

# Healthy Homes

## MAIN IDEAS

1. A Sure Foundation
2. A Safe Place
  - a. A Place with Rules
  - b. A Place Where You Are Loved
3. A Fun Place
  - a. Model It
  - b. Remember It
  - c. Schedule It
4. A Peaceful Place
  - a. Admit Your Anger
  - b. Deal with the Problem Immediately!

Read Matthew 7:24-27 and Deuteronomy 6:6-9. What are we to build our lives and homes on?

Why should we build on this foundation? Consider Deuteronomy 4:1 and Psalm 127:1.

In view of Proverbs 17:22 and Luke 12:16-21, why is fun good, and why do we need to be cautious of it?

Where does peace come from? Consider John 14:27, Proverbs 3:1-2, and Colossians 3:13.

## PERSONAL RESPONSE

What foundation is your home built on?

What boundaries have been established in your home? Are there expectations for adults as well as children?

What are these boundaries meant to accomplish? Are they working? If not, how can you handle this in a fair and loving way?

How is love expressed in your home? How will you demonstrate love this week?

What brings smiles and laughter in your home? How will you pursue fun this week?

On a scale of 1 to 10, how much does peace characterize your home?

When friction arises in your home relationships, how readily do you admit to your contribution to the problem?

Pray:

- Praise God for the home and relationships He's given you.
- Thank God for His word, His rules, His love, His blessings, and His peace.
- Pray for your home and family.

Choose a verse from the sermon or study and meditate on it this week.

## REPRODUCE

Has peace been lost between you and a member of your family? If so, do the following:

- Pray for reconciliation.
- Determine where you are at fault, confess this, and repent.
- Ask the other person for forgiveness.
- Forgive the other person for any offense they've committed against you.

Jesus, boundaries, love, fun, peace. Many families in the world around us lack these things. List ways your family can be a light to them. Which will you do?

What families are dealing with struggles or a stage of life that you've already been through? Consider how you can come alongside them and help. Or, if your family is the one struggling, ask another family or a pastor for help.

## KEY VERSES

From the sermon:

- Matthew 7:24-27
- Deuteronomy 6:4-9
- Psalm 127:1
- Proverbs 14:26
- Proverbs 17:22
- Mark 3:25
- Ephesians 4:25-26
- Proverbs 29:11

Additional verses from the study:

- Deuteronomy 4:1
- Luke 12:16-21
- John 14:27
- Proverbs 3:1-2
- Colossians 3:13