



FAMILY

LESSON 1

WHAT HEALTHY FAMILIES DO

HeartLine
CROSSLINE COMMUNITY CHURCH





Get Healthy: Family

Lesson One: What Healthy Families Do

Ask any woman, any age, to talk about her most important relationships and nine times out of ten she'll talk about her family. Our deepest joys and our deepest heartaches are inseparably linked to our "people", as my southern relatives like to call their kin.

Our people.

It's an apt description of the family. No matter where we go (or where *they* go), or what we do (or what *they* do), our family is forever ours. For good or for bad, those closest to us form how we think, how we relate, how we communicate, and how we function.

This is why it's vital to know how to create an emotionally, spiritually and relationally healthy family.

So, with the goal of creating a healthy family in mind, we'll begin at the beginning.

- 1. Let's talk about *your* beginning. What good thing(s) did you receive from your family of origin? What good thing(s) did you fail to receive? How has this affected your concept of a healthy family?**

Why should we start at the beginning, especially since the beginning was so, *so* long ago?

Just as your family marked you, the first family marked all mankind.

A peek at the beginning gives us a glimpse of how families—including yours—were *meant* to function. In a world where families struggle to function at all, much less function in a healthy way, an exploration of God's original design is crucial. Like seeing the completed picture on the cover of a puzzle box, a glimpse of God's design gives us a picture of how God wants families to function in a way where every member is connected, valued, cared for, and loved.

2. Read Genesis 2:18-25, written below, which details the beginning of the first family. Answer the following questions.

¹⁵The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

¹⁸The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

¹⁹Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam¹ no suitable helper was found. ²¹So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²²Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man.

²³The man said,

*"This is now bone of my bones
and flesh of my flesh;
she shall be called 'woman,'
for she was taken out of man."*

²⁴That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

²⁵Adam and his wife were both naked, and they felt no shame.

a. What did God say was *not good* (v. 18)? What did this propel God to do?

- **What does this tell you about how the family is intended to meet our aloneness need?**

b. Why do you think God had Adam name the animals before he made Eve? Look closely at the end of verse 20. What was the result?

- How do you think the exercise in naming the animals heightened Adam’s awareness of his need for a partner? How do you think this might have affected Eve’s value in his eyes?
 - What does this tell you about how family relationships are meant to meet our desire to be valued and wanted?
- c. Twice the passage describes the woman as a “suitable helper”. In other words, Eve was *needed*. How do you think this speaks to our longing to be appreciated?
- d. Examine Adam’s response when God brought Eve to him (v 23). Fill in the blanks below.

The man _____, “This is now bone of _____ bone, and flesh of _____ flesh”.

- Did Adam *think* these things or *say* these things? Why do you think this is important?
 - How does Adam’s response express affirmation and acceptance of Eve? How does it address the need to feel a sense of belonging?
 - Do you think Adam viewed Eve as his equal partner? Why or why not?
- e. Read verses 24 and 25, below. Underline the words and phrase that address the unity the first family experienced.

That is why a man leaves his father and mother and is united to his wife, and they become one flesh. ²⁵Adam and his wife were both naked, and they felt no shame.”

- f. **Do you think Adam and Eve experienced authentic intimacy? Why or why not?**
- **Do you think Eve felt accepted? Do you think Eve felt desired?**
 - **Do you think Adam felt accepted and desired? Why or why not?**
- g. **Look at Genesis 2:15-17 more closely. Healthy people have healthy boundaries. How did God's instructions give the original couple an opportunity to learn appropriate boundaries? Does this shed new light on why God placed one forbidden tree in the garden? If so, how?**

Ok, so let's see how the Biblical narrative relates to our—to *your*—family's needs.

3. What needs do you think a healthy family meets for its members?

I'm guessing your list probably included things like a sense of belonging, connectedness, value, acceptance and love. And you'd be right.

Did you know that every need the human soul requires to be healthy is present in the founding of the first family? A healthy family meets:

- Our need to connect (aleness need)
- Our need to be valued
- Our need to be appreciated
- Our need to be needed
- Our need to be wanted
- Our need to belong
- Our need to bond
- Our need to be known
- Our need to be unified
- Our need for acceptance
- Our need for affirmation
- Our need for intimacy
- Our need to be desired
- Our need for appropriate boundaries

I'm fairly certain your sense of wellbeing about your family of origin can be traced *directly* to whether or not these needs were met. I'm also certain that the extent to which these needs are met in your current family (as far as humanly possible) affects the health of your family, *right now*.

Ultimately, God meets our needs, but in His original design, He created the family through which He meets them. If family doesn't meet these needs, people look elsewhere. This is why it's essential to be proactive in how we relate as a family.

4. So let's jump right in, and assess the health of our family relationships. Using the list above as your guide, how well do you think your family is meeting the need for:

a. Connection?

1 (not at all) _____ 10 (highly)

b. Value?

1 (not at all) _____ 10 (highly)

c. Appreciation?

1 (not at all) _____ 10 (highly)

d. Belonging?

1 (not at all) _____ 10 (highly)

e. Bonding?

1 (not at all) _____ 10 (highly)

f. Being Known?

1 (not at all) _____ 10 (highly)

g. Unity?

1 (not at all) _____ 10 (highly)

h. Acceptance?

1 (not at all) _____ 10 (highly)

i. Affirmation?

1 (not at all)_____10 (highly)

j. Intimacy (Emotional &/or Physical)

1 (not at all)_____10 (highly)

k. Being Wanted/Desired?

1 (not at all)_____10 (highly)

If this leaves you discouraged, overwhelmed, or defeated because your family isn't perfect, *please hang in there*. As you certainly already know, Adam and Eve's family didn't stay perfect for long.

From that day, to this, no family is perfect. *But families can be healthy*. And that's where we're going.

Before we end, let's explore one more thing.

5. Who initiated the creation of Adam and Eve? Who brought Eve to Adam? What does this tell you about how many members make a healthy family?

If you answered "three" you are right. We typically think a family begins with man, a woman, and a child, but a healthy family begins with a husband, wife, and *God*.

If you are a believer, *God is* a part of your family, even if He's sometimes an overlooked member. Since God is part of your family, He is committed to do His part to help you live out the purpose He desires for your family. **Take a moment to pray to commit to do your part, as well.**

Life Application:

*(Note: **The Get Healthy Bible Study** series has no homework. Instead, you'll find Life Application at the end of each session. The Life Application is designed to help you put what you've learned into practice, so you and your family can become more healthy.*

- 1. Look back over your assessment of how your family is currently meeting the needs of its members. Pick one area that is not as healthy as it should be; be proactive in addressing this area this week. Be ready to share with your group.**
- 2. Review the assessment in question four, considering each family member, individually. Often a need will be met for one family member, but not for another. Take time to note whose needs have fallen through the cracks—and how.**
- 3. One of the most powerful things my family of origin did for me, and JP and I have done for our family, is pray. I don't say this flippantly. Beginning this week, pray for each family member, every day. Your prayer doesn't have to be long or fancy, just heartfelt.**
- 4. Pray for yourself. You can't *make* your family members healthy, but you can make a healthy contribution to your family's emotional, spiritual and relationship health. Commit to be the "suitable helper" your family members need to thrive. Make a conscious decision that during the next five weeks you will seek to meet the emotional, spiritual and physical needs of your family, rather than seek to have your family members meet yours. (You're the one in this Bible study, after all 😊.)**

Optional: Further Reading, Reflection and Bible Study

1. Read Proverbs 31:10-31, which is the description of an excellent wife. Make a list of what she does. Hint: Her actions can be divided into 1) her character 2) how she relates to her husband 3) how she cares for family 3) her work/professional ethic 4) how she cares for the needy
2. Re-read Proverbs 31:10-12 and 28-31. What stands out to you from these verses?

