

## Family Ministry Mission Statement

### To:

Equip couples with biblical principles and tools

### In order to:

Build long-lasting marriages and strong families

### Through:

- Relevant and practical bible studies,
- Regular fellowship activities, and
- A focused mentoring program.

## Objectives

1. Meet weekly for fellowship and Bible discussion.
2. Maintain a program for our children that will be held concurrently with our Bible discussion.
3. Create relationship growth objectives for couples to strive for in the following areas: spiritual, physical, social, financial, and at work.
4. Establish mentoring relationships among our group in order to support, strengthen, and encourage one another to grow.

Times and locations may vary from week to week. Please text or call Jay Manimtim for times and locations at (204) 515-7415.

**Central church of Christ**  
[winnipegchurch.ca](http://winnipegchurch.ca)

# Building *godly* families



## WEEKLY BIBLE STUDY AND FELLOWSHIP FOR YOUNG COUPLES AND FAMILIES

*“Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion... Again, if two lie down together, they will keep warm; but how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.”*  
*Ecclesiastes 4:9-12*

Bible discussion sessions on how to strengthen our relationships with our spouses, children, brethren, and with God.

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## DISCUSSION TOPICS

### RELATIONSHIP

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- 1: Love and respect.** *We will seek to truly understand God's charge to wives and husbands to love and respect each other and discuss what this looks like in our lives today.*
  - 2: Decision-making.** *We'll analyze ways to approach decision-making as a couple in the areas of parenting, managing resources, family activities, and dealing with relatives and friends.*
  - 3: Expressing our love.** *We will be acquainted with the five love languages in an effort to understand our spouses and ourselves.*
  - 4: Communication.** *How do we disagree and still hold hands while doing so? We'll discuss different communication styles and how to get to know each other's needs and expectations. Know how to express and interpret our emotions, deal with anger and promote healthy discussions rather than angry arguments.*
  - 5: Money matters.** *We will discuss how we can store treasures in heaven while living on earth as we share budgeting tips, distinguish between needs versus wants, and set priorities as a couple.*
  - 6: Work-life balance.** *We will look at how we spend our time and discuss the balance between work and family as well as alone versus couple time.*
  - 7: Intimacy and sex.** *Trust and loyalty are extremely important in any relationship. We discuss the importance of intimacy and how to maintain it in our married lives. We will discuss God's intent for us as couples and the challenges and opportunities presented by today's technology and media.*
  - 8: Chores.** *We share ideas on dividing the housework, adjusting our expectations and managing the home.*
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### PARENTING

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- 1: Bringing up children in God.** *Parents ought to bring up godly children (Proverbs 22:6). This important concept becomes more and more challenging in our ever-changing society. We discuss basic biblical concepts to help our children grow spiritually.*
  - 2: Raising happy children.** *God admonishes us not to exasperate our children (Ephesians 6:4). What does this mean? How do we do it? We will discuss our roles as parents, and some challenges in parenting.*
  - 3: Discipline.** *Effective biblical discipline is key in successful parenting. It is the manner in which we can help ensure that our children turn into the salt of the earth and the light of world that God wants them to be.*
  - 4: Our children's emotions.** *We discuss ways in which we can help our children successfully process and deal with their emotions.*
  - 5: Technology.** *Technology is everywhere – from cable TV, social media, and gadgets, to video games and cyber-bullying. The challenge for us is to inform our children about the pitfalls and how they can have a balanced appetite for screen time.*
  - 6: Sexuality.** *We will look into how we can guide our sons and daughters to respond well to sexual attraction, and help them to stay pure in a highly sexualized society.*
  - 7: Quality time with our children.** *Spending quality time with our children is particularly crucial in building their self-esteem and in teaching them values as they see our examples.*
  - 8: Responsibility.** *A huge part of raising godly children is teaching them to take on responsibility and to have initiative. It is always a joy to have children who contribute to society!*
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### SPIRITUAL GROWTH

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- 1: Growing spiritually.** *Spiritual growth has been appointed for us as Christians (2 Corinthians 9:10; Ephesians 4:15; Colossians 1:10). We are not alone in this endeavour; the Holy Spirit is involved as he perfects his work in us (Galatians 5:22-23)!*
  - 2: Self-esteem.** *If we are to help our children have a healthy view of themselves and proper attitude concerning their value in God, we parents will need to first ensure that our own self-esteem is healthy in God. We will discuss the basis of our self-esteem and how we can we can develop it.*
  - 3: Forgiveness.** *Sometimes, it is not easy to forgive the ones we love the most, even ourselves. A great marriage is the union of two good forgivers, and in this lesson, we will learn about the crux of our salvation as applied in our family life.*
  - 4: Worrying and stress.** *It is easy to worry when things are not well in our families. We will explore God's rich word so that we can overcome this deception and distraction from the devil.*
  - 5: Materialism.** *One of the biggest hindrances of spiritual growth is materialism, which is a key source of our anxiety, doubt, worldliness, and fear.*
  - 6: Serving the church.** *Parents are extremely busy, but we still have lots to offer our church family in our own ministries.*
  - 7: Fellowship.** *Spiritual growth happens exponentially when we spend quality time with our brothers and sisters as we seek to have meaningful relationships.*
  - 8: Prayer life.** *It has been said that prayer is as important to Christians as oxygen is to humans. If we are to be the husband, wife, or parent that we ought to be, we need to pray continually (1 Thessalonians 5:16-18)!*
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