

The Christian Family At The 21st Century

Unit 8 “Growing Through Renewal”

Opening Prayer:

Father of all families, we are concerned for our family relationships as we realize how sin continues to ravage the world around us. Through your Word, lead us to renew our bonds of family in ways that focus on you and nurture our souls, minds, emotions and bodies in ways that please you. In Jesus' name we pray. Amen.

Unit Goal: To help our Christian family continue to grow spiritually, mentally physically, socially and emotionally.

Key Scripture: “Those who hope in the Lord will renew their strength.” Isaiah 40:31

Unit Lessons:

1. The Christian Family - Spiritual Renewal

- Acts 17:11 (Devotions) - Psalm 122:1 (Bible Class)
- Psalm 23:6, Exodus 20:8 (Church Attendance)
- Acts 6:3 (Serving at church)

Discuss: What are some resources and traditions our families can use to grow spiritually?

2. The Christian Family - Mental Renewal

- Philippians 4:7 (Peace of God) - Proverbs 2:1-6 (Listen to wisdom)
- Isaiah 53:6 (Recognize we've gone astray)
- Psalm 1 (Delight in the Law of the Lord)

Discuss: What are some resources and traditions our families can use to grow mentally?

3. The Christian Family - Physical Renewal

- I Corinthians 6:19, 20 (Honor to God and one's body)
- Matthew 6:25-34 - I Timothy 4:8 - Isaiah 57:10

Discuss: What are some resources and traditions our families can use to grow physically?

4. The Christian Family - Social Renewal

- Proverbs 17:17 (Friends) - Proverbs 15:30 (Cheerful look)
- Matthew 22:39 (Love to Neighbor) - I Corinthians 13:4 ff
- Ephesians 5:22-28

Discuss: What are some resources and traditions our families can use to grow socially?

5. The Christian Family - Emotional Renewal

- Ecclesiastes 3:4 (Learn to laugh)
- I Corinthians 6:6 (Affirm one another)
- Matthew 6:25-34 (Learn not to worry)
- Psalm 46:10 (Relax - God is in control)

Discuss: What are some resources and traditions our families can use to grow emotionally?

Unit Activities:

- Each family member choose a dream vacation and tell why it is good for the family.
- Celebrate baptisms, confirmations, anniversaries, birthdays, etc.
- Volunteer as a family to do some service project at church.

- Prayer at supper (designated prayer person and “add-on” prayers).
- Bible Brain Quest and Bible Trivia Pursuit
- Sponsor a child in a foreign country.
- Be faithful in worship and Bible study as a family.
- Family work project

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

Unit Song: “On Eagles’ Wings”

You who dwell in the shelter of the Lord, who abide in his shadow for life, say to the Lord: “My refuge, my rock in whom I trust!”

Snares of the fowler will never capture you, and famine will bring you no fear; under his wings your refuge, His faithfulness your shield.

For to his angels he’s given a command to guard you in all your ways; upon their hands they will bear you up, lest you dash your foot against a stone.

And he will raise you up on eagles’ wings, bear you on the breath of dawn, make you to shine like the sun, and hold you in the palm of his hand.

Closing Prayer

Dear Father in heaven, we thank you for the blessings of our family relationships. Help us cherish these bonds and lead us to strengthen and renew our spiritual, mental, emotional, social and physical family relationships. In Jesus’ name. Amen.

