⇒ “No one in the family cooks well!”

John Piper illustrated in a sermon why many families neglect hospitality:

“The physical force of gravity pulls everything to the center of the earth. In order to break free from earth-centered life, thousands and thousands of pounds of energy have to push the space shuttle away from the center. There is also a psychological force of gravity that constantly pulls our thoughts and affections and physical actions inward toward the center of our own selves and our own homes.

Therefore the most natural thing in the world is to neglect hospitality. It is the path of least resistance. All we have to do is yield to the natural gravity of our self-centered life, and the result will be a life so full of self that there is no room for hospitality. We forget about it. And we will neglect it. So the Bible bluntly says. Stop that! Build a launching pad. Fill up your boosters. And blast out of your self-oriented routine. Stop neglecting hospitality. Practice hospitality.”

By John Piper. © Desiring God Ministries. Website: www.desiringGOD.org.
Email: mail@desiringGOD.org. Toll Free: 888-346-4700.

There are a lot of excuses and logical reasons that can be made for *not* showing hospitality, however the challenge from God through Scripture still remains.

Hebrews 13:2 *“Do not forget to entertain strangers, for by doing so some people have entertained angels without knowing it.”*

Consider these five hospitality principles that Peter gives to us in 1 Peter:

1. *Live as _____ in this world.* (1:17)
 - ⇒ We know what it means to be in a strange place because our eternal home is in Heaven with our Father. With this in perspective when offering hospitality, your family’s eyes can stay focused on our eternal reward.
2. _____ *hospitality.* (4:9)
 - ⇒ Be families of action, taking the lead by making *the offer* to have people in your home. Don’t wait for an invitation, give one away!
3. *Don’t _____ and _____.* (4:9)
 - ⇒ This is not something we do to just fulfill an obligation, but it should come from a heart *ready and willing* to serve God by serving others. Sometimes this means stretching our comfort zone to make others feel at home and comfortable.
4. _____ *others.* (4:10)
 - ⇒ Opening your home is an opportunity to show God’s grace to others who may not have already experienced it. By serving others through hospitality your family is able to share God’s message of his love found in Jesus Christ.
 - ⇒ Also, remember *hospitality is not about impressing others*, but serving them and making them feel welcome in your home and around your family. Don’t let your own insecurities keep you from doing the will of God.

5. Give _____ the praise and glory. (4:11)
⇒ When your family offers hospitality, make it clear to those you serve that you are serving them in the name of God and for his glory and praise.

Family Training Activity.

Have your family plan *an evening of hospitality*. Choose two or three families or individuals you would like to host in your home for your evening of hospitality. These families can be people you know well, or people you hardly know at all. The bigger plan is to have families come into your home so you can serve them and “practice hospitality”. Here are some helpful questions and places to write your answers for your family to work through as you plan your evening of hospitality:

Who should we invite?

- ⇒ Make a list of ten families you would like to have into your home in the future. Then, choose from your list two or three families to focus on during this activity.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are we going to eat?

- ⇒ Make a list of six meals your family enjoys eating together and would love to share with others. Then, choose a meal from the options you have listed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Who's cleaning the house?

⇒ Brainstorm together of the most important jobs your family will need to do in order to get ready for your evening of hospitality. Then, divide the jobs among the family so everyone has a job they can manage and feel good about. Doing chores isn't always fun, however when you know your friends are coming over it makes it a little easier! List those important jobs below on the spaces to the left. Then, after that list is complete, decide together who will handle each of those responsibilities.

Important Job	Responsible Person
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What activities should we do?

⇒ Make a list of ten fun activities that your family enjoys doing together (i.e. games). Then, decide which activity or activities you would like to do with your guest on your evening of hospitality.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What should we talk about?

⇒ Coming up with conversation is difficult for some people, especially children with adults. So, to ease this possible tension, brainstorm together as a family and make a list of discussion topics you have in common with the families or individuals you plan to invite.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

How can we show good manners and service?

⇒ This may be the most important list of all so far! When people come into our home we need to be sure that we make them feel comfortable and welcome. Sometimes this means relaxing on our formalities, other times it means being more concerned about manners. It would be terrible to have people over to serve them, and they leave feeling offended and unwelcome. Consider the guests you are to invite. Are they older? Are they younger? What manners and special service does your family need to focus on to make them feel comfortable and welcome in your home? Make a list of manners you need to be sure to use for your guests, and include any special services you think they would appreciate.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Family Safety

Lesson Aim. To understand the importance of taking care of your family by keeping them safe and looking after their well-being.

Practical Piece Check-Up. How successful was your family in showing hospitality since the last lesson? Did you stick with the plan you made in class?

Interest Seeker. See how many your family can answer correctly!

Family Fire Safety Quiz

(National Safety Council — www.nsc.org)

*Get your family consensus on whether these statements are **true** or **false**? Put a “T” for true and an “F” for false.*

1. Some 4,000 Americans die in fires annually. _____
2. Fire damages more than four billion dollars worth of residential property annually. _____
3. About 370,000 homes are the scenes of fires each year. _____
4. About seventy percent of deaths from fire occur in homes each year. _____.
5. The smoke from fire is the real danger in a house fire. _____.
6. Matches, lighters and lit tobacco products aren't big fire culprits anymore. _____.
7. You shouldn't leave home while food is cooking in the oven. _____.
8. Portable heaters can safely keep you warm through the night. _____.
9. Flickering lights can be ignored. _____.
10. Your basement is a bad place to store gasoline. _____.
11. Only schools need fire drills. _____.
12. Smoke alarms usually last forever. _____.
13. Homes with smoke alarms still need automatic fire sprinklers. _____.

(Adapted by article written by Janet Willen, fall 2000.)

Engaging Questions.

1. To what possible emergencies do you ever give concern?
2. Are you more prone to think, “My house will never catch on fire” or “I better make preparations for a house fire now before it's too late”? Why?
3. What does “family safety” mean to you?

Family Training Text. (1 Timothy 5:4,8)

For this lesson, “family safety” means: *taking care of your* _____ *and* _____.

Read 1 Timothy 5:4

⇒ What is a widow?

⇒ Who does Paul say should first take care of widows in need, making sure they have food, clothing, assistance, and are safe?

⇒ What does Paul mean by, “put their religion into practice by caring for their own family.”

⇒ How does God feel about us taking care of our family? (God is pleased.)

Read 1 Timothy 5:8

⇒ According to Paul’s words in this verse, who should be concerned about your family’s safety and providing for your family’s needs?

Can you think of stories in the bible when someone took care of their family by keeping them safe?

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

It is good and pleasing to God when we are concerned about the safety and well-being of our families. After all, isn't God, our Father, concerned about our safety and well-being?

⇒ Our _____ safety and well-being—God knows what we need and will provide those things; we just need to stay focused on pleasing him.

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness and all these things will be given to you as well.” **Matthew 6:31-34**

⇒ Our _____ safety and well-being—God saw his children unsafe in their sin and they needed him to save them, so he sent his son Jesus to die so they could live and be safe.

“This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” **1 John 4:9-10**

Family Training Activity.

Refer to the list of *Family Safety Rules* illustrated on page 47. Discuss each of the rules together as a family. Here are the instructions your family is to follow as your chosen family leader leads you through this activity:

Follow these instructions as your family discusses the *Family Safety Rules*:

1. Read the rule aloud so everyone in your family can hear.
2. Get a consensus from your family as to whether or not your family follows this rule or not.
3. Then, get a consensus from your family as to whether or not you need the rule or not in your family.
4. After working through all of the rules provided, have your family list rules that you have in your family that keep you safe and are for your well-being.

Family Safety & Well-being Rules

RULE	We follow this rule. “Yes” or “No”	We need this rule. “Yes” or “No”
1. Never play with matches or fire lighters.	_____	_____
2. Always wear seatbelts in moving vehicles.	_____	_____
3. Always wear a bike helmet when riding a bike.	_____	_____
4. Never ride bikes at night.	_____	_____
5. Always let your parents know where you are.	_____	_____
6. Always eat a well-balanced meal.	_____	_____
7. Never play outside alone.	_____	_____
8. Always ask a parent before spending money.	_____	_____
9. Never talk to strangers.	_____	_____
10. Never go with someone in their car without a parent’s permission.	_____	_____
11. Never drive when you are tired.	_____	_____
12. Never play in the street.	_____	_____
13. Never climb a ladder when no one is around.	_____	_____
14. Never run in a pool area.	_____	_____
15. Never swim alone.	_____	_____
16. Never climb trees without permission.	_____	_____
17. Never leave a child unattended in the bathtub.	_____	_____
18. Never leave food cooking unattended.	_____	_____
19. Never mow the lawn without shoes.	_____	_____
20. Never throw knives or other sharp objects.	_____	_____
21. Never play with guns.	_____	_____
22. Never be online without a parent.	_____	_____
23. Never visit websites or chat rooms online that have not been approved by a parent.	_____	_____
24. Never attend a party where alcohol or drugs are present.	_____	_____
25. Always introduce your date to your parents.	_____	_____

Practical Piece to Apply.

Your family is challenged to designate one night this week as *Safety Night*. On your designated night, your family is encouraged to do the following things:

1. Develop an emergency fire escape plan for your family in case of a fire. Help each person in the family decide the safest route to exit the house from each room. Also, decide on a safe meeting place outside and away from your home where your family should meet in case of a fire.
2. Clearly illustrate your emergency fire escape plan by drawing it on a piece of paper. Make copies of this drawing and place it in strategic places around the house.
3. Have three fire drills at various times to practice your emergency fire escape plan.
4. Check all smoke detectors, flashlights, fire-extinguishers, door locks and other safety equipment in your home to make sure they are working properly. If they are not, take some time to fix them. Also, make sure everyone in your family knows where they are located and how to use them.

Bibliography

Family Acceptance

1. O'Conner, Jane. *Fancy Nancy*. New York:HaperCollin's Children's Books, 2005.

Family Messages

2. Bombeck, Erma. *Eat Less Cottage Cheese and More Ice Cream*. Kansas City: Andrews McMeel Publishing, 1979, 2003.