



HEALTHY HOMES

resources for cultivating a godly home

**THE FAMILY DISCIPLESHIP RESOURCE OF LAKEWOOD
PARK MINISTRIES**

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THOUGHTS ON FAMILY MEALS

1. Dad has got to set the pace. He has got to lead by modeling thanksgiving for food and intimacy in conversation
2. Give assignments: train the kids to ask questions to other kids to encourage intimacy and learning about one another
3. Teach manners: don't let others dominate the conversation or talk over others
4. Encourage discussion of how the food tastes and how it glorifies God
5. Don't rush through the meal, take your time (but don't keep saying, "SLOW DOWN!!" either)
6. Allow yourselves time to sit and linger at the table. Try not to let other events creep into meal time. Schedule meals and protect them.
7. Laugh together. We can't laugh well while we are swallowing and chewing.
8. Tell stories. This helps keep the talking and listening going.
9. Serve vegetables/salad. This slows everything down for kids.
10. Do family devotions after dinner and wrap in the meal for practical application.

<https://www.thegospelcoalition.org/blogs/erik-raymond/what-is-the-purpose-of-your-dinner-table/>

THOUGHTS ON NEIGHBORING WELL

- Consider serving your neighbors
 - Mowing lawn/shoveling snow for elderly
 - Help the single mom with childcare
- Consider your perspective on financial giving
 - Do you have an “emergency fund” for needs of others?
 - Do you need to reevaluate the budget to buy more food to be more hospitable?
- Consider developing a prayer group in your neighborhood
- Consider a family short term mission trip
- Consider family service projects (ex. Take your dog to a nursing home)
- Consider how you can leverage the gifts of the rest of the church to bless someone
- Consider the holidays, and hospitality towards extended family
- Be creative with your passions, burdens, etc.

“Finally, meditate on the goodness of God. We were the orphan, but God adopted us into his family. We were the stranger without a country, but we have been brought into the kingdom. We were the widow, but Jesus has become our Groom. We were the poor, but we now have a glorious inheritance. We are pilgrims here on earth, but Jesus has gone to prepare a place for us. Marvel regularly at this grace, and remember that the proper response to God’s grace is grace—a lifetime of gratitude, generosity, and hospitality.”

-Tony Merida

A VISION FOR HEALTHY HOMES

The Scriptures, as well as the vast majority of church history, have identified the home as the most critical locus of discipleship. For that reason, we should not be surprised that homes are constantly under attack from the Enemy. As the Church, seeking to bring the Kingdom of God in a fuller measure to the world, we must take seriously the spiritual health of our homes. Our vision for healthy homes consists of developing three areas of focus:

HOMES AS CENTER FOR FORMATION

Our homes are the most constant source of discipleship. For many, we are more discipled by media than by the Bible. The church is intended to be a support to the discipleship of the home by equipping the saints for the work of ministry—but it is heads of the home that are responsible for the daily cultivating worship and formation in the faith.

HOMES AS CULTURAL FRONTLINES

As the culture continues to shift in a post-modern and post-Christian trajectory, homes will increasingly be the platform for engaging the world through hospitality and evangelism. Healthy homes will open their doors to their neighbors to engage with them and to share the love of Christ.

HOMES AS AN OASIS OF REST AND RENEWAL

The healthy home is a place of formation and outreach, but it is also a place of rest and renewal. The home should be a safeguard against the pace and chaos of the world. Healthy homes cultivate the peace of God and enjoys His rest.

A STRATEGY FOR HEALTHY HOMES

Healthy Homes is our strategy to equip homes to be the primary platform for discipleship. The following resources are designed to supply shorter and frequent training, as well as, deeper training opportunities throughout the year.

Healthy Homes Podcast- Healthy Homes Podcast is a weekly resource to provide intentional strategies for investing in your marriage and parenting. This podcast is on all major platforms.

Healthy Homes Newsletter- Healthy Homes Newsletter is a weekly email that links you to helpful resources and provides weekly devotional activities for your home.

Healthy Homes Equipping Videos- These monthly videos supply a more in-depth discussion on a variety of particular subjects—such as talking with teens, navigating conflict, intimacy in marriage, etc.

Healthy Homes Seminars- These quarterly seminars provide regular, in-person training. The live training allows for questions, discussion, and connection with other homes.

Healthy Homes Partnerships- Healthy homes need help—and that is what the church is for. Our children's and youth ministries are designed to partner with parents in discipline kids. Also, our Christian school provides a Biblically-integrated approach to every subject.

DISCUSSION PROMPTS FOR YOUR PARENTING

Questions to regularly ask your kids:

- What is difficult in life right now?
- How is your relationship with God right now? What are you learning?
- Is there sin in your life you are fighting?
- Do you feel more encouraged or more criticized by me?
- How are your relationships with others?
- What do you think I am most passionate about?
- Do you think I act the same while at church as I do at home?
- Do you know how much I love you?
- Have I sinned against you in any way?
- How am I doing as a mom/dad? (repent or explain why you do what you do?)
- What do you long for?
- How can I serve you?

Ask these diagnostic questions of yourself:

- Does my schedule communicate the importance of my children?
- When did I last have an intentional conversation with my child, that was not a result of wrong behavior from them?
- Would they see that Jesus is the priority in my life that I ask Him to be in theirs?
- How am I leading my children towards Jesus?

DISCUSSION PROMPTS FOR YOUR MARRIAGE

Questions for your marriage:

Ask the following:

- How has marriage been? Have we gotten into a rut or worse in any area of our relationship?
- How has communication been in this season of life? What practical steps could we implement?
- How has intimacy been in this season of life? What practical steps could we implement?
- Share how you feel convicted to grow as a Biblical husband or wife?
- How is technology impacting marriage? Does anything need to change?
- What practical rhythms could we consider to enhance our marriage?
- How can we grow together in our spiritual lives?
- Make real plans that are specific, put it on the calendar, and follow through!

MESSAGE NOTES: HOMES AS CENTER FOR FORMATION

MESSAGE NOTES: HOMES AS CULTURAL FRONTLINES

RESOURCES FOR THE HOME: MARRIAGES

- Stuart Scott, *The Exemplary Husband*
- Martha Peace, *The Excellent Wife*
- Rob Green, *Tying the Knot*
- Emerson Eggerichs, *Love & Respect*
- John Piper, *This Momentary Marriage*
- Tim Keller, *The Meaning of Marriage*
- Tim Keller and Kathy Keller, *The Meaning of Marriage: A Couple's Devotional*
- Robyn McKelvy, *Sick of Sex: Help for Ailing Intimacy*

“In any relationship, there will be frightening spells in which your feelings of love dry up. And when that happens you must remember that the essence of marriage is that it is a covenant, a commitment, a promise of future love. So what do you do? You do the acts of love, despite your lack of feeling. You may not feel tender, sympathetic, and eager to please, but in your actions you must BE tender, understanding, forgiving and helpful. And, if you do that, as time goes on you will not only get through the dry spells, but they will become less frequent and deep, and you will become more constant in your feelings. This is what can happen if you decide to love.”

— Timothy Keller, *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*

RESOURCES FOR THE HOME: PARENTING

- Jerrad Lopes, *Dad Tired and Loving It: Stumbling Your Way Through Spiritual Leadership*
- Stuart Scott and Martha Peace, *The Faithful Parent: A Biblical Guide to Raising a Family*
- William P. Farley, *Gospel-Powered Parenting: How the Gospel Shapes and Transforms Parenting*
- Lou Priolo, *Teach Them Diligently: How to Use the Scriptures in Child Training*
- Jaquelle Crowe, *This Changes Everything: How the Gospel Transforms the Teen Years*
- Lou Priolo, *Getting a Grip: The Heart of Anger Handbook for Teens*
- R. Kent Hughes and W. Carey Hughes, *Disciplines of a Godly Young Man*
- Ted Tripp, *Shepherding a Child's Heart*
- Jeremy Prior, *21 Insights to Guide Dads Through the Journey of Fatherhood*
- Erin Davis, *Beyond Bath Time: Embracing Motherhood as a Sacred Role*

Here's the hard reality: If we are amazing fathers but don't love our wives well, we will fail to give our kids everything they need. They need a great father, but that's only showing them one part of the Gospel. They also need a father who will take seriously the role of loving his wife the way Christ loves the Church. They need a daddy who relentlessly pursues their mom the way Jesus relentlessly pursue us. The most powerful picture you will give your children of being fully known and fully loved is to let them watch Mommy and Daddy fully know and fully love each other."

-Jerrad Lopes, *Dad Tired and Loving It*

MESSAGE NOTES: HOMES AS OASIS FOR REST AND RENEWAL

TIPS AND PRACTICES FOR FAMILY DISCIPLESHIP

Allow for freedom to create a structure that works for your home. It is not a cookie-cutter formula! Here are some ideas to consider:

- Include Bible and prayer
- Consider songs (Seeds Family Worship), memorization, videos (like Bible Project)
- Anything is better than nothing— Just do something
- The longer you wait, the more difficult and likely awkward it will feel to start— but start even if you are coming in late!
- If daily is too strong of a start, consider 2-3 nights a week
- Consider reading a chapter and praying in a circle
- Ask good questions
- It's ok to not have all the answers
- You are teaching the Scriptures, how to read the Scriptures, and how to value the Scriptures

Reflection Questions for Your Home:

- How is our hurried culture impacting your family?
- How is our technological age impacting your family?
- Jot down thoughts about a family mission statement— write one.
- Talk about steps towards sabbath rest
- How are family dinners going? What steps can you take to guard them or to reclaim them?
- What significant event is coming up that you can celebrate in a unique way to form your family?

RESOURCES FOR THE HOME: SPIRITUAL FORMATION

- Ken Sande, *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*
- William P. Smith, *Loving Well: Even If You Haven't Been*
- Tim Challies, *The Next Story: Life and Faith After the Digital Explosion*
- John Mark Comer, *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*
- Matt Chandler and Adam Griffin, *Family Discipleship: Leading Your Home Through Time, Moments, and Milestones*
- Jeremy Prior, *Family Revision: How Ancient Wisdom Can Heal the Modern Family*
- Russell Moore, *Onward: Engaging the Culture Without Losing the Gospel*
- Grant Horner, *Meaning at the Movies: Becoming a Discerning Viewer*
- Tim Challies, *Sexual Detox: A Guide for Guys Who Are Sick of Porn*
- Justin Earley, *The Common Rule: Habits of Purpose in an Age of Distraction*
- A.J. Swoboda, *Subversive Sabbath: The Surprising Power of Rest in a Nonstop World*
- Rosaria Butterfield, *The Gospel Comes with a Housekey*
- Christine Pohl, *Making Room: Recovering Hospitality as a Christian Tradition*
- Douglas McKelvey, *Every Moment Holy*