

**DONELSON
FIRST**

**FAMILY
STRONG
SERIES**

BOOKLET



**FAMILY
STRONG**

**GOD'S BLUEPRINT FOR
THE FAMILY**

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WEEK 1: A BLUEPRINT FOR A STRONG FAMILY

So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Genesis 1:27-28



THE BIG IDEA

I am made for my family &
my family is made for me.

FAMILY FOCUS

How has God made each of us in
our family for one another?



FOUNDATIONAL PRINCIPLES FOR MY FAMILY

My family is God's masterpiece.

Of all that God created, He was really showing off when He made my family.

My family is Satan's battlefield.

Satan hates my family. He does not want my family to be strong. Satan knows what trips me up. I need to know too. And, I need a game plan.

My family is not a perfect family. My family is a perfect family for me.

To remain family strong amidst the drama & noise of life requires a strategy.

My family remains strong when we follow the right blueprint.

God has given us a blueprint for the family- His Word.

My family has an eternal purpose: To bring God glory.

What's my verse? (Agree on a verse that will serve as my family's verse.)

WEEK 2: GOD'S WORD IS THE BLUEPRINT FOR MY FAMILY

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17



THE BIG IDEA

As Christ followers, our family must filter every belief, conviction, & decision through the lens of this one question:
What does God's Word say?

FAMILY FOCUS

What's my verse?

THE CHALLENGE

Create a Family Mission Statement



GOD'S BLUEPRINT FOR FAMILY STRONG FAMILIES

The Word is the Way.

Everything begins here. The bible is truth. The bible is never wrong. The bible is the infallible word of God.

Getting into the Word together will change your family for the better.

Getting into the Word together is a decision that can radically change my family.

There is no worldly knowledge, acclaim, success, or accomplishments that can replace what God's Word can do for my family.

The world and all its rewards will never satisfy my family. Only God's Word offers lasting satisfaction.

We must rely on the Word like we rely on oxygen.

We cannot live without oxygen. We cannot live as God intended without His Word.

Discover who God wants my family to be.

My family has a mission that no other family can have because no two families are the same.

WEEK 3: MARRIAGE

The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.

Genesis 2:23-25



THE BIG IDEA

Becoming family strong in my marriage is a daily process of:

1. Placing my spouse before me.
2. Placing God before my spouse.

FAMILY FOCUS

How do I hold firmly to what the bible teaches and not seem judgmental?



TOP 10 RESPONSIBILITIES FOR FAMILY STRONG MARRIAGES

10. Talk about everything.
9. Have no-tech moments.
8. Have intimate connection-moments every day.
7. Complement one another.
6. Date nights.
5. Never stop trying to make my marriage stronger.
4. Be in the Word together... often.
3. Pray with my spouse + pray for my spouse.
2. Forgive + offer forgiveness... and then forget it.
1. Say "I love you" every day in many ways.

MARRIAGE PROVIDES A COMPLETENESS THE WORLD NEVER CAN. MARRIAGE IS GOD'S DESIGN, NOT OURS. MARRIAGE IS COPYWRITTEN BY GOD. WHO AM I TO TRY AND CHANGE THE COPYRIGHT? I CANNOT! ANY RELATIONSHIP OUTSIDE THE PARAMETERS GOD ESTABLISHED IS SIN AND IS NOT A PART OF GOD'S PLAN.



WEEK 4: A FAMILY STRONG WIFE

Wives, submit yourselves to your husbands, as is fitting in the Lord.
Colossians 3:18



THE **BIG** IDEA

I am uniquely made
for my husband.

FAMILY FOCUS

How can we be accountable
to + for one another?



THE TOP 5 NEEDS OF MY HUSBAND

5. He needs my support.
4. He needs my respect.
3. He needs my affection.
2. He needs my accountability.
1. He needs my prayers.

WEEK 5: A FAMILY STRONG HUSBAND

For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church – for we are members of his body.

Ephesians 5:23–30



THE BIG IDEA

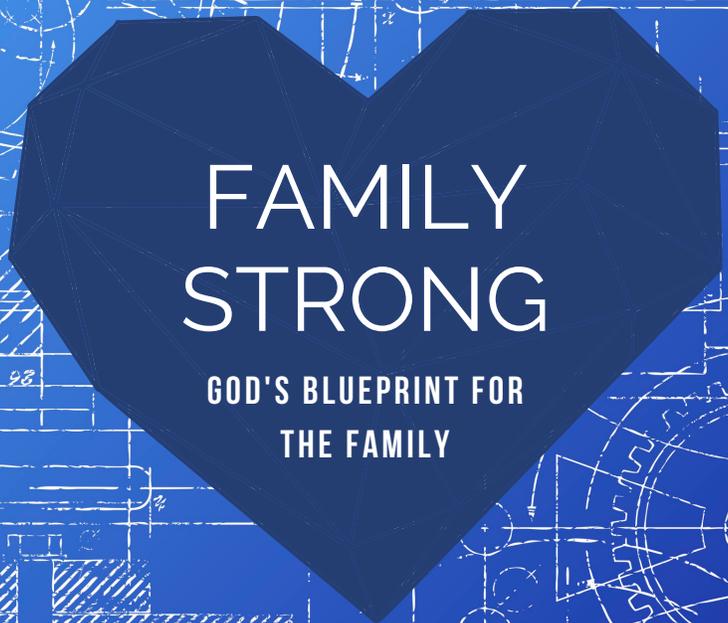
I love my wife as Christ
loves the church.

FAMILY FOCUS

This is why I love you...

FAMILY FOCUS FOR HUSBANDS

How can I raise the spiritual
temperature in our home this week?



HOW HUSBANDS MUST LOVE

1 Calling

This is my call as a husband – to love like Jesus as I spiritually lead my wife.

2. Courage

It takes courage to love my wife unconditionally.

3. Commitment

I must give myself up every day to love my wife.

4. Consistent

It is impossible to love my wife like Jesus if I am not spending time with Jesus.

5. Character

What am I doing to help my wife be radiant, holy + blameless?

WEEK 6: A FAMILY STRONG MOTHER

The righteous cry out and the
Lord hears them.
Psalm 34:17



THE BIG IDEA

The love a mother has for a child is overwhelming + good.

FAMILY FOCUS

Why is character important to our family?



HOW MOTHERS LOVE WELL

1. A Family Strong mother prays.

One of the greatest ways I can love my children is to pray for them.

2. A Family Strong mother maintains her integrity.

In an ever-shifting world, my integrity as a mother is a game-changer for my children.

3. A Family Strong mother manages the calendar.

My kids don't have to be involved in everything. I maintain control when I control the calendar.

4. A Family Strong mother understands the importance of legacy.

My kids are watching my lead. I live a legacy worth remembering when I live a life worth following.

WEEK 7: A FAMILY STRONG FATHER

Now fear the Lord and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt and serve the Lord. But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.

Joshua 24:14-15



THE BIG IDEA

Fathers set the spiritual pace in the home.

FAMILY FOCUS

How can I be a more involved father?



HOW FATHERS LEAD WELL

1. Calendar.

To lead well as a father, I must be led well. Get my alone time with God on my calendar.

2. Consistent.

Like any healthy habit in life, it won't become habit if I don't consistently work at it.

3. Concentrate.

Focus is critical. Know the distractions in my life so I can be intentional about silencing the distractions.

4. Cancel.

Satan is going to work hard to beat me up. His mode of operation is to lie to me. Cancel (ignore) the lies from the enemy.

5. Continue.

If I miss a day getting alone with God, it's all okay. Continue tomorrow.

WEEK 8: THE FIGHT FOR OUR CHILDREN

We do not know what to do, but
our eyes are on you.
2 Chronicles 20:12



THE BIG IDEA

What must I do to reach the
next generation?

FAMILY FOCUS

Culture is a drug. We're all
getting juiced just enough to
keep wanting more.



STOP THE CYCLE + FIGHT FOR MY KIDS

1. My family will fix our eyes on God.

I can't cherry pick God's Word. I must set a biblical
example in the home that celebrates all of God's
Word... no matter how unpopular to the world.



2. My family will unite with God.

This is not the time for us to cower. This is not the time for us to
remain silent. As families, and as the Church, we must remain united.

3. My family will praise God.

I can help my kids & family be victorious by praising God in the
way I live. My family and my kids are counting on me to lead well.

WEEK 9: INTIMACY WITHIN MY FAMILY

Love never fails.
1 Corinthians 13



**THE
BIG
IDEA**

Deeply love my family.

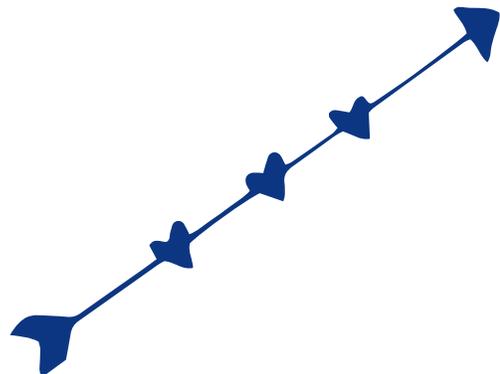
FAMILY FOCUS

How can I intimately show kindness to my family today?



FAMILY IS WHERE GOD INTENDS FOR TRUE INTIMACY TO THRIVE I MUST:

1. Love my family with patience.
2. Love my family with kindness.
3. Love my family with humility.



WEEK 10: WE WILL BE FAMILY STRONG

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Psalm 91:1-2



THE BIG IDEA

My family will be Family Strong as we:

FAMILY FOCUS

What is our plan to spend consistent time as a family dwelling on God?



REMAINING FAMILY STRONG

1. My family must dwell on God.
2. Satan has no authority over my family.
3. There is no greater accolade in this life than to be honored by the living God.

