

HEALTHY-ER FAMILY

DISCUSSION GUIDE 2

ABOUT THIS SERIES

If you could change one thing to have a healthier family, what would it be?

Whether you're starting a new family, or you're in a family now, during our series called "Healthy-er Family" you'll look through a Biblical lens to rethink what a healthy family looks like and leave behind some of the unhealthy expectations we can have of a family.

You can't make your family perfect, but here's how you can make it healthy-er.

ITEMS NEEDED

☐ Bibles

CHECKLIST BEFORE YOUR GROUP ARRIVES

- | | | |
|--|--|--|
| ☐ Pray for your group | ☐ Read through the Discussion Guide | ☐ Refreshments (optional) |
| ☐ Clean meeting area | ☐ Clean bathroom | ☐ Crack the front door |

OPENING (10 MIN)

After a general welcome, say: Hey friends, let's get started with an icebreaker.

WHICH WOULD PUT YOU IN A BAD ATTITUDE FASTER?

DISRESPECTFUL KIDS OR BAD CUSTOMER SERVICE?

BEING HUNGRY OR BEING TIRED?

WAKING UP LATE OR WAKING UP WITH NECK PAIN?

NEXT, WHICH WOULD PUT YOU IN A GOOD ATTITUDE FASTER?

GOOD JOKE OR GOOD CUSTOMER SERVICE?

A DISCOUNT AT CHECKOUT OR A WALK IN THE SUNLIGHT?

A HANDMADE CARD FROM A CHILD OR A HOME-COOKED MEAL?

After a discussion, say: No one sees the ups and downs of our attitude like our family. Equally true, few things can affect the health of a family like our attitudes.

Today, we're going to talk about the things we can do to improve our attitude towards our family as we continue our series *Healthy-er Family*. Because even if your family isn't always perfect, it can always be healthy-er.

But first, let's pray.

OPENING PRAYER (1 MIN)

Host, lead the group in prayer, asking God to bless your time together.

HEALTHY-ER ROLES (3-5 MIN)

After a prayer, say: It's hard to talk about our week 2 topic of the roles in a Healthy-er Family if anyone didn't hear the message. So, I encourage you to go back and listen to that if you haven't already. As a brief discussion, though—

WHAT ARE THE ROLES YOU HAVE IN YOUR HOME? WHAT'S THE DIVISION OF DUTIES?

After a discussion, say: One point in the message from week two is that God has gifted each of us for that role.

DO YOU FEEL GIFTED BY GOD FOR THE ROLES YOU HAVE, AND DO YOU FEEL UNDERQUALIFIED FOR ANY OF THE ROLES YOU HAVE?

HEALTHY-ER ATTITUDE (10-15 MIN)

After a discussion, say: Week 3 of our series got into the attitudes of a Healthy-er Family. But first, let's get a working definition.

HOW WOULD YOU DEFINE "ATTITUDE"?

As we saw in our icebreaker, more often than not our attitude has a cause. Something makes us feel good or bad. For a Christian, and for Christian families, our attitude should be caused by Christ.

CAN SOMEONE READ PHILIPPIANS 2:1-11 ALOUD FOR US?

WHAT WORD OR PHRASE STANDS OUT TO YOU?

WHAT'S THE ATTITUDE JESUS HAD TO LEAVE A THRONE?

WHAT'S THE ATTITUDE JESUS HAD TO BECOME A SLAVE?

WHAT'S THE ATTITUDE JESUS HAD TO BE EXECUTED ON A CROSS AS A CRIMINAL?

After the reading, say: Paul isn't just saying we should have the same attitude as Christ, he's also saying we should let Christ change our attitude. Because when the cross is the cause of our attitude, it changes how we respond to a situation. Let's tease this out—

IF THE CROSS IS THE CAUSE OF YOUR ATTITUDE, HOW DOES IT CHANGE THE WAY YOU RESPOND IN THESE SITUATIONS FROM OUR ICEBREAKER:

DISRESPECTFUL KIDS?

BAD CUSTOMER SERVICE?

BEING TIRED?

After a discussion, say: You can see how a Christ-like attitude transforms a family. Suddenly, kids serve, spouses honor, parents endure, all because the cross is the cause of their attitude.

CLOSING PRAYER (5 – 7 MIN)

We'll close our time together by asking God to help us make the cross the cause of our attitudes in our homes. But first—

ARE THERE ANY OTHER PRAYER REQUESTS?

Host, after taking prayer requests, close the group in prayer.