

Community Care Topic

Revision Date:
September 6, 2018

Shepherd Care, 730 Corn Tassel Trail, Martinsville, VA 24112, (276) 340-1219, www.shepherdcarefiles.com

Shepherd Care is an IRS approved 501 (c) 3 Non-profit organization. Fed ID Number 27-1081238. All contributions are tax deductible.

Introducing your
Community Chaplain
Eric Kieselbach
(pronounced "key-sill-
baa")
Email:
eric@shepherdcarefiles.com

This Care Mail Topic can be distributed electronically and shared as a photocopy. Please contact your community chaplain at any time for additional resources and for any type of personal crisis support. The service is provided by Shepherd Care and is completely confidential. Please also visit the Shepherd Care website for more helpful resources.



"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

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.