

Building Families That Flourish – Essentials for Raising Great Kids

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Mn Adult & Teen Challenge

FRUIT OF THE SPIRIT

love,
joy,
peace,
patience,
kindness,
goodness,
faithfulness,
gentleness,
and self-control



Galatians 5:22-23

Good Enuf Parenting

- My kids know I love my spouse
- I spend quality-quantity time with my kids
- I show them lots of verbal and physical affection
- I read to them
- Train up a child in the way he should go,
And when he is old he will not depart from it.
Proverbs 22:6 (Loophole: children who don't
honor their parents are not promised long life
and therefore this verse applies to children who
actually listen to their Godly parents ☺)

I. FLOURISH THROUGH FAITH

Mt. 22:37

- ❖ A 2012 review of more than 326 peer-reviewed studies of mainly adult populations found that out of those 326 studies, 256 (79%) found only significant positive associations between religiosity/spirituality and well-being. The author postulated that the positive influence of religion or spirituality on well-being can be explained through a few key mechanisms, such as religion's role as a coping strategy and as a support system for prosocial behaviors. In addition, religious beliefs can potentially alter the way individuals cognitively react to stressors, and often, the regulations of most faiths decrease the likelihood of individuals experiencing particularly stressful life events (such as divorce or incarceration)

NEUROTHEOLOGY: The Role of Faith

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Koenig, H.G. (1999). The Healing Power of Faith

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Nowinski (2015). If You Work it It Works!: the Science Behind 12 Step Recovery. Hazelden Publishing

Pew Forum (2008). <http://www.pewforum.org/2008/05/05/how-our-brains-are-wired-for-belief/>

Ramachandrian (2011). The Tell Tale Brain

Siegel, R.D. (2010). the mindfulness solution: Everyday Practices for Everyday Problems. New York: The Guilford Press.

FAITH IS TRUSTING-OBEDIENCE

James 1:25; 2:22

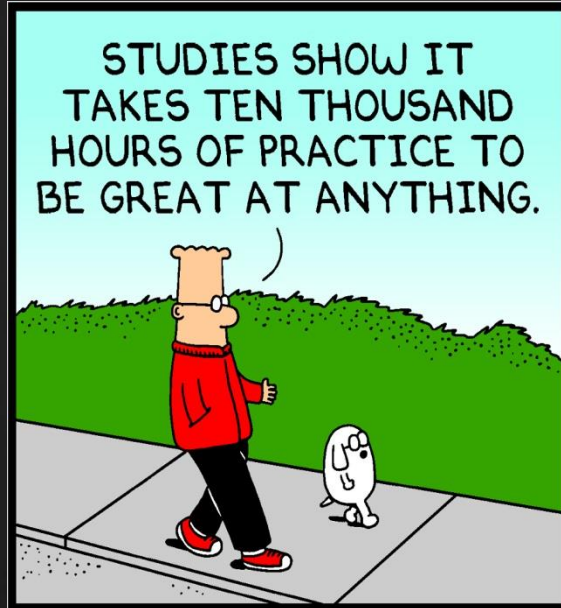
20 years of research “Positive fantasies, wishes, and dreams detached from an assessment of past experiences didn’t translate into motivation to act toward a more energized, engaged life. It translated into the opposite.” (Lyubomirsky, p.11)

“While fantasizing might help us satisfy some needs, it doesn’t help us fulfill needs that require significant energy, effort or commitment” (p29)

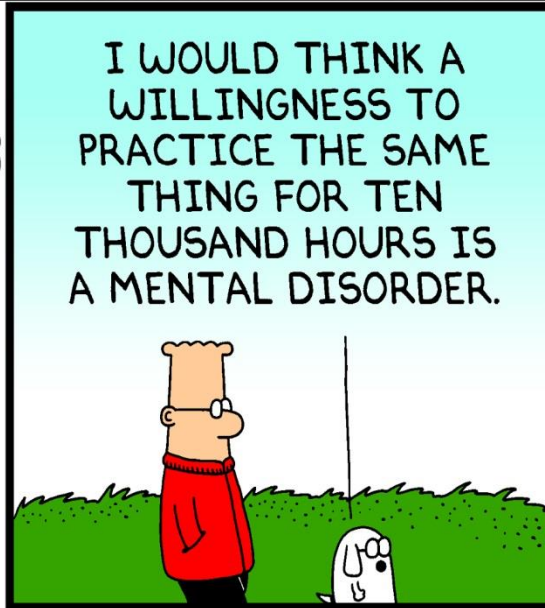
FAITH IS FOLLOWING “THE WAY”

**Daily & Practiced Meditation + Deep and
Continuous Prayer + Compassionate Service +
Fellowship + Giving/Tithing + Worship +
Confession + Thanksgiving + Forgiving + Praise
+ Solitude + Humility Disciplines + Soul
Friendships + Bible reading + Sabbath +
Work/Exercise + Fasting (Diet Health) + Re-
creation.....**

The Spiritual Disciplines James 1:25; 2:22



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$$\begin{array}{ccccccc} 8 & \times & 5 & \times & 52 & \times & 4.8 \\ \text{hours} & & \text{days} & & \text{weeks} & & \text{years} \\ = & \mathbf{10,000} & \text{HRS.} \end{array}$$

MyColorMusic.com

Anders Ericsson: 10,000 hours, the role of deliberate practice.
Psychological Review 100 (Dec. 1992)

**“The Christian ideal has not been
tried and found wanting; it has
been found difficult and left
untried” – G. K. Chesterton**

II. FLOURISH BY HOPE



PERSEVERANCE

“DO OR DO NOT. THERE IS NO TRY”

Romans 5:3-4 “... we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope...”

The Deaths of Despair

- ❖ “We build on and extend the findings in Case and Deaton (2015a) on increases in mortality and morbidity among white non-Hispanic Americans in midlife since the turn of the century. Increases in all-cause mortality continued unabated to 2015, with additional increases in drug overdoses, suicides, and alcoholic-related liver mortality, particularly among those with a high-school degree or less. The decline in mortality from heart disease has slowed and, most recently, stopped, and this combined with the three other causes is responsible for the increase in all-cause mortality”. There has also been a cumulative disadvantage in the build up of long term pain, suffering and discouragement of this group over time. (Case, Deaton, 2017).

HOPE = FLOURISHING

Decreased stress=
Reduced risk for coronary disease=
Improved coping skills=
Better memory=
Reduced cortisol levels=
You live longer and healthier

Source: Mayo
Clinic, et. al. in
Newberg

III. FLOURISH by LOVE

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>



Transform Relationships: I Cor. 13:4-8

Matthew 18 Principles

Understand from the point of view of the people I have harmed—their thoughts, feelings and experiences of loss and harm

Identify the changes I will need to make to restore myself and my relationships

Do whatever it takes to make up for the harmful things I have done

Work towards restoration in all of my necessary relationships

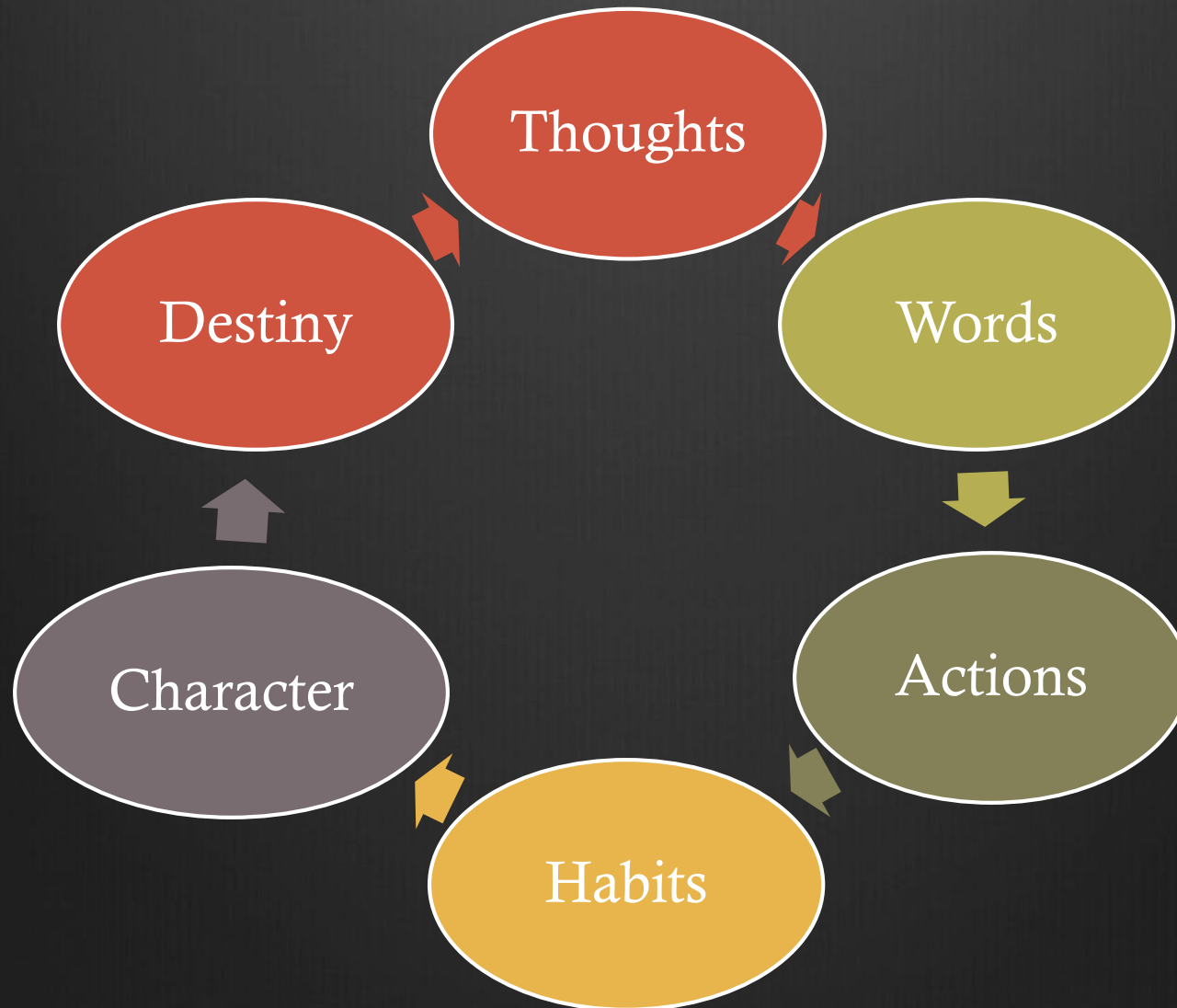
Restore Relationships

The Harvard Study of Adult Development (Robert Waldinger). The world's longest study

- ❖ **Good relationships make us happier and healthier. Social connections increase happiness and longevity. Loneliness is toxic. It is not the number of friends or the commitment in a relationship but the quality of the relationship. People who are satisfied in their relationships at age 50 is predictive of health in their 80's. Relational pain magnifies emotional pain magnifies physical pain. "Lean into" relationships; commit to and invest in relationships**

https://www.ted.com/playlists/4/what_makes_you_happy

IV. FLOURISH by CHRIST-CHARACTER TRANSFORMATION

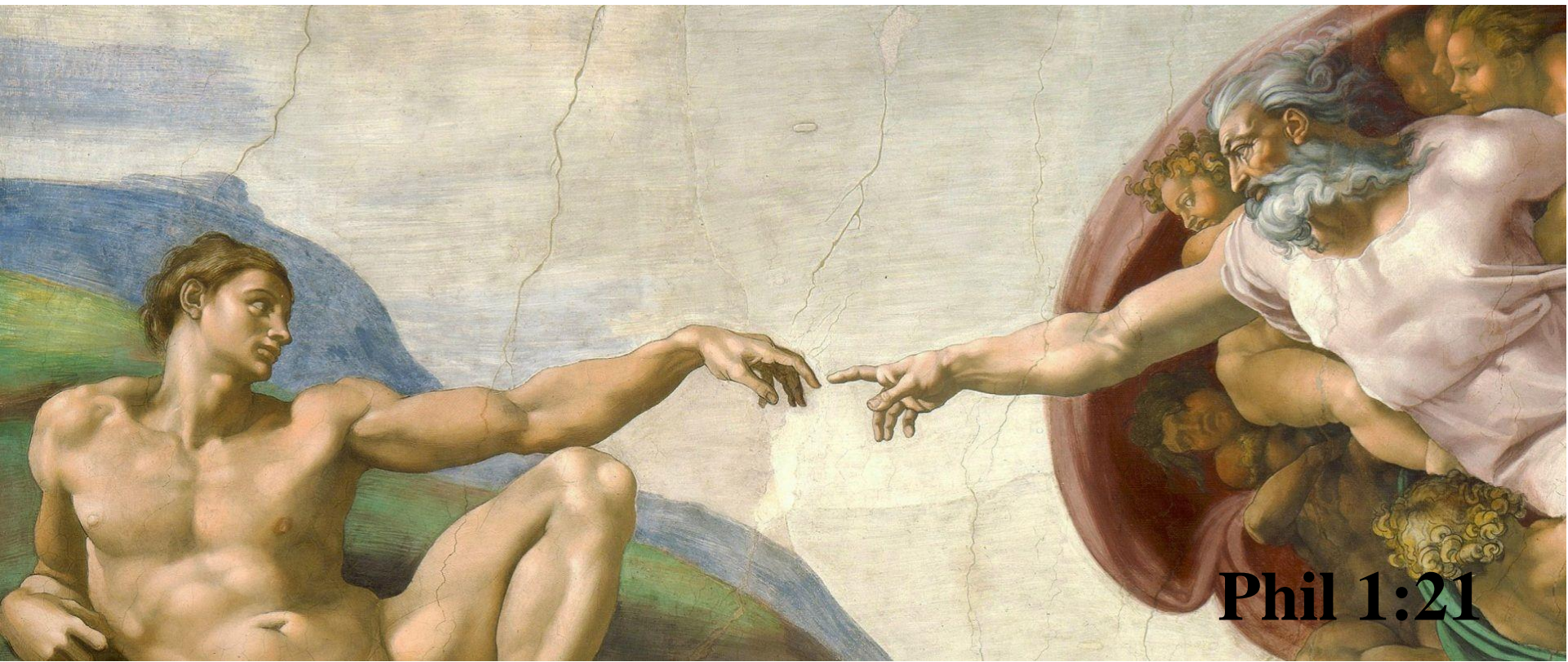


I am what I am by the grace of God kept from falling
buried with Christ and raised with him confident
I AM SAVED BY GRACE THROUGH FAITH blessed
sealed crucified transformed workmanship
SERVANT member of God's household DEAD TO SIN
Royal Priesthood seated with Christ guided complete
forgiven salt of the earth Gods righteousness
apple of his eye Beloved
set free WHO AM I IN CHRIST? SAFE
reconciled HIS sanctified not ashamed a son
rescued from darkness CALLED child of God predestined
aroma ABLE BORN OF THE SPIRIT very bold
born of God citizen from heaven BELIEVER
kept from temptation helped in my weakness
chosen disciplined saint living stone
Christ's slave filled with joy redeemed
believe and are saved NO CONDEMNATION

holy and dearly loved temple of God
LIGHT OF THE WORLD

more than a conqueror
ambassador
Justified

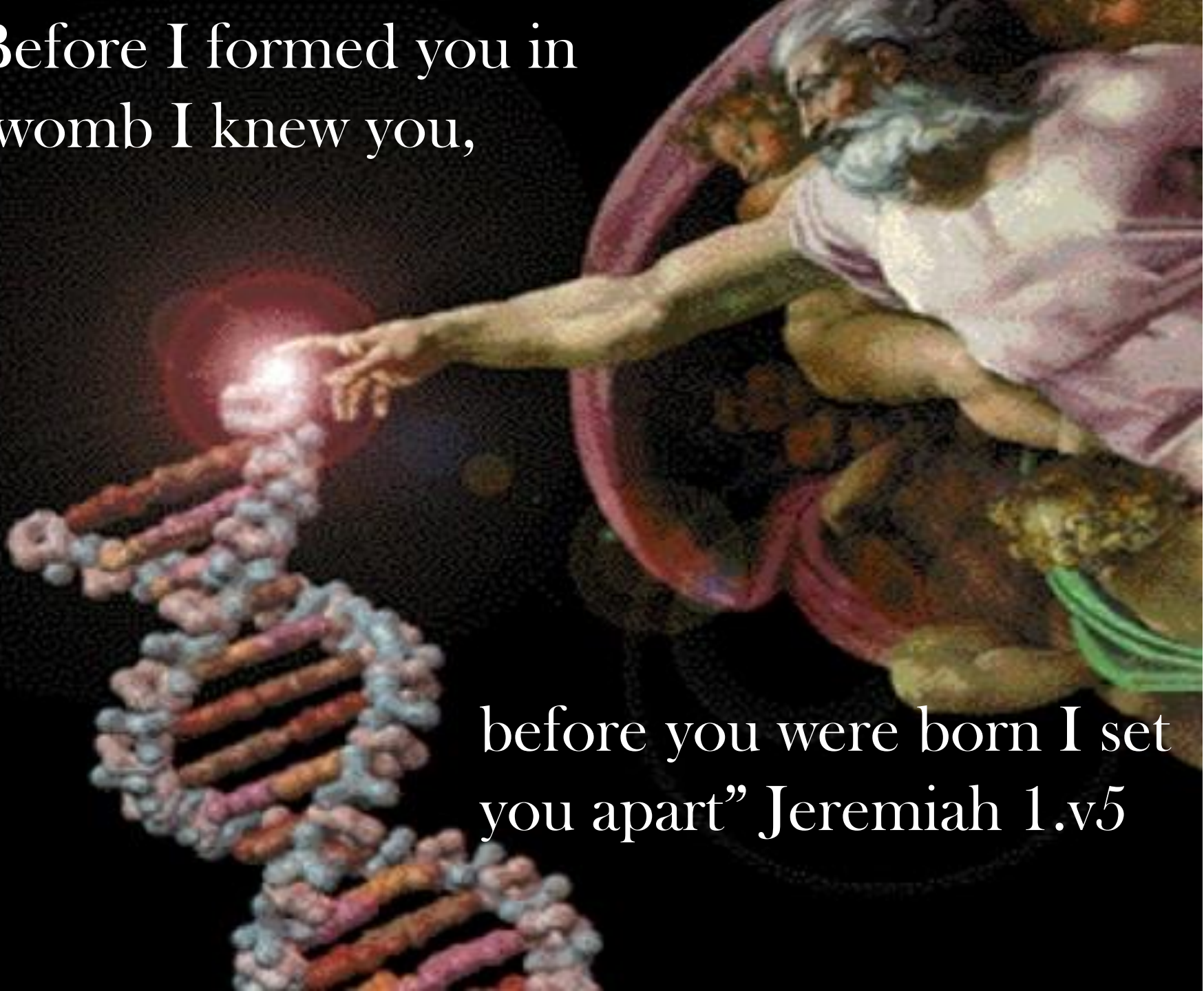
V. FLOURISH by developing Life Purpose:
Isa 43:7 everyone who is called by my name,
whom I created for my glory,
whom I formed and made.”
GOD-MIRRORS



Phil 1:21

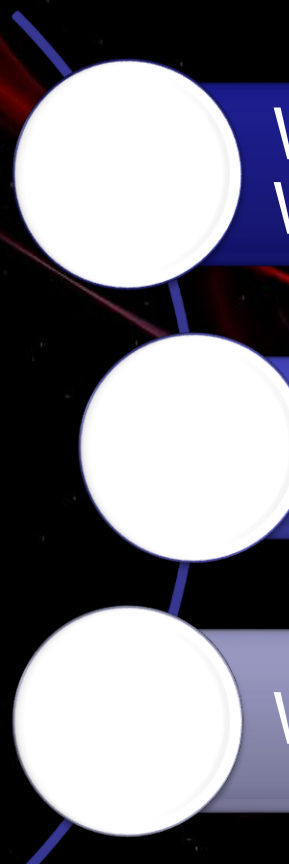
“.. Before I formed you in
the womb I knew you,

before you were born I set
you apart” Jeremiah 1.v5



The Three Questions of Life.

Rick Warren The Purpose Driven Life



What on Earth am I here for? Or
Why am I alive?

Does my life matter? (Here and
now and in Eternity?)

What is my purpose?



ARE YOU TALKIN TO ME?