

The Healthy Family - Part 1

By strengthening these areas in your own family, you will improve relationships and increase your chances of a stable home and successful family.



1. **COMMUNICATION** (Ephesians 4:31-32)

- Get to know one another by talking and listening.
- Learn to respond rather than react.
- Use family meal time for conversation between all members of the family.



2. **AFFIRMING & SUPPORTING** (1 Thessalonians 5:11)

- All family members must express appreciation for and give praise to one another
- Do not pressure with unrealistic expectations.

3. **RESPECTING OTHERS** (Hebrews 12:9)

- Start with respect for self, then learn to respect individual differences within the family.
- Learn to live with one another.
- Respect is not the same as approval.

