

## Resource Article

# What Is a Healthy Christian Family?

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You want your students to know Jesus and develop into healthy, God-loving adults who are equipped spiritually, emotionally, and socially to start their own Christian families. But what is a healthy Christian family? And how can you help the children you serve to understand what this looks like?

One way is to model a healthy Christian family for your students. Share your own experiences and struggles with your parents, your spouse, and your children. Help your students realize that being part of a Christian family is not always easy, but it is God's perfect plan.

You can also help your students by talking with them about how to build a healthy Christian family. You can use the information in this article to help you. The sections below are written as if you were talking directly to a child. Share this information with your students often, helping them to understand what it looks like for a family to function with God as the head of the household.

### Defining a Christian Family

God made you in a very special way. There is not another person in the world exactly like you. God made you because He wanted there to be someone in the world just like you. Do you know how special you are to Him?

You are unique in many ways, but in other ways you are like everyone else. God made each of us to desire relationships with other people. We want friends to talk to and to share our hopes, dreams, and fears with. We also want families to love and who love us. But what is God's plan for families?

### Faith in God

First, a healthy Christian family will have a strong and living faith in God. Christians understand that God the Father loves us and cares for all of us. He wants us to love and care for those around us, even when it is difficult. God's perfect plan is that we be part of families where we are loved and where we can love and help others.

### Marriage: God's Perfect Plan

God's perfect plan is that marriage would be a special, permanent relationship that is the strong foundation of a family. Marriage helps mothers and fathers work together to love and provide for each other and their children. God planned that your parents would love you and care for you from the time you were born.

Sometimes situations prevent people from following God's plan. Your parents may not be married. They may not be Christians. They may not be part of your life. But no matter what has happened in your family, you can decide to follow God's perfect plan for your future family.

### A Family Cooperates

Healthy Christian families have respect for one another. They do not try to hurt or abuse each other through their words or actions. Family relationships should be free from both

emotional and physical harm. In a healthy Christian family, you should always feel safe and cared for.

### **A Family Is Safe**

All healthy families have respect for one another. They try to never hurt each other by their words or actions. They do not abuse one another. Our families should be the safest place in the world, free from both emotional and physical harm.

### **Family Members Forgive**

We all make mistakes and poor choices. Sometimes we hurt others, and sometimes others hurt us. In a healthy Christian family, people accept responsibility for their words, actions, and attitudes. Family members apologize to one another and forgive each other. Forgiveness is important in a healthy family.

### **Family Members Love**

A healthy Christian family is filled with love. Each member loves the others and knows that he is loved. Family love is not perfect. Only God's love is perfect. But Christians ask God to help them to model His love every day, including in their own families.

A Christian family is one of the best gifts God can give. But building a Christian family is challenging. Parents make mistakes and so do children, even in the best families. But working to build a healthy Christian family can help you to enjoy your life the way God planned—in relationships filled with love, forgiveness, and peace.