

The Christian Family At The 21st Century

Unit 5

“Fostering Constructive Problem Solving”

Opening Prayer:

Dear Heavenly Father, thank you for the example you set for us by solving the ultimate problem of death through sin, with the eternal solution of life through Jesus. Help us to follow your example in our lives and in our families. In Jesus' name we pray. Amen.

Unit Goal: To strengthen the family through God's Word by developing empathic communication as a means to foster problem solving.

Key Scripture: “For God so loved the world . . . “ - John 3:16

Unit Lessons:

1. God-pleasing Decisions

- Proverbs 14:2
- Luke 10:25-37
- Genesis 13:8-13
- I Peter 2:17

Discuss: What makes a decision God-pleasing?

2. Developing a Nurturing Attitude Toward People

- Proverbs 10:21
- Galatians 5:13-15
- Proverbs 11:27

Discuss: List three ways you could “nurture” your family.

3. Practice Empathic Communication

- John 11:35
- Proverbs 14: 21 & 31

Discuss: What does it mean to be “empathic?” Give examples of empathic listening.

4. Listen to Understand

- Proverbs 4:7
- Proverbs 19:20
- Proverbs 11:12
- Acts 15:36-41

Discuss: What is the difference between listening and hearing?

5. Applying the Golden Rule

- Proverbs 11:24
- Matthew 5:9
- Philippians 2:3

Discuss: When a family member is being disagreeable, how can seeing beyond the behavior of the moment help you apply the Golden Rule?

Unit Activities:

- The “un” game - cards which allow family members to say things about each other - compliments - always positives.
- “What do I appreciate about you?” game - determine two things to say.
- “listening skills practice” - have family members say something , demonstrate eye contact, have other member repeat what was said, practice dealing with interruptions

Unit Commitment: Each participant is invited to write a personal goal, which blessed by God, will further individual and family growth.

Unit Song: "Oh, Blest The House Whate'er Befall"

Oh, blest the house whate'er befall, Where Jesus Christ is all in all;
A home that is not wholly his, How sad and dark and poor it is!

Oh, blest the parents who give heed, Unto their children's foremost need;
Any weary not of care or cost, May none to them and heaven be lost!

Blest such a house, it prospers well; In peace and joy the parents dwell;
And in their children's lives is shown, How richly God can bless his own.

Closing Prayer

Dear Father in heaven, thank you for sending your son to death on the cross and showing your unselfish love to us. When conflicts arise, help us to choose solutions pleasing to you. Help us to model your unselfish love in all our dealings with our everyone. Bless our efforts as we strive to live at peace and in harmony with all those with whom we live and work. In your holy name, we pray. Amen.

