



# Shepherd Care®

To Care for People Where They Live and Work

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## COMMUNITY Care TOPIC

### Healthy Family Life

What do you think of when I ask you a question- What does a healthy family look like?

No doubt some may think of "Leave it to Beaver" or "The Cosby Show." The truth is that all families are unique, but successful families have some key elements that help make them strong and lasting.

#### Key Characteristics & Skills

Let us take a look at some key ingredients of a Healthy Family Life.

- Commitment/Connection- respect, bonding, enjoyment, and love.
- Time Together- common and large amounts (Ex: family game night & meals).
- Communication- clear, open, frequent, honest, decision-making.
- Appreciation & Encouragement- build, plant and fill up the tank.
- Performance of Roles- change, grow, realistic, defined & flexible (Ex: husband & father, wife & mom).
- Spiritual Wellness- faith, ethics, hope, integrity, self-esteem, and purpose.

The Bible has encouraging information found in Ephesians chapters 5 & 6.

- Community Involvement- neighbors, school, church, or civic group participation. (Note: extended families- grandparents, uncles & aunts). *African proverb- "It takes a whole village to raise a child."*
- Ability to Cope with Stress & Crisis- realistic limits, support, and responsibility.

Remember that there is no perfect marriage or family. Each family is a *work in progress*. That means that healing and growth takes time, patience, effort, practice, and forgiveness.

Introducing your Community Chaplain

**Eric Kieselbach**

(pronounced "key-sill-baa")

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"A man should never neglect his family for business."  
**Walt Disney**

"And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together (not stop being and acting like a family), as the manner of some is; but exhorting (*encouraging*) one another: and so much the more, as ye see the day approaching."  
**Hebrews 10:24-25**

All Scripture quotations, except otherwise noted, are from the King James Version of the Holy Bible, (Cambridge: Cambridge) 1769. Public Domain.

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