

## Standards for Healthy Family Life Eph 5:21-6:4

Healthy relationships are the keys to healthy family life. The Apostle Paul's 1<sup>st</sup> century pattern for a healthy family is as appropriate today as it was revolutionary then.

He has a standard for everyone to reach.

### I. For EVERYONE in the family – MUTUAL SUBMISSION (5:21)

- Understanding SUBMISSION  
Definition: bending to the authority of an office.
- Necessary for the relationships in a family to work well

### II. For WIVES to husbands

- Submit (5:22-24)
  - Respond "as to the Lord" (22) as if He were asking
  - Respond in harmony (23) - body/head connection
  - Mirrors the response of the church to Christ (23,24)
  - Not blind obedience...

### III. For HUSBANDS to wives

- Love (5:25-33)
  - Sacrificial (5:25)
  - Spiritual impact (5:26, 27)
  - Self-care picture (5:28-30)
    - ♦ Feeding (nourish)
    - ♦ Caring (cherish)
  - Secure (31)
    - ♦ Leave (abandon completely)
    - ♦ Cleave (to glue together)

### IV. For CHILDREN to parents

- Obey (6:1) - "to get under authority"
  - This is the right response - "in the Lord"
- Honour (6:2) – a lifetime response
  - Respect and support
- Promise (6:3) - quality and quantity of life

### V. For PARENTS to children

- Raise (6:4) "fathers" in 1<sup>st</sup> century but "shared" parental responsibility in the 21<sup>st</sup> century
  - Training and instruction – "hands-on" involvement
  - Use "love"
    - ♦ Provide, listen, talk, affirm, accept
  - Use "limits"
    - ♦ Boundaries for acceptable behaviour, activities
- Top 10 ways to "exasperate" your kids
  1. over-\_\_\_\_\_
  2. \_\_\_\_\_ one over another
  3. never \_\_\_\_\_
  4. discourage by withholding \_\_\_\_\_
  5. failure to \_\_\_\_\_
  6. failure to allow \_\_\_\_\_
  7. neglect
  8. idle threat
  9. inconsistent \_\_\_\_\_
  10. excessive or \_\_\_\_\_ punishment