



Family Activity Worksheet

House on the Rock Family Ministries

July 31, 2010

"How to Affirm Your Family"

Listed below are some characteristics of a healthy and strong family.

- During a family mealtime, read some of the list and ask each family member if any of these ideas hold true to your family ... give examples ... share memories, etc ... do about 5 statements per meal. Your goal is to affirm your family's strengths and to educate your family so that you can grow even stronger.

Catch each other being and doing good ... instead of focusing on the bad. Learn how to argue without losing your temper. Have you eliminated anger and violence from your relationships?

- Deal with problems, as they surface, don't let them build up.
- Make family a top priority on your schedule and when the schedule gets tough, family wins.
- Make time for informal conversations about feelings, intentions, thoughts, experiences, and actions.
- Spend lots of time doing things together as a family ... help each other try new things.
- Your family has a positive view of life. You speak about character and growth more than failures.
- You tell "family" stories about your parents and your childhood, even if your children are tired of hearing them.
- Do something special with your spouse each week - make a date, even if it's just a walk around the block.
- Don't label your family members ... allow each person to grow and change.
- We appreciate each person in our family. Even with our faults, we're proud of our family. We feel blessed.
- We have learned and practice an effective way to resolve conflicts.
- Seek and get help with problems and frustrations before they become full-blown crises.
- Find a purpose, or mission, in your lives that are worth fighting for, and work at it together.
- Learn when to be flexible and when to be firm.
- Develop team spirit around the house. Helping out teaches everyone responsibility. It's a mark of maturity.
- You have heart-to-heart informal talks with each family member on a regular basis.

- Pray with each family member on a regular basis.
- Find healthy ways of dealing with stress - prayer, music, exercise, relaxation, humor, worship, pets, etc.
- Your family is aware of the rules and expectations at home, though rules may be challenged, they are respected.
- Find ways to have fun together on a regular basis.
- Eat at least one meal a day together.
- Attend church regularly ... be involved at church.
- Plan and take regular family vacations.
- Develop family traditions, Birthdays, Christmas, Thanksgiving, Anniversaries, etc.
- Learn how to bless each member of your family, and you give blessings regularly.
- We have cried with a family member in recent months, we have laughed with a family member in recent days.
- Share your work life. You let your children see you at work and meet your co-workers.
- Keep your own passion for life alive.
- Share successes as a family, talking about the good things that happen during the day.
- Share inspirational stories of people that have demonstrated the values you appreciate.
- Honor your children's creations...designate an area (fridge) for displaying their works, awards, and schedules.
- Speak openly about your faith and walk with God.
- Find ways to talk with your children about tough issues like drugs, sex, race, honor, and death.
- Every once in a while you do something crazy with your family.
- When your family faces a crisis, you pull together and find a way to deal with it successfully.
- When you make promises you keep them.
- Dad is involved with the children. He is the family leader.
- You feel safe and secure within your home.
- You have a challenging, but fulfilling marriage.

***Pebbles of Truth** is a ministry of House on the Rock Family Ministries (www.hotrfm.org). This worksheet is designed to complement the Pebbles of Truth radio feature heard on WJTL Saturday, July 31, 2010. If you missed the spot, or want to hear it again, you can listen to it on our website <http://www.pebblesoftruth.com>.*