



BOOK

7

FAMILY LIFE

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# GLC ESSENTIALS

## **BOOK 7: FAMILY LIFE**

4th Edition

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# INTRODUCTION

Welcome to this final module in the GLC Essentials Series! We thank God that you and your small group have reached this far in your discipleship journey. More importantly, we pray that you continue to apply God's truth from the lessons in Books 1-7 in your daily life.

Today, it is quite common to hear of separation and divorce, broken families, pre-marital sex and substance abuse among the youth. But how do we counter the attacks on our families? What is God's design for the family?

We will address these questions and more as we go through Book 7 Family Life. In this module, we will explore God's plan and purpose for the families. Know and follow God's no-fail blueprint for a Christ-centered, successful and satisfying relationship between husband and wife, parents and children, and between siblings. Learn about leaving a positive and lasting legacy for the next generation. Whether single or married, young or old, this all-time favorite GLC module will help you improve your family life no matter what your current situation is.

So get yourself ready for a family adventure of a lifetime!

# HOW TO USE THIS WORKBOOK

This workbook is for the GLC Essentials Book 7: Family Life Bible study for small groups. It can be used as a stand-alone Bible study guide. There is also a video teaching resource that you can access and watch for free at [glc.ccf.org.ph](http://glc.ccf.org.ph) then click Resources.

Please note that this workbook is the most updated version of Book 7: Family Life lessons and the video you will be watching may not be in full correspondence with the fill-ins (answers for the blank spaces) asked for in the workbook. For better study and facilitation of this module, you may check what the fill-ins are from the Suggested Answers section at the back of this workbook. You are highly encouraged to do so only after you have seen the video.

Remember that the learning process is much more than just knowing the right answers to the blank spaces in this workbook. Obedience to God's truth through life application is more important. As we apply the lessons from Book 7: Family Life, we will experience greater intimacy with Jesus Christ and more fruitfulness for His glory.

If you are a small group servant/facilitator, all you have to do is make sure that you do a personal Bible study using this workbook and the corresponding video ahead of your small group meeting. Encourage your group members to have their own workbooks and to watch the video either before your meeting, or at your meeting. Do not divert the teaching topic – stick to what is in the workbook. The workbook includes the Bible lesson and individual and small group learning activities to help you get the most out of your meetings. There are four parts in each session: Explore, Examine, Express, and Experience.

- **Explore** — contains individual and small group activities that help prepare you for the Bible study.
- **Examine** — this is where you go through the Bible lesson with your group.
- **Express** — this is where the members of the group get a chance to express more of their insights, questions and thoughts about the Bible lesson. They can do it by writing, doodling or drawing, and sharing to the rest of the group.
- **Experience** — this section is accomplished outside the group meeting time. There are suggested individual or group Life Apps that will hopefully help you experience life transformation as you apply God's truth in practical ways.

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As you begin, please remember that this workbook is just a tool designed for us to make disciples. We need to depend on the Holy Spirit to teach us God's truth and transform our hearts and those of our disciples as we go through the module.

SESSION 1

# GOD'S DESIGN FOR THE FAMILY

# EXPLORE

## Family Links

Who is the family member being described in the following Family Links? Answers are found in Appendix A.

- 1. All in the Family.** This person is the child of your parents, a sibling of your brothers and sisters but is not your sibling. Who is this person?
- 2. The Unica-Unico Family.** You are the only child of the twin brother of your Aunt Vicky. Ed is the son-in-law of the only grandson of your grandfather. Aunt Vicky is the only daughter of Mr. Hilario and she is still unmarried.
  - a. Who is Mr. Hilario?
  - b. Who is Ed?
- 3. Twins and Twists.** Cecil was born on the same date as Bambi. Cecil is the younger daughter of the twin brother of Bambi's mother. Vivian is the younger of the twin daughters of Mr. and Mrs. Joseph and Debbie Gutierrez. Gio married the older daughter of Bambi's Uncle Joseph.
  - a. How is Gio related to Vivian?
  - b. How is Vivian related to Cecil?
  - c. What is the relationship of Gio and Cecil?
  - d. What is the relationship of Bambi with Vivian and Cecil?

## LEARNING NUGGET

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However complex or complicated our family tree is, family is important. Our family members deserve our best time and attention.



## I. The Family is Under Attack

“As the family goes, so goes the nation.”

ZIG ZIGLAR

### A. How is the family under attack? Here are some examples;<sup>1</sup>

- 14 million Filipinos are solo parents
- 1 out of 3 youths have already engaged in premarital sex
- 1 out of 10 teenagers have become mothers

### B. What are the attacks on the family in the 21st Century, especially in the Philippines?

- Single parent homes
- Divorce or Annulment
- Wrong values
- Live-in or cohabitation
- Premarital sex and teenage pregnancy
- Gender confusion and same-sex marriages
- Addiction to: internet, games
- Pornography
- Substance abuse
- Media content (permeated with sex, violence and storylines that go against healthy, godly marriage and family values)

The British anthropologist by the name of John Unwin studied over 87 civilizations in a span of 4000 years and his conclusion is this: when the family goes down, the civilization also goes down. No exceptions.

“No success in public life can compensate for failure in the home.”

BENJAMIN DISRAELI

<sup>1</sup> This is from the Philippine Statistics Authority as presented by GMA network.

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## II. Why is the Family Important?

### A. Because the family is God's \_\_\_\_\_

Read Genesis 1:27

### B. Because the family is the \_\_\_\_\_ unit of society

“The family, the most basic unit of civilized society,  
is the institution that may well be under the greatest attack  
in society today.”

CHARLES COLSON

Now you begin to understand why in CCF we have a big burden for families. We want to help families become strong.

### C. Because God established the family for passing on a \_\_\_\_\_

Read Psalm 78:4-8

- To know and love God
- To know and obey God's Word
- For character development

### D. Because the family is to be a \_\_\_\_\_ of God's love and our relationship with Him

1. Father and child relationship

Read John 1:12

Read Matthew 7:11

- 
2. Husband and wife relationship  
Read 2 Corinthians 11:2

God used the husband and wife relationship as an imagery of His love and relationship with us. God wants us to know that as a husband loves the wife, so that's how much God loves us.

**E. Because the family is to \_\_\_\_\_ the world**

Read Genesis 12:3

“Whatever else may be said about the home, it is the bottom line of the life, the anvil upon which attitudes and convictions are hammered out...the single most influential force in our earthly existence...”  
-Charles Swindoll

### III. What is God’s Design for the Family?

**A. \_\_\_\_\_ in the marriage**

Read Genesis 1:27

Read Genesis 2:24

God designed the family for security. Don't ever believe the lie that because you love the children, you will now (have to) divorce your wife or husband for the sake of the children. That is one of the greatest lie of Satan.

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There are two important principles in developing permanency in marriage.

1. \_\_\_\_\_

Read Genesis 2:24

a. Emotionally

b. Physically

What does it mean to leave?

- Leave all competing relationships, activities or hobbies.
- Don't choose your parents/work/children/anything else above your spouse.
- Leaving must not ignore the command to "honor your parents."
  - Don't **neglect** your parents or in-laws and their feelings.
  - Don't **criticize** or gossip about your parents or in-laws.
  - Don't **overlook** opportunities to honor your parents.

2. \_\_\_\_\_

- a. Cleaving means that you choose to forsake all competing relationships and priorities regardless of your spouse's response.
- b. Cleaving is an intentional change in **priority** from parents, family, work to spouse.
  - Pursue activities that lead to oneness.
  - Pursue common sports, hobbies, and friends.

- c. Cleaving requires total commitment to honor your marriage **covenant**.
- d. What God has joined together let no man separate.

Read Mark 10:2-9

Read Mark 10:11-12

3. God hates \_\_\_\_\_

Read Malachi 2:16

Where does your attitude towards divorce fit into the scale below? Are you in the “Never Never” divorce category, or on the “Sever Sever” category or somewhere in between?

1	2	3	4	5	6	7
<b>The Never Never Box</b>	Hope Not	Probably Not	<b>The Maybe Crisis</b>	Probably Will	Hope To	<b>The Sever Sever Box</b>

“Retaining the idea of divorce in your emotional vocabulary – even as a last-ditch option--will hinder the total effort you would otherwise pour into your marriage. It will sabotage your attempts to improve your relationship... Keeping divorce as an escape clause indicates a flaw in your commitment to each other, even as a tiny crack that can be fatally widened by many forces working to destroy homes and families.”

- Dr. Ed Wheat

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**B. \_\_\_\_\_ between husband and wife**

1. Marriage is the joining of two individuals into one.

Read Genesis 2:24

- a. Emotional Oneness
- b. Spiritual Oneness
- c. Physical-Body Oneness

2. Marriage is for sexual pleasure and protection.

Read Proverbs 5:18-19

Read 1 Corinthians 7:2-3, 5

Marriage is also for protection from immorality. So that men and women will not fall into sexual impurities, they must fulfill their sexual roles to each other only in the context of marriage. Although sex is a duty to be performed to each other when married, it is to be done also out of love.

3. Marriage is for procreation

Read Psalm 127:3

**C. Spiritual \_\_\_\_\_ from parents to children**

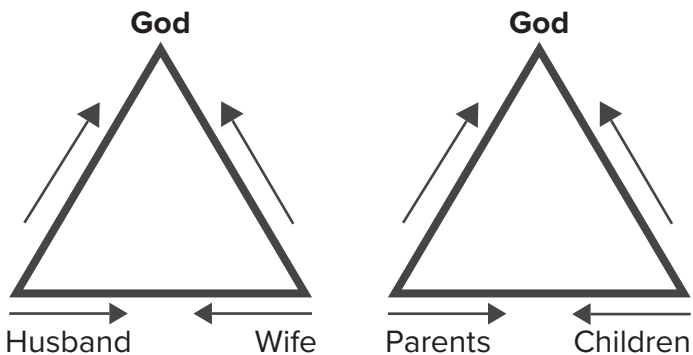
Read Deuteronomy 6:1-3

#### D. FEATURES of a God-designed family

1. \_\_\_\_\_ love and acceptance
2. \_\_\_\_\_ biblical values
3. \_\_\_\_\_ and mission
4. \_\_\_\_\_ attitudes
5. \_\_\_\_\_ environment
6. \_\_\_\_\_ communication
7. \_\_\_\_\_
8. \_\_\_\_\_ and respect
9. \_\_\_\_\_ together
10. Expect the \_\_\_\_\_ of each other

#### IV. How can families live by God's design?

- A. By having God as the \_\_\_\_\_



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**B. By \_\_\_\_\_ God**

Read Mark 12:30

**C. By loving \_\_\_\_\_**

Read Mark 12:31

**D. By obeying God's \_\_\_\_\_**

Read Matthew 7:24-25

**E. By modeling godly \_\_\_\_\_**

Read 1 Corinthians 11:1



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**F. By being controlled by the \_\_\_\_\_**

Read Galatians 5:22-23

**G. By \_\_\_\_\_ God together**

Read Mark 10:45

**H. By \_\_\_\_\_ together**

Read Philippians 4:6-7

**Three important words as we close the first part:**

1. Journey
2. Progress
3. Practice

# EXPRESS

## Discuss

### Take time to discuss the following items in your small group:

1. What attack/s on the family are you experiencing right now? How did you and your family try to deal with it? What helped you overcome those attacks?
2. What one truth about the importance of the family is most relevant to you? Why?
3. Now that you know God's design for your family, what differences will it make to you and your family if applied?
4. Among the ways that your families can live by God's design, which one do you need to work on the most? Which one are you already doing well at and what helped you achieve that?

# EXPERIENCE

- Rate your family according to the features of a God-designed family. Which of the features did your family rank the highest? The lowest? What specific practical steps are you going to make in order to develop and improve it?

Features of a God-designed family	Rating (1 to 10) 10 is the highest	Specific Practical Steps
Unconditional love and acceptance		
Shared biblical values		
Vision and mission		
Servant attitudes		
Positive environment		
Good communication		
Forgiveness		
Trust and respect		
Time together		
Expect the best of each other		

- What changes are you going to make in your life so that your family can live according to God's design? Be specific as much as possible and provide a realistic timetable to accomplish it.



SESSION 2

# ROLES OF HUSBAND AND WIFE

# EXPLORE

1. On a piece of paper, write down the different members of a family (father, mother, eldest child, youngest child). Ask each small group member to pick a piece of paper.

Describe the family member you picked by giving identifying the primary role that you believe he/she has in the home. (Example: Father - head of the family, provider, etc.).

2. Discuss in your group the importance of roles in the family. What advantages will a family enjoy if each member knows, understands and fulfills his/her specific role? What disadvantages will the family experience if the reverse were true?
3. What is **your** role in your family? Give a short description of the role you play and what you think will happen if this role is not fulfilled.

## LEARNING NUGGET

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The family is just like our body. Different parts comprise the whole. Each part is important and has an essential role to play. Also, if one part feels pain, the whole body knows it and is affected by it. Read 1 Corinthians 12:18-26.

## I. Why Roles are Important

### A. Roles are for the proper \_\_\_\_\_ of the family.

In order for families to function well as God designed it to be, God set up roles for each member to play or perform. These roles will see to it that families will function properly according to God's design. Men and women are different by God's design and their differences are meant to complement each other, not to compete or to clash.

1. Roles do not imply superiority, inferiority, or inequality. Men and women are equal.

Read Galatians 3:28

2. Roles are determined by \_\_\_\_\_ not by society or by ability.
3. Roles are necessary for effectiveness in accomplishing God's \_\_\_\_\_.
4. Roles are needed for \_\_\_\_\_ in the family.
5. Roles are needed for role \_\_\_\_\_.

### B. When a husband and a wife do not fulfill their God given roles, there is long term \_\_\_\_\_ impact on the family.

1. Conflict, disharmony, and chaos in the family
2. Gender confusion – more prone to homosexuality and lesbianism
3. Bad examples
4. God is not glorified

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## II. The Roles of the Members of the Family

### A. Role of the Husband

1. \_\_\_\_\_

Read Ephesians 5:23

Read 1 Corinthians 11:3

a. The husband is to be a \_\_\_\_\_.

Styles of Leadership

- Absentee
- Passive
- Responsible (servant leader)
- Dictatorial
- Abusive

Read Mark 10:42-45

- Not passive or indifferent
- Not dictatorial or abusive

b. The husband is \_\_\_\_\_ to God for how he leads his wife and children.

Leadership is not easy. In fact it's very difficult because you are responsible before God.



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Read 1 Timothy 3:2–4

- He sets a good **example**
  - He takes the **initiative**
  - He **plans** ahead.
  - “The buck stops with him!”
- c. The husband is \_\_\_\_\_ to God for the welfare of his wife and family.
- d. The husband is \_\_\_\_\_ his wife.

Read 1 Peter 3:7

- e. The husband is to \_\_\_\_\_.

Read 1 Timothy 5:8

- f. The husband is to \_\_\_\_\_ the wife.

Read Ephesians 5:27-29

2. \_\_\_\_\_

Read Ephesians 5:25-29

- 
- a. It is the same love that God has for us. This love is \_\_\_\_\_ (agape love).

Read Romans 5:8

Love is:

- An unconditional commitment
  - Toward an imperfect person
  - For their highest good
  - Which often requires sacrifice
- b. This love is \_\_\_\_\_ not reactive or selfish.
- c. This love \_\_\_\_\_ and \_\_\_\_\_.

**“A husband is like a gardener.”**

- d. This love is \_\_\_\_\_.
- “True love doesn’t have a happy ending; true love doesn’t have an ending.”

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The greatest need of a wife is love. The greatest fear of a wife after marriage is that her husband will not love and cherish her anymore but take her for granted.

The needs of a wife are:

- Affection
- Affirmation
- Attention
- Leadership
- Security
- Family Commitment

## **B. Role of the Wife**

1. \_\_\_\_\_

Read Genesis 2:18

---

Read Proverbs 31:10-12

- a. To help, assist, aid, support and encourage her husband.
- b. To prioritize her husband.
- c. To do her husband good all the days of her life.
- d. To be the home manager under the authority of her husband.

Read Titus 2:4-5

2. \_\_\_\_\_

Read Ephesians 5:22-24

Read 1 Peter 3:1-4

- a. Voluntarily
- b. To your own husband
- c. As to the Lord
- d. In everything
- e. With a gentle and quiet spirit

- 
- Submission is ultimately not between the wife and the husband, but between the wife and God. He commands the wife to submit and if she doesn't, she is sinning.
  - Submission makes the husband's role of leading easier. To be a good leader, he needs a wife who is a good follower. Her example is important to train their children to submit to authority as well.
  - Submission without respect is not submission at all!

It is submission in everything; yet with a gentle and quiet spirit. It is not rebellious.

3. \_\_\_\_\_

Read Ephesians 5:33

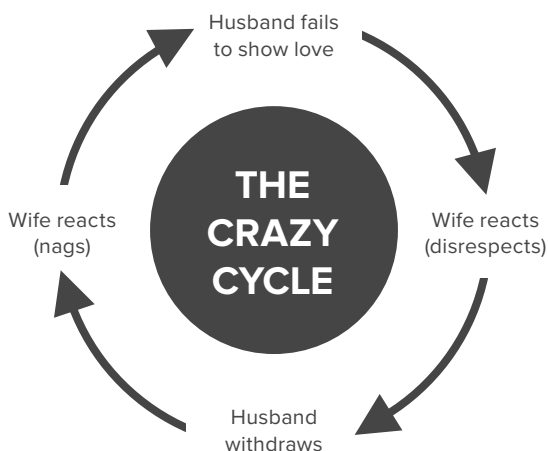
Respect is very important to a man. The basic fear of a husband is that after he is married, his wife will not respect him.

- Respect is not earned or based on behavior.
- Respect his God-given position of authority.
- Respect him like you would a boss.
- Respect means making him your priority.
- Respect means speaking to him in a respectful manner, watching your body language, tone of voice and words.
- Respect means knowing and meeting his needs.

Basic needs of most husbands:

- Authority: Serve, Lead, Analyze and Counsel
- Conquest: Work, Achieve, Protect, Provide
- Respect: Honor
- Relationship: Close Friendship
- Support: Domestic
- Sexuality: Sex, Attractive Wife

**“Raise appreciation, lower expectations”**



“The highest happiness on earth is in marriage.  
Every man who is happily married is a successful man even  
if he has failed in everything else.”

WILLIAM LYON PHELPS

## For Couples

### Celebrating Differences in Marriage

Men and women are different. God intended the sexes to complement (not compete) with each other. When couples fulfill their God-given roles faithfully, their differences make their marriage stronger — they become good companions, complementary and compatible. This exercise is intended to help couples appreciate their unique qualities and better address each other's needs.

**Directions:** First, answer the questions separately. After doing so, come back together and process your answers with your spouse by following the directions found after question number four.

1. These are the **qualities that attracted** me to my spouse when we first met:
  
2. These are the **qualities I ought to improve** on for my spouse (based on the **roles** of the husband/ wife that were taught in the lecture):
  
3. These are the **needs of my spouse I am addressing well** (based on the needs of the husband/ wife that were taught in the lecture):
  
4. These are the **needs of my spouse I should address better** (based on the needs of the husband/ wife that were taught in the lecture):

After accomplishing this:

Pray for humility and understanding, for you and for your spouse. Discuss your responses with your spouse. Listen without defending yourself. Share your intent of understanding each other.

Pray together, asking God to help you understand, accept and appreciate each other better. Ask the Holy Spirit to give you power to love each other more.

## For Singles

### While I Am Single: An Evaluation

**Directions:** Based on your activity this week, answer each question with either a YES or a NO. If the question is not applicable, simply write NA. Once done, tally your answers.

<b>HEALTHY WEEKLY HABITS FOR SINGLE ADULTS</b>	<b>YES</b>	<b>NO</b>
I studied (not merely read) God's word during my quiet time this week.		
I prayed for relatives, friends, church leaders, and ministry, more than my personal needs.		
I served in our small group/ministry diligently and gratefully.		
I safeguarded my attitudes, behavior and conversations against ungodly influences.		
I invested time discipling and mentoring others.		
I shared the Gospel to someone.		
I put myself under spiritual accountability and transparency.		
I expressed my appreciation to my parents.		
I shared to my dad/mom what's been going on in my life.		



<b>HEALTHY WEEKLY HABITS FOR SINGLE ADULTS</b>	<b>YES</b>	<b>NO</b>
I contributed to the family budget from my earnings.		
I helped in the household chores.		
I spent time with my brothers/sisters.		
I know what is going on in my brother/sister's life.		
I met a need of my brother/sister's.		
I prayed for my brother/sister.		
I helped someone from work.		
I encouraged a co-worker/co-believer.		
I accomplished my set goals.		
I safeguarded my purity—eyes, ears, conversations, desires, places I visited.		
I did not allow entertainment—TV, video games, magazines, internet—to distract me from my duties.		
I managed my finances well—tithes, budget, savings, investment.		
I did not compromise my integrity for financial gain.		
I disciplined my body—eating, exercise, rest.		
I know what God wanted me to do daily.		
I did what God wanted me to do daily.		
I listened to advice of my good friends, family members, authorities over me.		
I met up with other believers of the opposite sex.		
I am grateful to God I'm single.		
I am content with my status (civil, financial, career) right now.		
<b>SCORE</b>		

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**Interpretation:** The more YES's you have, the more responsible and prepared you are for the future. If you got more NO's, don't be discouraged—you simply have to reprioritize your weekly schedule. At any rate, continue to be the best that God has designed you to be. While you're single, cultivate healthy habits which will serve you well as you serve God well—whether you get married, or stay single.

## For Couples

### Love Languages Profile

(Five Love Languages, Gary Chapman)

**Directions:** Below are 30 pairs of statements. Read each pair with this question in mind: Which of these would I prefer to receive from my loved ones?

You may enjoy both expressions of love, but choose the one that best describes you. After you have made your choice, circle the X that corresponds to that statement. Be sure to circle only ONE X for each pair of statements. Scoring: Column totals should equal 30 or less.

STATEMENTS		A	B	C	D	E
1.	I like to receive notes of affirmation from you.	X				
	I like it when you hug me.					X
2.	I like to spend one-to-one time with you.		X			
	I feel loved when you give practical help to me.				X	
3.	I like it when you give me gifts.			X		
	I like taking long walks with you.		X			
4.	I feel loved when you do things to help me.				X	
	I feel loved when you touch me.					X
5.	I feel loved when you hold me in your arms.					X
	I feel loved when you bring me things.			X		
6.	I like to go places with you.		X			
	I like to hold hands with you.					X
7.	Visible symbols of love (gifts) are very important to me.			X		
	I feel loved when you affirm me.	X				
8.	I like to sit close to you.					X
	I like for you to tell me I am attractive.	X				
9.	I like to spend time with you.		X			
	I like to receive little tokens from you.			X		

STATEMENTS		A	B	C	D	E
10.	Your words of acceptance are important to me.	X				
	I know you love me when you help me.				X	
11.	I like to be together when we do things.		X			
	I like it when you say kind words to me.	X				
12.	What you do affects me more than what you say.				X	
	I feel whole when we hug.					X
13.	I value your praise and try to avoid your criticism.	X				
	Several inexpensive gifts from you mean more to me than one large gift.			X		
14.	I feel close when we are talking or doing something together.		X			
	I feel closer to you when you touch me often.					X
15.	I like for you to compliment my achievements.	X				
	I know you love me when you do things for me that you don't enjoy doing.				X	
16.	I like for you to touch me when you walk by.					X
	I like it when you listen to me sympathetically.		X			
17.	I feel loved when you help me with my jobs around the house.				X	
	I really enjoy receiving presents from you.			X		
18.	I like for you to compliment my appearance.	X				
	I feel loved when you take time to understand my feelings.		X			
19.	I feel secure when you are touching me.					X
	Your acts of service make me feel loved.				X	
20.	I appreciate the many things you do for me.				X	
	I like receiving things that you make.			X		
21.	I really enjoy the feeling I get when you give me your undivided attention.		X			
	I really enjoy the feeling I get when you do some act of service for me.				X	

STATEMENTS		A	B	C	D	E
22.	I feel loved when you celebrate my birthday with a gift.			X		
	I feel loved when you celebrate my birthday with meaningful words (written or spoken).	X				
23.	I know you are thinking of me when you bring me something I like.			X		
	I feel loved when you help me out with my chores.				X	
24.	I appreciate it when you listen patiently and don't interrupt me.		X			
	I appreciate it when you remember special days with a present.			X		
25.	I like to know you are concerned enough to help me with my daily tasks.				X	
	I enjoy extended trips with you.		X			
26.	Kissing me unexpectedly excites me.					X
	Giving me a gift for no special occasion excites me.			X		
27.	I like to be told that you appreciate me.	X				
	I like for you to look at me when we are talking.		X			
28.	Your gifts are always special to me.			X		
	I feel good when you are touching me.					X
29.	I feel loved when you enthusiastically do some task I requested.				X	
	I feel loved when you tell me how you appreciate me.	X				
30.	I need to be touched everyday.					X
	I need your words of affirmation daily.	X				
<b>TOTAL PER COLUMN</b>						

Your highest score shows the love language you perceive to be your need.

**A = Words of Affirmation**

**B = Quality Time**

**C = Receiving Gifts**

**D = Acts of Service**

**E = Physical Touch**

## For Singles

### Love Languages Profile

(Five Love Languages, Gary Chapman)

**Directions:** Below are 30 pairs of statements. Read each pair with this question in mind: Which of these would I prefer to receive from my loved ones?

You may enjoy both expressions of love, but choose one that best describes you. After you have made your choice, circle the X that corresponds to that statement. Be sure to circle only ONE X for each pair of statements.

STATEMENTS		A	B	C	D	E
1.	I like to receive notes of affirmation.	X				
	I like to be hugged.					X
2.	I like to spend one-on-one time with a person special to me.		X			
	I feel loved when someone gives practical help to me.				X	
3.	I like it when people give me gifts.			X		
	I like leisure visits with friends and loved ones.		X			
4.	I feel loved when people do things to help me.				X	
	I feel loved when people touch me.					X
5.	I feel loved when someone I love or admire puts his or her arms around me.					X
	I feel loved when I receive a gift from someone I love or admire.			X		
6.	I like to go places with friends and loved ones.		X			
	I like to high-five or hold hands with people who are special to me.					X
7.	Visible symbols of love (gifts) are very important to me.			X		
	I feel loved when people affirm me.	X				
8.	I like to sit close to people whom I enjoy being with around.					X
	I like for people to tell me I am attractive/handsome.	X				

STATEMENTS		A	B	C	D	E
9.	I like to spend time with friends and loved ones.		X			
	I like to receive little tokens from friends and loved ones.			X		
10.	Words of acceptance are important to me.	X				
	I know someone loves me when they help me.				X	
11.	I like to be together and do things with friends and loved ones.		X			
	I like it when kind words are spoken to me.	X				
12.	What someone does affects me more than what he or she says.				X	
	Hugs make me feel connected and valued.					X
13.	I value praise and try to avoid criticism.	X				
	Several small gifts mean more to me than one large gift.			X		
14.	I feel close to someone when we are talking or doing something together.		X			
	I feel closer to friends and loved ones when they touch me often.					X
15.	I like for people to compliment my achievements.	X				
	I know people love me when they do things for me that they don't enjoy doing.				X	
16.	I like to be touched as friends and loved ones walk by.					X
	I like it when people listen to me and show genuine interest in what I'm saying.		X			
17.	I feel loved when friends and loved ones help me with my jobs and projects.				X	
	I really enjoy receiving presents from friends and loved ones.			X		
18.	I like for people to compliment my appearance.	X				
	I feel loved when people take time to understand my feelings.		X			

STATEMENTS		A	B	C	D	E
19.	I feel secure when a special person is touching me.					X
	Acts of service make me feel loved.				X	
20.	I appreciate the many things that special people do for me.				X	
	I like receiving things that special people make for me.			X		
21.	I really enjoy the feeling I get when someone gives me undivided attention.		X			
	I really enjoy the feeling I get when someone does some act of service for me.				X	
22.	I feel loved when a person celebrates my birthday with a gift.			X		
	I feel loved when a person celebrates my birthday with meaningful words (written or spoken).	X				
23.	I know a person is thinking of me when he or she gives me a gift.			X		
	I feel loved when a person helps me with my chores.				X	
24.	I appreciate it when someone listens patiently and doesn't interrupt me.		X			
	I appreciate it when someone remembers special days with a gift.			X		
25.	I like knowing that loved ones are concerned enough to help me with daily tasks.				X	
	I enjoy extended trips with someone who is special to me.		X			
26.	I enjoy kissing or being kissed by people with whom I am close to.					X
	Receiving a gift for no special occasion excites me.			X		
27.	I like to be told that people appreciate me.	X				
	I like for a person to look at me when we are talking.		X			
28.	Gifts from a friend or loved one are always special to me.			X		
	I feel good when a friend or a loved one touches me.					X



STATEMENTS		A	B	C	D	E
29.	I feel loved when a person enthusiastically does a task I requested.				X	
	I feel loved when I am told how much I am appreciated.	X				
30.	I need to be touched everyday.					X
	I need your words of affirmation daily.	X				
<b>TOTAL PER COLUMN</b>						

Scoring: Column totals should equal 30 or less. Your highest score shows the love language you perceive to be your need.

**A = Words of Affirmation**

**B = Quality Time**

**C = Receiving Gifts**

**D = Acts of Service**

**E = Physical Touch**

“Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant...bears all things, believes all things, hopes all things, endures all things”

1 CORINTHIANS 13:4,7



SESSION 3

# ROLES OF CHILDREN AND SINGLE ADULTS

# EXPLORE

## Am I My Parents' Child?

How well do you know your father and your mother? Take this pop quiz about your parents. If you really do not know the answer, simply leave it blank. Find out how many you can fill up!

### About your Father:

- a. Birthday (mm/dd/yy) –
- b. Age today –
- c. Height (estimate) –
- d. Spiritual birthday (the year will do) –
- e. Favorite local actor –
- f. Hobbies or things he likes to do in his spare time –
- g. What does he like the most about your mother?
- h. What was the most memorable movie you've watched together?
- i. What was the best lesson you learned from him?
- j. A trivia or something unique about your father –

### About your Mother:

- a. Birthday (mm/dd/yy) –
- b. Age today –
- c. Height (estimate) –
- d. Spiritual birthday (the year will do) –
- e. Favorite local actor –
- f. Hobbies or things she likes to do in her spare time
- g. What does she like the most about your father?
- h. What was the most memorable movie you've watched together?
- i. What was the best lesson you have ever learned from her?
- j. A trivia or something unique about your mother –

## LEARNING NUGGET

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How much we know about a person and the memories that we have created with them can reveal how much time and energy we have exerted into building the relationship.

## I. Role of the Children

We have already studied last time the roles of the husband and wife. But now we will turn our attention on the roles of the children in order to have a complete picture of the relationships within the family.

### A. \_\_\_\_\_ their parents as unto the Lord.

Read Ephesians 6:1-3

### B. \_\_\_\_\_ their parents.

To honor is a matter of attitude. To honor means to respect them and to follow their hearts' desire, not just fulfill their commands. When our parents are already old, we can honor them by taking care of them, do our best to get the best caregiver, provide food, medicine, etc. whatever is required.

### C. \_\_\_\_\_ others - be givers not consumers only.

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To take the initiative to:

1. Help around the house
2. Save expenses
3. Encourage and help other family members
4. Pray for others

**D. Do their \_\_\_\_\_ in everything for the glory of God.**

## **II. Role of Single Adults**

As single adults, you have more opportunities to serve God and your family. It is also the time when you can explore more things for the glory of God. Here are some of your roles as single adults.

### **A. Towards God**

1. \_\_\_\_\_ and serve Him with undistracted devotion.

Read Mark 12:30

Read 1 Corinthians 7:32-35

2. Love \_\_\_\_\_ (family, friends, co-workers).

Read Mark 12:31

Read 1 John 4:20

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Read John 13:34-35

If we love one another, by this all men will know that we are Jesus' disciples. We will bring glory to God if we love one another.

3. Be a \_\_\_\_\_ for family/social transformation.

Read Matthew 5:13-14

## **B. Towards Parents**

1. \_\_\_\_\_ them

Read Ephesians 6:2-3

One of the best ways to honor your parents is by spending time with them, appreciating them, and loving them. Every time we obey our parents as a young boy/girl and every time we honor our father and mother growing up, God blesses us. When we honor our parents, God will help us in school, in sports, etc. and will even use our parents to help us find our life partners.

2. \_\_\_\_\_ with them

The best way to communicate with somebody is to ask them a question and to listen to them. So take the initiative to ask your parents questions. Ask them about their day and what's going on in their lives. You can ask them about their marriage and ask them to teach you and to share with you something that they've learned over the years. Think of questions to ask them, and listen to them. That's one way of honoring them.

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3. \_\_\_\_\_ with them

If there is one best way to honor our parents, it is to make time for them. Every one of us is busy and preoccupied with our concerns and daily activities. But if we really want to honor our parents, we must allocate time to spend with them.

- a. Eat meals with them whenever possible
  - b. Join family affairs
4. Help out or volunteer.
  5. \_\_\_\_\_ to the family budget/provide for them.

Read 1 Timothy 5:4

### **C. Towards Siblings**

1. Love them \_\_\_\_\_.

Just as Christ loves us unconditionally, we should love our siblings unconditionally. Siblings have different personalities and calling in life. We must learn to work out our differences and love each other in spite of how God designed each one of



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us. God had placed us in our families so that we can care for and love each other.

2. \_\_\_\_\_ your relationship with them by spending time, talking, praying together, ministering together and having fun.
  
3. \_\_\_\_\_ to blessing them through meeting their needs.
  - a. Guard against selfishness.
  - b. Don't be moody.
  - c. Prioritize them.

Read Matthew 7:12

#### **D. Towards Yourself**

1. \_\_\_\_\_ God's design for you.

God has made you in a very unique way to have a very unique impact in this day and age. Whoever you are, appreciate how God made you. God made you for a unique purpose and you're complete, you don't need anything more. All you need is Him.

Read Colossians 2:10

- a. Thank God for the \_\_\_\_\_ in your life.
  
- b. Know that you are \_\_\_\_\_ in Christ.

God can bring a person home to Him even before he ever gets married if God's purposes for his life are already fulfilled. So God's purposes for you can be fulfilled even

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if you're not married (just think of the example of Jesus Himself). The question is, are you willing to live out the purposes that God has made you for?

- You have everything you need to be all that God wants you to be and to accomplish His plan for your life.
- You don't need a spouse to complete you.

2. Cooperate with God in developing your \_\_\_\_\_.

Let's cooperate with God to become all that we were made to be. We have to develop all the areas of our lives (physical, mental, character, social, spiritual, etc.). You need to improve all areas of your life so that you can be healthy and equipped to be used by God in whatever way He's uniquely made you to be.

Read Luke 2:52

3. \_\_\_\_\_ your gifts/talents.

Read 1 Corinthians 4:2

You are a steward of God's gifts:  
Talents, Time, Treasure, Opportunities

- Be willing to take risks
- Get out of your comfort zone.

4. Protect your \_\_\_\_\_.

Read 2 Timothy 2:22

Singles must save themselves for that person that they want to marry. The decision comes not at the moment of the temptation but that decision comes way before the temptation is there.

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Read 1 Corinthians 6:18

- a. Cultivate a pure heart before God – beware of curiosity.
  
- b. Don't be a liability or cause pain to your family members.
  
- c. Flee from impurity.

Be careful of:

- What you see:
  - Pornography
  - TV programs and movies you watch
  - Magazines and books you read
  - Internet content
  
- What you listen to
  - Music
  - Conversation, jokes
  
- Where you go
  - Places that will tempt you to compromise your values
  
- Who you are with
  - Friends that will have a godly influence on you
  - Don't be alone with a married person of the opposite sex
  - Don't be alone with a person of the opposite sex in a private place. For immorality to take place, all you need is time, a place, and a person.
  
- Mind: "The will is no match for the imagination."

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## E. Towards Others

1. Be God's \_\_\_\_\_.

Read 2 Corinthians 5:20

God has made each one of us in a certain way and has a special purpose for us to be His ambassadors. You and I have our own responsibility: think about your family, friends, community, school, church, offices and be an ambassador of Christ to them.

- a. By your behavior, attitude and conversation
- b. Share the gospel as a way of life (Pray, Care, Share)
- c. Be known for your good deeds that bring glory to God
- d. Be involved in Dgroups for accountability and spiritual growth
- e. Invest time in discipling others and in helping them disciple others

If you want to become all that God has made you to be, you need a mentor. We need somebody to pull us up in order to become what God has made us to be. A mentor is somebody who is pouring in to your life and pulling you up to make you more like Christ. That's called the pull factor, but you also need the push factor. You also need to find somebody in your life that you can mentor or disciple, which you can pour life into. When you pour into their lives, your disciples or mentees actually push you up to become more like Christ.

2. Be a \_\_\_\_\_ spiritually, materially, emotionally.

Read 1 Thessalonians 5:11

## Family Thermometer

Generally speaking, how is your relationship today with your family? Rate yourself using a scale of 1 to 10. Write down what you think to be an area of improvement in your relationship with each member of your family.

Relationship with	Rating (1 to 10)	Areas for Improvement
a. Father	.....	.....
b. Mother	.....	.....
c. Brother	.....	.....
d. Sisters	.....	.....
e. Spiritual children or disciples	.....	.....
f. Discippler / Dgroup leader	.....	.....
g. Others	.....	.....

## GROWTH CHART

Describe your relationship with your mother and your father when you were at various times in your life as indicated by your age. Cite specific incidents about obeying, honoring, serving and doing your best for them.

YOUR AGE	YOUR FATHER	YOUR MOTHER
1 to 6 (Pre-school)	Ex: I made my first Father's Day card for him when I was 5.	Ex: I helped her pack up my toys when I was 6.
7 to 11 (Primary)		
12 to 19 (Teenage)		
20s		

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YOUR AGE	YOUR FATHER	YOUR MOTHER
30s		
40s		
50s		
60s		
70s		

What has changed in your relationship with your parents when you got married? (If you are married already) As a single adult? How do you sustain your loving relationship with your parents and siblings?

**A. Family Portrait**

It is time to update your old family picture. Arrange a photo session for your family with your parents and siblings, including your brothers and sisters, in-laws and children. Create some dress themes and motifs for different shots, i.e. all formal in tux/suits and gowns, Filipiniana, Caribbean, vintage black and white, kiddie colors, character costumes, etc. Give each family member a print out and electronic copy of your group picture and display it in your respective homes. You can also imprint the family picture in coffee mugs, bookmarks or calendars, etc. as memorabilia. Make this a family tradition for the younger children in your family to follow in their respective families in the future.

**B. Save the Date**

When was the last time you took your parents out on a date, even without a special occasion? Block off a day and spend it with your own family (if you are already married) and/or with your parents. Surprise them with their dream vacation, all-expense paid (if you can afford it) or simply give them a surprise visit this weekend. Bring some food to eat (their favorite meals) and some “pasalubong”. You can bring some family photos and videos that you can browse through and watch together. Make the most of the day by spending some quality and meaningful time with your parents. Remember to thank God for them and to let them know how much you love them. Pray with them before you leave and sustain this precious family bonding with them regularly.





SESSION 4

# COMMUNICATION AND RESTORING RELATIONSHIPS

# EXPLORE

## Communication Stimulation

1. Divide the group into pairs. Between partners, decide who will be the talker and the listener.
2. The “talker” will talk about his/her day for 1-2 minutes.
3. The “listener” will see to it that communication is hindered (you may act as if you’re not focused, your attention is in something else, fearful of the other, filled with pride, etc. Be creative!).
4. Everyone will start at the same time. After the two minutes, process the activity.
  - a. What hindered the communication process?
  - b. How did it feel not being listened to?
  - c. What other hindrances to good communication can you think of?
5. Switch roles. The “talker” will be the “listener” and the “listener” will be the “talker”. But this time, simulate how good communication ought to look like.

## Discuss

1. What are the hindrances to good communication?
2. What makes for good communication?

## LEARNING NUGGET

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Communication is not one way—everyone who is part of the conversation must be involved. Good communication within family members is crucial for a great relationship.

Communication is very important in relationships, especially when it comes to your family. Most of the problems that arise in any marriage are because of poor communication between husbands and wives. When it comes to the parent and child relationship, communication also plays a very important role in dealing with the children.

## I. Major Causes of Conflict in the Family

- **Money**
- **Expectations**
- **Selfishness**
- **In-laws**
- **Infidelity**
- **Different values**
- **Poor communication**

### Common Ways of Dealing with Conflicts

1. Ignore
2. Fight
3. Manipulate
4. Withdraw

## II. Right Perspective on Conflict

Most of us are afraid of conflicts. That's why we don't speak up. Maybe, it will take a long time to train leaders and people to embrace this attitude. We need to have a positive attitude towards conflicts.

### A. Conflict is \_\_\_\_\_.

Conflict is inevitable, meaning sooner or later you are going to experience conflict with your spouse or child because you have

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different personalities, preference, upbringing, etc. Conflict is basic to any relationship in your company, family, and especially in a church setting. Just because you have disagreement does not mean that you are not spiritual.

**B. \_\_\_\_\_ conflict affects relationships.**

It is how we process the disagreement that matters because unresolved conflicts affect relationships. We can love each other and still disagree agreeably.

**C. Conflict can become a \_\_\_\_\_ when handled properly.**

Don't be afraid of conflict and disagreements. The loudest voice does not always win. After discussing everything on what you have heard on every angle, the pros and cons, whether right or wrong, then you can come up with a decision. Now, that's when leadership comes in. The final decision has to be made by somebody only after discussing everything.

### III. What is Communication?

**A. Communication is a process where two or more people share in a meaningful exchange of ideas for mutual understanding.**

**B. Communication is not what is \_\_\_\_\_. It is what is \_\_\_\_\_ and \_\_\_\_\_.**

You need to learn to listen very well. The best way to communicate is to listen. Good communication helps you to understand the person better. Good communication helps resolve conflicts and fosters intimacy. An insecure person or leader is always afraid to discuss. The point is not who's right or wrong, but determining the best direction to take.

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## IV. Why is Good Communication Important?

Good communication is important for healthy relationships. As we have said earlier, without good communication there will be no healthy relationships. It is very important in the workplace, in the ministry and especially in the family so that we can relate well with each other.

- A. Communication helps you to \_\_\_\_\_ the other person and better meet their needs.**

It is hard to know what the other persons' needs are unless they communicate it, whether verbally or non-verbally.

- B. Good communication helps \_\_\_\_\_ conflicts**

Good communication helps you avoid unnecessary conflict. Good communication not only resolves conflicts, but it also avoids it. Another blessing of good communication is it clarifies expectations.

- C. Good communication fosters intimacy.**

## V. What are the Hindrances to Good Communication?

- A. Not listening**
- B. No time**
- C. Media**
- D. Fear of conflict**
- E. Wounded spirit**
- F. Unresolved conflict**

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## VI. Open Communication on Various Levels

Open communication has various levels that people may go through. It is our hope that we will reach to the level wherein we can communicate openly who we are in transparent relationships.

- A. **Cliché** - Non-Sharing
- B. **Fact** - Sharing what you know
- C. **Opinion** - Sharing what you think
- D. **Emotion** - Sharing what you feel
- E. **Transparency** - Sharing who you are

## VII. Principles of Good Communication

The Bible is very clear also about communication. These are some of the basic principles of good communication.

**A. Make \_\_\_\_\_ to talk.**

1. Schedule time to talk especially about deeper concerns.
2. Timing is important.

**B. Listen \_\_\_\_\_.**

1. Listening is a habit that needs to be intentionally developed.
2. Listening shows genuine interest in what the other person is saying.
3. Put yourself in the position of the other person to better understand them.

Read James 1:19-20

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**C. Ask \_\_\_\_\_.**

1. Clarify – “Is this what you mean?”
2. Regularly ask family members, “How can I improve?”
3. Humbly listen to their suggestions and commit to change.

**D. Be \_\_\_\_\_ of your tone, body language, and words.**

Whether you believe it or not, in communication only 15% is words and 85% has to do with tone and body language. Even in counseling, the body language is an indicator. When they sit and their arms are crossed, they might be telling you that they’re not open. Just by looking at their body language—how they sit, how they look at you—you can already tell and discover many things.

**E. Speak the \_\_\_\_\_.**

Speaking the truth in love is something hard, especially in Asia because we are afraid to offend people. Some people just speak the truth, and truth without love is painful. But if it’s all love without truth, it’s horrible as well. You have to combine truth and love.

Read Ephesians 4:15

Read Proverbs 18:21

Read Ephesians 4:29

A lot of husbands and wives hurt each other with words. We should not be careless with our tongue. We can be nice with other people but with our *family and kids, we are not*. We take our loved ones for granted. We must treat our family members, office staff, D-group members, etc. as important people. You can be in control with what you communicate and you must assume responsibility for it.

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You don't realize how much you can allow God to use your tongue and your life for his glory. The truth is we just refuse to assume control and responsibility.

## VIII. How to Restore Relationships

Why should we focus on restoring relationships?

Read John 13:34-35

Read Matthew 5:23-24

### A. \_\_\_\_\_ restoration of relationship.

Romans 12:18

1. Unconditional acceptance
2. Proactive love

### B. Ask for \_\_\_\_\_.

If you know that somebody has something against you and you have hurt them, the Bible says you ask for forgiveness.

1. Wrong way to ask forgiveness
  - a. Sorry
  - b. Forgive me
2. Right way to ask forgiveness

Say something like, *"I was wrong for (name the offense) and for my (identify the wrong attitude). Please forgive me for the pain it has caused you. I will improve. (To show genuine repentance)"*

Be specific. Identify the offense, your wrong attitudes and the consequences of your offense in their life.



- a. Be humble.
- b. Be specific.
- c. Ask them to please forgive you. Give them a chance to respond.
- d. It is important to let them see your repentance by your willingness to improve.

**C. Major on the \_\_\_\_\_.**

1. Don't fight over every issue.
2. Give in to minor issues.
3. Learn to adjust.
4. Ask: Is it a moral issue? Will it matter 10 years from now?

**D. Ask how you can \_\_\_\_\_.**

1. Do this regularly.
2. Do not rationalize or defend yourself.
3. Listen.
4. Change for the better.

**E. Demonstrate \_\_\_\_\_.**

1. Avoid the “one-mistake” syndrome.
2. Avoid recalling their past mistakes.
3. Do not jump into conclusions.
4. Believe the best about the person.

We would like to emphasize that we need to avoid the “one mistake” syndrome. Just because a person made a mistake, you will say “one more time and you’re finished”. Allow people to make mistakes. Be positive and encouraging even when they make a mistake. Whatever the situation is, the ultimate goal is to grow towards maturity and Christ-likeness. If the situation calls for accountability and correction, we need to be positive and encourage the person

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to make amends and learn from his/her mistake and move on in his Christian walk.

**F. Allow God time to \_\_\_\_\_.**

1. Give them time and space.
2. Allow God to work in your life and their lives.
3. Pray and entrust them to God.

The restoration of relationships between people may not happen overnight. God in His wisdom appoints the best time for it to happen.

**G. Be \_\_\_\_\_.**

“To forgive is to set a prisoner free and discover  
that the prisoner was you.”

LEWIS B. SMEDES

True Forgiveness

1. It is a \_\_\_\_\_.
2. It is a choice.
3. It is not based on \_\_\_\_\_.
4. It is based on \_\_\_\_\_.

Most people are confused with what true forgiveness is. In their mind it's a feeling but don't be deceived. Forgiveness is a command. It's a choice and you choose to forgive the person. It's not based on feeling but it is based on God's forgiveness. Now how did God forgive us? God forgave us for all that we have done. We have done a lot of foolishness.

Read Luke 17:3-4

Read Matthew 18:21-22

5. It is the \_\_\_\_\_ of genuine salvation.

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Read Ephesians 4:32

6. It is not \_\_\_\_\_.
7. It is a conscious \_\_\_\_\_ not to hold the offenses against the person anymore, nor to make them suffer for their wrong doings.

Read Psalm 103:12

8. It is accepting the \_\_\_\_\_ of the offense.
9. It is trusting in God to cause \_\_\_\_\_ to work out for your good and the good of others.

Read Romans 8:28

- What happens to you is one thing. What you do with what happened to you is everything.
- How you respond to pain and trials doesn't automatically make you better.
- You must respond properly by assuming personal responsibility. Your responsibility is to forgive and trust God.

## Discuss

1. Case Study: The Santos Family lives in a nice, comfortable house in an exclusive village. They live in one house yet they all seem to lead separate lives. Mr. Santos runs his own business and often goes on business trips in and out of the country. Mrs. Santos is absorbed in her philanthropic ventures and her friends. Their children have their own school concerns and prefer to spend time alone in their room or be with their friends.
  - a. How are relationships affected in this situation?
  - b. How can communication be established?
  - c. How can this situation be put right?
2. What do you usually talk about or discuss in your family? Do you feel that you are communicating on a deep and intimate level? Why or why not?
3. What specific steps can you make to move to a deeper level of communication?
4. What communication practices are you currently doing that are not in line with God's principles of good communication? What will you do to change them?
5. What is your attitude towards conflict within the family? How do you usually resolve conflict? How will you resolve future conflicts after learning about God's principles on good communication?

# EXPERIENCE

1. This week, ask at least one member of your family (spouse, child, parent or sibling) how you can improve. Make sure that you listen, that you don't deflect and are not defensive. Be humble and commit to try to change.
2. Answer the workshop on Non-Verbal Communication Cues.

## Workshop: Non-Verbal Communication Cue

(Adapted from Glenn Johnson, Putting Heart in Your Home)

They say communication is majorly non-verbal (55%). Tone of voice (38%) and spoken words (7%) constitute the minority when we relate our message to others.

Is your non-verbal communication encouraging others to communicate openly?

Directions: Photocopy 2 sheets of this survey. Give to 2 people closest to you and whom you interact with regularly. Ask them to rank your non-verbal communication skills. They can rate you from 1-5 (5 being very descriptive of you all the time).

1 - Rare

3 – Half the time

5 – All the time

2 – Sometimes

4 – Most of the time

NON-VERBAL COMMUNICATION CUES	RATING (1-5)
<p><b>Tone of Voice</b> My pitch, rate, inflection, pronunciation, volume is comforting, reassuring and enthusiastic.</p>	
<p><b>Facial Expression</b> My eyes, eyebrows, mouth, facial muscles and contours communicate openness, joy and honesty.</p>	
<p><b>Posture</b> My arms, legs, head, body language is non- intimidating.</p>	
<p><b>Eye Contact</b> I maintain eye contact that communicates sincerity, attentiveness, honesty, warmth, and good will.</p>	
<p><b>Touching</b> I appropriately shake hands, tap you in the shoulder, etc., to reaffirm and encourage acceptance and love.</p>	
<p><b>Gestures</b> I maintain poise, use body actions to emphasize ideas.</p>	
<p><b>Spatial distance</b> I observe the appropriate distance and is conscious of not being uncomfortably close nor being unsociably too far.</p>	
<p><b>Respect other's time</b> I am punctual and sensitive with how long I speak to you, revealing how much I value your time.</p>	

## Understanding Differences

Another principle of nonverbal communication that further compromises effective communication is that it is culturally learned and is dictated by cultural norms.

### SCORING

TOTAL RATING	INTERPRETATION
<b>40 - 33</b>	<b>Superb.</b> You are excellent in communicating non-verbally and can undoubtedly put people at ease.
<b>32 - 25</b>	<b>Good.</b> You already have developed non-verbal communication skills. You can be more effective by developing areas where you scored 3 or less.
<b>24 - 17</b>	<b>Moderate.</b> You need to be more self-aware of your non-verbal. People may perceive you as inexpressive and insensitive.
<b>16 below</b>	<b>Poor.</b> Have hope. Now that you know, you can improve a lot. Recruit persons whom you meet daily to observe and assess you while you interact with them.

### NAMES OF TWO PERSONS SURVEYED

1. \_\_\_\_\_
2. \_\_\_\_\_

**REFLECTION:** I will take the following steps to improve my non-verbal communication skills (e.g. look at the person's eye when speaking to him, etc).





SESSION 5

# ROLES OF PARENTS

# EXPLORE

Do this activity in a group with 4-5 members.

**Part 1:** Individually write down in one column, what you observed were the roles your father had in the family in the years you were growing up. On a second column, write down the roles that you observed that your mother fulfilled in the family.

(If you grew up without your parent/s, think of the male and female relatives or guardians who you considered as your second parents).

MY FATHER'S ROLE IN THE FAMILY	MY MOTHER'S ROLE IN THE FAMILY

**Part 2:** Take turns sharing your charts in your group. Note any similarities and differences between your answers and those of your groupmates.

What was the most common role that each parent had? What was unique about your dad's roles? How about with your mom's roles? Share these with the group as well.

## LEARNING NUGGET

Parents will always have an important role in the lives of their children regardless if they are intentional or not. More importantly, children can observe them and even emulate them if they become parents as well. The challenge now is whether those roles that our parents exercise on their children are consistent with what the Bible teaches. Therefore, it is crucial that every parent will understand their roles and live them out.

Parents play a very important role in the spiritual development of their children. That is why parents need to know their biblical roles as mom and dad, and the goals of parenting according to God's will. The lessons or truths that you will learn here are unique because these are based on the Bible and has been proven to work.

## I. What Parents Need to Know

### A. Parenting is a \_\_\_\_\_ trust.

Read Ephesians 6:4

The word "sacred" simply means that it is something entrusted to you by God. It is stewardship that is not just secular and physical. It has a spiritual component so it is sacred. It is God's work entrusted to parents.

Read Judges 2:7-8, 10-12

Just because you are a follower of Jesus does not mean your children will become followers of Jesus. And just because your children are followers of Jesus does not mean that your grandchildren will become followers of Jesus. Once you understand this principle, then you will see the seriousness of parenting.

Read 1 Samuel 1:3, 2:12, 3:13

The Bible tells us that it is very natural for people to go astray, just like in this case "they forsook the Lord" because they followed

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other gods from among the gods of the people. Today there are many gods that people worship such as money, sex, popularity, fame, etc. These are what our children face that make it so easy to forsake the Lord.

Read 1 Kings 2:27 cf.

**B. Parents are \_\_\_\_\_ to train their children.**

Read Proverbs 22:6

**C. Parents are not to \_\_\_\_\_ their children.**

Read Colossians 3:21

How parents exasperate their children:

- ✓ Unrealistic expectations
- ✓ Unreasonable rules
- ✓ Failure to listen
- ✓ Temper
- ✓ Constant criticism
- ✓ Failure to keep commitments
- ✓ Hypocrisy
- ✓ Favoritism

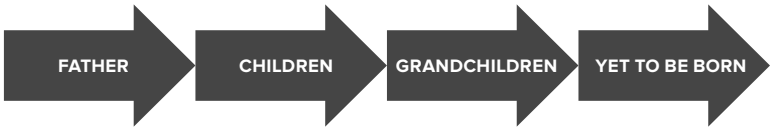
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## II. The Goals of Parenting

### A. To pass on a godly \_\_\_\_\_

Read Psalm 78:5-7

God's plan for us is to pass on a godly heritage. Do you notice the sequence? The secret of obedience is to know and trust God. The Bible is very clear that you should put your confidence in God. If you don't teach your children the realities of problems and trials, they will think God does not love them when they experience these.



Our prayer should be that our children will teach their children, and our children's children will also teach theirs so that this godly legacy will go on. Just one family will produce millions of followers. The Bible says Abraham was one, and God chose him. Today, if you look at the descendants of Abraham, they are millions. God can do amazing things through one family. God can do mighty things through you.

### B. To develop their full \_\_\_\_\_ - mentally, physically, emotionally, socially and spiritually

Read Luke 2:52

Many parents are one-dimensional, especially here in Asia. Look at how Jesus grew in this verse: "And Jesus kept increasing in wisdom"— that is the mental aspect. We send our children to school because we are focused on the mental development of our children. But Jesus also grew in "and stature", that's about physical development. You teach them how to exercise, to eat properly and to have physical discipline. And also "and in favor with God", referring to the spiritual dimension and "and men" which involves the social and emotional needs of the children.

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**C. To \_\_\_\_\_ them to face the challenges of the world.**

Read Romans 12:2

Most people don't realize that in college their children make major decisions: about boyfriends or girlfriends and about careers. Many times you send your kids away from you during college days, and that is a very crucial age for them. Your children's elementary, high school and college years are most important.

The family is under attack:

1. Sexual promiscuity
2. Suicide
3. Drugs
4. Internet pornography
5. Gender confusion
6. Relativism (no absolute right or wrong)
7. Broken homes

**D. To help them grow in \_\_\_\_\_ (Christ-likeness) and bring \_\_\_\_\_ to God.**

Read Galatians 4:19

Every parent's prayer should be that their children and grandchildren would grow up to love Christ and to be Christ-like. The goal of parenting is ultimately Christ-likeness.

The God Factor in Parenting

1. Secular Parenting
2. Traditional Parenting
3. Biblical Parenting

It is no doubt that biblical parenting is the best style and should be practiced by all parents. It is our hope that all parents will embrace and apply biblical parenting in their families.

## Discuss

Take turns discussing the following points in your small group:

1. What is the most important lesson you got from the discussion today?
2. What is your greatest difficulty in living out your role as parents?
3. Which of the goals of parenting have you accomplished so far as a parent and which ones have you not? What helped you reach those goals and what hinders you from achieving them?
4. What one change will make in your lifestyle so that you can achieve those goals and become godly parents?
5. What one change will you make in your lifestyle so that you can improve or cultivate a healthier, more loving and God-honoring relationship with your children?

# EXPERIENCE

## **Choose one option below:**

- a. Plan how you will implement change in your lifestyle so that you can become godly parents.
- b. Plan how you will implement change in your lifestyle so that you can improve or cultivate a healthier, more loving and God-honoring relationship with your children.

## **Choose that which is applicable:**

- a. If your children are not yet Christ-committed followers:

Plan when you will present the gospel to those who don't have a personal relationship with the Lord yet.

- b. If your children are already believers/Christ-committed followers:

What can you do to encourage your children to grow in their faith in and obedience to the Lord?



SESSION 6

# HOW TO INFLUENCE YOUR CHILDREN

# EXPLORE

## The Ideal Parent

**Discuss the following questions as a group:**

What are one or two life lessons or skills that you learned from your parents even though they did not give you any verbal instructions on it? In other words, you learned it by watching and observing your parents do the same as you were growing up?

**Example:**

Learning to cook a certain dish or learning how to run a business, etc.

## LEARNING NUGGET

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Parents pass on a legacy to their children through the values they model with their lives, and not mainly through their words. Words from parents to their children can be precious, yet as the well-known saying goes, “action speaks louder than words”. As a picture tells a thousand words, so the way we act will demonstrate what we are trying to say to our children.

How do you influence your family? We are not talking about controlling because it only works when your kids are small. You can control your children by your size, voice or by intimidation. But once your kids grow up, forget the word controlling. The key word is **influence**. Many parents like to control their children even when they are grown-up. They resort to using money to control them. However, this is not effective.

For single adults, you can also use these principles for your spiritual children. The same principles apply in disciplining people and of parents influencing their children.

## I. Different Styles of Parenting

- A. Over-protective
- B. Child-centric
- C. Peer
- D. Passive
- E. Dictatorial
- F. Abusive
- G. Heart

### Spectrum of Involvement

Absentee	Passive	Balanced	Controlling	Over-controlling
1	2	3	4	5

This is a spectrum of involvement when it comes to parenting. Some parents are just absent; physically or emotionally. Some parents are just passive while others are balanced. Some parents are controlling and some are over-controlling. As a parent, you must evaluate

yourself what level of involvement you have with your children. More importantly, make changes in order to influence them positively.

## II. Why focus on the heart?

- A. Man is more concerned about \_\_\_\_\_.
- B. God is more concerned about the \_\_\_\_\_.
- C. Behavior is \_\_\_\_\_. Heart is \_\_\_\_\_.
- D. Lasting \_\_\_\_\_ takes place in the heart.

Read 1 Samuel 16:7

Focus: Heart Transformation

External	Internal
What	Why
Behavior	Heart
People	God
Fear	Love

Read Deuteronomy 6:1-7

We should be convinced that God loves us and that's why we want to choose His ways. We should be convinced that our ways are dangerous. But God's ways are the safest and the best for us. We may not understand it but we trust God. If we parents believe in these things then heart parenting requires that our children will also have the same faith that we have.

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Heart parenting means that parents must teach their children that they must trust God, believe that He loves them, and believe that He's wiser than them. They must believe that His ways are best for them.

### III. The 8 Laws of Parenting (MOTIVATE)

M odeling  
O pen Communication  
T ime  
I ntimacy  
V ision  
A ffirmation  
T raining  
E ntreaty

#### A. The Law of Modeling

Parenting Principle: "Lifestyle Parenting"

1. Children \_\_\_\_\_ us either positively or negatively.

Read 1 Corinthians 11:1

No wonder the apostle Paul, one of the greatest disciple of all time tells people, "Be imitators of me, just as I am of Christ."

2. Values are \_\_\_\_\_, not taught.

"Your actions speak so loudly, I can't hear what you are saying."

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Children catch the values that their parents model in their daily living.

Modeling is not about perfection; it's about authenticity. Children are good with copying, but they are never good at listening. So be very careful with how you live your life as parents because your children see you and copy your behavior whether for good or bad.

## **B. The Law of Open Communication**

The more you \_\_\_\_\_, the more you can \_\_\_\_\_ them.

Open communication means that the child feels safe and feels comfortable talking about anything that's in their hearts and mind. They share their dreams, fears and their worries because they feel they are safe. They will not be judged nor be criticized, but they will be helped.

Read James 1:19–20

The communication style of most parents is quick to anger, quick to speak, and slow to listen. We have two ears and one mouth; that is why we need to listen more. This is God's formula for good communication: you shall listen twice as much as you speak.

Parenting Principle: "You should listen to understand before you speak to be understood."

1. The key to good communication is \_\_\_\_\_.
2. The more you listen, the more you \_\_\_\_\_ them.

As parents, you want to know what is in their heart and what is in their mind. You want to understand them so that you can influence them positively.

3. Practical Application:

- a. Make time. Don't give busy signals.
- b. Listen with full attention.
- c. Listen to their heart/feelings.
- d. Show interest. Ask questions.
- e. Don't lecture.
- f. Do not react, raise your voice or get angry.

When you react, raise your voice and get angry, it slams the door on communication. It closes the door of open communication. Especially don't shout. Your children will be thinking, 'I don't want to talk to them ever again.'

- g. Do not use: "You always..." "You never..."

Don't use words like "You always..." or "You never..." like, "you never clean your room". This just becomes a point of contention. Instead, you can say, "You know it seems like you don't clean your room often."

- h. Share your own stories and struggles.
- i. Ask, "How can I pray for you?"

There will be things that your kids will say that will make you react inside. Don't say something negative like "What! How could you do that?" Instead, ask questions, interact, and file it away. You can bring it up in the future, on a better time.

**C. The Law of Time**

Parenting Principle: "The more you spend \_\_\_\_\_ with them, the more you can \_\_\_\_\_ them."

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Read Mark 3:14

1. For children, \_\_\_\_\_ is spelled “T-I-M-E”

There is no such thing as quality time without quantity time.

2. Do what they \_\_\_\_\_ to do, not always what you like to do.

3. View time as an \_\_\_\_\_.

4. Be \_\_\_\_\_.

5. Look for \_\_\_\_\_.

- a. Times when they open up to you
- b. Times when they invite you into their inner life
- c. Times when they like to listen
- d. You have to seize the moment when it comes.



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Practical Application:

- Involve them in your schedule (grocery, exercise, business, hobby, ministry, and counseling).
- Meal times
- Fun time together
- Find ways to eliminate “non-essential schedules”.
- Touch their heart daily.

#### **D. The Law of Intimacy**

Parenting Principle: “The closer the \_\_\_\_\_, the greater the \_\_\_\_\_.”

Read 1 Corinthians 15:33

1. Biological relationship does not guarantee \_\_\_\_\_ relationship.
2. The power of influence is \_\_\_\_\_ to the closeness of the relationship.
3. The closer children are to their parents, the \_\_\_\_\_ they are influenced by their peers and vice-versa.
4. They will eventually \_\_\_\_\_ our values if they do not have good relationship with us.

Practical Application:

- Date your children individually.
- Do things together.
- Know what they like and what they don't like.
- Know their strengths and weaknesses.
- Resolve conflicts.

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## E. The Law of Vision

Parenting Principle: “Vision gives \_\_\_\_\_.”

Read Proverbs 29:18

Parents should show their children the big picture and guide them towards the fulfillment of God’s vision for their lives. Children should understand why they should be studying, why they should be working, etc. and its connection in the overall plan of God for their lives.

1. The \_\_\_\_\_ and \_\_\_\_\_ the vision, the greater is the \_\_\_\_\_.
2. Expect the \_\_\_\_\_. Do not just see them as they are now but see what they can become in Christ.

Look at the potential of all your children and even the people you are discipling.

3. Be a \_\_\_\_\_.

Read Jeremiah 29:11

## F. The Law of Affirmation

When we talk about affirmation, it’s about using words. Words are crucial in influencing your children.

Positive words impact us \_\_\_\_\_. Negative words impact us \_\_\_\_\_.

Read Proverbs 18:21

We should be careful with the words we utter especially when we speak to our children. It has to be positive because positive words are more powerful than negative words.

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Read Ephesians 4:29

Practical Application:

1. Don't compare them with others.
2. Don't label your children.
3. Use positive words in affirming and correcting (sandwich approach).
4. Compliment good character.

Compliment character more than external things. This is crucial for their spiritual development. Parents have to teach children the right values.

5. Affirm through affection.
6. Affirm through love.

## **G. The Law of Training**

Proper training results in \_\_\_\_\_.

Read Proverbs 22:6

1. Training involves \_\_\_\_\_.  
Teaching isn't necessarily training.

- 
2. Training requires \_\_\_\_\_.

Training involves making something into a habit. It deals with repetition. It deals with the heart. The first thing you want them to learn about training is obedience.

3. \_\_\_\_\_ is the foundation of training.

Read Ephesians 6:1-3

4. Teach them about:

- a. Themselves
- b. Family
- c. Friends
- d. Courtship
- e. World
- f. God
- g. Why we believe what we believe

5. How to effectively train your children:

- a. Tell your child what to do and why.
- b. Show him how to do it.
- c. Do it with him.
- d. Let him do it.
- e. Correct and encourage him.
- f. Let him practice it until it becomes a habit.
- g. Make it enjoyable if possible.

*“Until the child has **learned** and **live out** what you have taught, **you have not trained.**”*

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## H. The Law of Entreaty

Only God can \_\_\_\_\_ the heart through prayer.

Read Ezekiel 36:26

The most important thing for parents to do is to pray for their children. Entreaty means you pray and you keep on praying.

Read 1 Thessalonians 5:17

The Bible says that we should pray without ceasing. The reason why you need to pray for your children is because of the spiritual component of every human being.

1. There's a God-shaped \_\_\_\_\_ in the heart of every person including our children. Only God can \_\_\_\_\_ that void and emptiness in us.
  
2. Children are not just physical beings. They are also \_\_\_\_\_ and \_\_\_\_\_ beings

*“When we work, we work; when we pray, God works.”*

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## **Children Learn What They Live**

by Dorothy Nolte

If a child lives with criticism, he learns to condemn  
If a child lives with hostility, he learns to fight  
If a child lives with ridicule, he learns to be shy  
If a child lives with shame, he learns to feel guilty  
If a child lives with tolerance, he learns to be patient  
If a child lives with encouragement, he learns confidence  
If a child lives with praise, he learns to appreciate  
If a child lives with fairness, he learns justice  
If a child lives with security, he learns to have faith  
If a child lives with approval, he learns to like himself  
If a child lives with acceptance and friendship,  
he learns to find love in the world.

Share your thoughts and insights on the following discussion points with your small group:

1. For parents:

What is that one thing from this session on the laws of parenting that is most helpful to you during this season of your parenthood? Briefly elaborate your answer.

2. For singles and married couples without children:

How will you prepare yourself to become godly parents and pass on a godly heritage to your future children?

3. For all:

What are some of the principles from the laws on parenting session today that you can apply to spiritual parenthood or making Christ-committed followers?

# EXPERIENCE

For application within the next 3 weeks:

## **A. For those who are PARENTS:**

For each week for the next 3 weeks, focus on one of the laws of parenting and practice it by God's grace and with the help of your spouse. This means that by the end of 3 weeks, you would have intentionally practiced 3 laws of parenting.

Remember, it is the Holy Spirit who is the only One able to transform your child's heart. Therefore, make sure that you surrender to the control and leading of God's spirit as you teach your child precious life lessons on growing in Christ-likeness and living a godly life.

## **B. For those who are SINGLE and for MARRIED COUPLES without children:**

Based on your discussion and insights in the EXPRESS portion, cooperate with God in maturing in the areas where you need to grow in.

1. Work on the ways you identified that you believe will help you learn the life lessons the Lord wants us to master. Start this week!
2. Outline your plan on how you will practice these life lessons. Set simple and practical objectives and a realistic timeline. Perhaps start with a 3-4 week timeline for implementation.



SESSION 7

# WHAT TO TEACH YOUR CHILDREN (PART 1)

# EXPLORE

## Discuss

Take some time to discuss the following items in your group. Choose one or as many as time permits.

1. Whenever you look at the mirror, what do you see? How would you describe yourself? Be honest.
2. Name three (3) things that your parents have taught you which you remember the most or have created the greatest impact in your life.
3. What house rules were followed in your family and home? How did these rules influence or affect the way you live your life now as an adult?

## LEARNING NUGGET

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The characteristics of an “ideal parent” may vary from one person to another. However, it takes sound biblical principles to make one successful at parenting, not just in the eyes of people, but most especially in the eyes of the Lord Jesus Christ.

## Discuss

On Courtship:

- ✓ If single: Ladies, how do you want to be courted?  
Men, what courtship style do you possess?
- ✓ If married: Wives, how were you courted by your husband?  
Husbands, how did you court your wife?

## LEARNING NUGGET

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The Bible provides principles that can guide us in courtship and dating. When it comes to matters of the heart, it is important that we have a clear guide on how things are done.

Godly parents are to teach and discipline their children in the way of the Lord so that they will grow into Christ-likeness. The main responsibility of parents is to provide biblical instructions to their children so that they can live blessed and fruitful lives. In this session, we will orient the parents to teach their children about themselves, family, friends and courtship. We will also explore truths or lessons parents need to teach their children.

Teach them about:

- Themselves
- Family
- Friends
- Courtship
- World
- God
- Why we believe what we believe

## I. About Themselves

“If our identity is in our work, rather than Christ,  
success will go to our heads and failure will go to our hearts”

TIMOTHY KELLER

The value of an object is dependent on how much you are willing to pay for it. We are valuable because God paid with His own Son to redeem us.

**A. God sees them as \_\_\_\_\_ and \_\_\_\_\_.**

Read Psalm 139:14

The Bible tells us that Jesus paid with His life. You are precious. You are valuable because God paid for you with the life of His Son.

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**B. God has a wonderful \_\_\_\_\_ for them.**

Read Jeremiah 29:11

**C. They are to develop \_\_\_\_\_ and not \_\_\_\_\_.**

Read Philippians 4:13

We have to teach our children to develop their confidence in Christ.  
Teach them that their identity is tied up with Jesus.

**D. God wants them to be \_\_\_\_\_.**

Read 1 Thessalonians 5:18

Thank God for the \_\_\_\_\_:

1. Parents
2. Brothers/Sisters
3. Gender
4. Birth order
5. Race
6. Physical features
7. Time in history

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**E. God wants them to be \_\_\_\_\_ for their \_\_\_\_\_.**

Read Galatians 6:7

1. Choices have \_\_\_\_\_. They are free to choose, but not free to escape the consequences of their choice.
2. Consequences are not always \_\_\_\_\_.
3. The choices they make will \_\_\_\_\_ their future.
4. The vision of the \_\_\_\_\_ should impact their present choices.

The 3 most important choices they will make:

- a. M\_\_\_\_\_
- b. M\_\_\_\_\_
- c. M\_\_\_\_\_

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## II. About Family

- A. They should \_\_\_\_\_ and spend time with their family.**

Read John 15:12

The Bible tells us to love one another. Our first 'one another' is our family member.

- B. They should treat family members with \_\_\_\_\_.**

Read Matthew 7:12

- C. They should \_\_\_\_\_ each other.**

Read Ephesians 4:32

We ought to make forgiveness a culture in our families. We are going to disappoint each other, willingly or unwillingly. We should teach our children to forgive each other.

- D. They should become \_\_\_\_\_, not takers; to serve and not to be served.**

Read Philippians 2:4

- E. They should \_\_\_\_\_ in the lives of other family members.**

Read Matthew 6:21

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*The way they treat their family members is how they will treat their future family and others.*

Read 1 Timothy 5:1-2

### III. About Friends

- A. Their friends will influence them either \_\_\_\_\_  
or \_\_\_\_\_.

Read 1 Corinthians 15:33

- B. They are to \_\_\_\_\_ their friends.

Read Proverbs 13:20

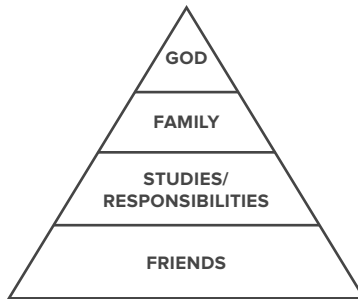
- C. Friends will leave them, but they will \_\_\_\_\_ with their  
\_\_\_\_\_ and the consequences of their choices.

**D. It is impractical to have a \_\_\_\_\_ or \_\_\_\_\_ early (high school or college) until they are ready to get married.**

1. Protecting the 5 Freedoms:

- a. Freedom from \_\_\_\_\_
- b. Freedom from \_\_\_\_\_
- c. Freedom from \_\_\_\_\_
- d. Freedom to develop \_\_\_\_\_ and pursue \_\_\_\_\_
- e. Freedom from \_\_\_\_\_ and its consequences

2. The importance of \_\_\_\_\_.



Every family should understand the importance of priority. Parents should make sure that their children understand that God is number one, their family is number two, their studies or responsibilities is number three, and their friends is last.

3. What to do if you do not approve of their friends:

- a. Do not attack their friends.
- b. Get to know their friends.
- c. Open your house as a place for them to invite their friends over.
- d. Focus on intimacy rather than using intimidation to influence your children.



- e. Try to positively influence their friends.
- f. Let your children know you are on their side.

## IV. About Courtship

### A. Difference between Dating and Courtship

1. In the modern dating scene, you usually hide all your faults to give a false impression about yourself, so that your partner will like you.
2. Recreational dating is about self-gratification ---- you date to satisfy your own needs.
3. Intimacy is usually practiced before commitment.

### B. Principles of Courtship:

1. Parents should teach their children to:
  - a. Be the \_\_\_\_\_ God wants you to be.
  - b. Be able to \_\_\_\_\_ a family (for the men).
  - c. \_\_\_\_\_ with other Christian singles in groups.
  - d. Be aware of the \_\_\_\_\_ to look for in a future spouse.
  - e. \_\_\_\_\_ your family and friends in group date settings.
2. Some qualities to consider:
  - a. Loves God and others
  - b. Hardworking
  - c. Eager to serve
  - d. Has good E.Q.
  - e. Trustworthy – integrity
  - f. Disciplined
  - g. Not materialistic

---

### **C. Twelve Guidelines of Courtship:**

1. Pray for God's best.
2. Be proactive (for the men).
3. Be observant of the people in the Christian groups that you know.
4. Be courageous to approach the person you are interested in (for men).
5. Be approachable, friendly and responsive (for the women).
6. Get your parent's and family's opinion and approval.
7. Be intentional in getting to know each other.
8. Pray specifically for God's will in your relationship.
9. Get the opinion of your spiritual leader and family members - parents.
10. Get the approval of your parents for marriage.
11. If you have God's confirmation and parents' approval, then get engaged. Engagement should be short.
12. Guard your purity during this time for you are more vulnerable to temptation.



## Who You Gonna Call?

EXAMPLE OF EVENT OR CIRCUMSTANCE	PERSON I WILL TALK TO	RELATIONSHIP	WHY THIS PERSON
1. I think I'm in love with this man/ woman.			
2. Where will I spend my summer vacation?			
3. I flunked the battery test for my course major.			
4. I am graduating with honors in GLC class.			
5. We're having our first baby!			
6. I saw my brother with a secret solo date in a mall.			
7. I just got promoted in my job.			
8. My job is so stressful.			
9. I was invited to a party.			
10. I'm in big trouble.			

## B. Birds of the Same Feather

In the chart below, name one closest friend you have/had throughout the years of your life. During a specific life stage, identify at least three things you and your friends have/had in common, i.e. favorite books, game shows, academic subjects, hobbies, places to go, etc.

After you have filled up the chart, answer the following questions:

How did you choose these friends?

Name the top three things that you share in common with most of your friends.

1. ....
2. ....
3. ....

How did all these friendships affect your life?

What did you learn or what are you learning from your types of friendships?

### Birds of the Same Feather

YOUR LIFE STAGE	YOUR FRIEND'S NAME	WHAT YOU HAVE IN COMMON
Primary / Elementary		
High School		
College		
Working		
Married		
Retirement		
Today		
Other Life Stage not mentioned (if any):		

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### C. On Courtship

**Case Study:** Sandy, a single woman, is going out on a date with John, a single man. John looks good, dresses well, and has a job. He goes to church and serves in their singles ministry. After a few dates, Sandy is convinced that this man is ‘the one.’ A month later, they decided to get married. During the engagement party, she found out that he does not want children, while she wants to have many even. She also found out that John has a gambling problem. She called the wedding off. She was heartbroken. Her parents were also grieved with what happened. How will the principles of courtship and dating apply in this situation? What should the woman have done in the first place?

**For Singles:** What specific steps are you going to do so you can apply the principles of courtship in your life?

## Thank God for My Family

List down at least 10 things you are thankful for in your family. No matter what kind of parents, grandparents or relatives you have, remember that there are no accidents in life. God determined the times set for you and the exact place where you should live (Acts 17:26). Be thankful for what you cannot change about your family i.e. your parents, gender, physical features, race, birth order, time in history.

1.	6.
.....	.....
2.	7.
.....	.....
3.	8.
.....	.....
4.	9.
.....	.....
5.	10.
.....	.....

## House Rules

Write or re-write the house rules that prevail in your family and home. Review the rules with your family members. Discuss with them the positive and negative results of these house rules based on your actual experiences. Stimulate a productive discussion among your family members about their respective stories related to these house rules. Agree with one another to make an intentional re-writing of your family house rules based on Biblical principles. Use this as a family covenant to guide your day-to-day living and decision-making.





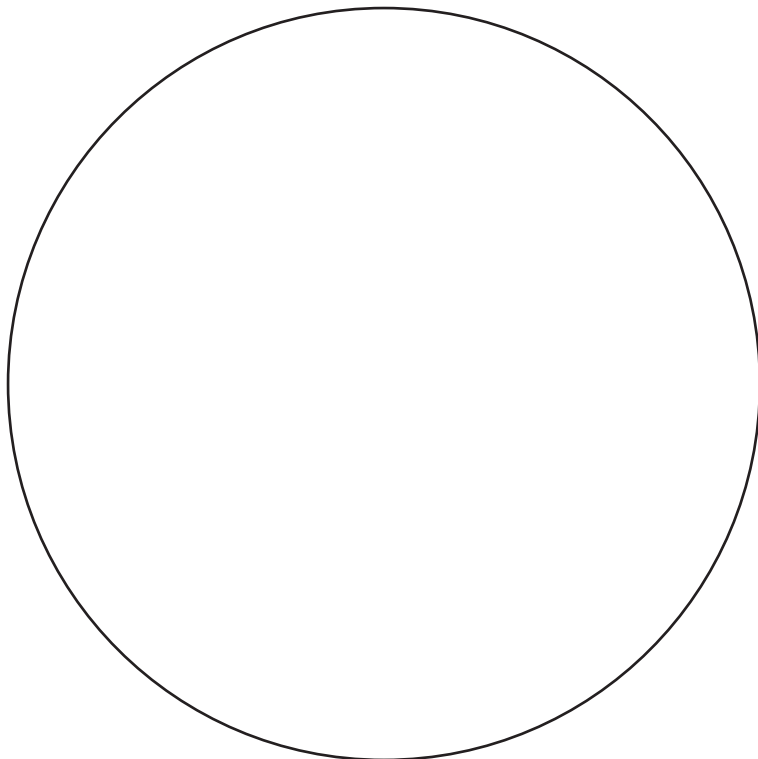
SESSION 8

# WHAT TO TEACH YOUR CHILDREN (PART 2)

# EXPLORE

## The World as I See It

Inside the circle, write down/draw how our current world looks like. Explain your drawing.



## LEARNING NUGGET

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We live in the world but we are not of the world. We are called not to be conformed to the standards of this world (Romans 12:2) but to be salt and light of the earth (Matthew 5:13-14)

In this final session, we are going to continue on with what we have discussed last time, which is about the important lessons that we teach our children. We are going to talk about what we teach our children about the world, God and why we believe what we believe in.

## I. About Money

- A. God owns everything; we are \_\_\_\_\_, not owners.

Read Psalm 24:1

- B. We are to \_\_\_\_\_ hard.

Read 2 Thessalonians 3:10

- C. We are to learn \_\_\_\_\_.

Read 1 Timothy 6:6

**D. We are to be faithful in \_\_\_\_\_.**

Read Malachi 3:10

**E. We are to be generous in \_\_\_\_\_.**

Read 2 Corinthians 9:6-8

**F. We are to avoid \_\_\_\_\_.**

Read Proverbs 22:7, Romans 13:8

**Teach Your Children How to Save: Compounding Interest**

If you start saving at 20 years old...

PHP2,000/month	40 years old	65 years old
5% per annum	PHP825,492.62	PHP4,069,761.57
10% per annum	PHP1,531,393.82	PHP21,139,711.78
PHP3,000/month	40 years old	65 years old
5% per annum	PHP1,238,238.62	PHP6,104,642.35
10% per annum	PHP2,297,090.73	PHP31,709,567.68

**II. About the World**

**A. Do not to be \_\_\_\_\_ to the world.**

Read Romans 12:2

---

**B. \_\_\_\_\_ for Christ.**

Read 2 Corinthians 5:9

“If you have to be wrong to be in the team,  
you’re in the wrong team.”

CHUCK SWINDOLL

**C. Do not to love the world but \_\_\_\_\_ the world.**

Read Matthew 5:13–14, 16

### **III. About God**

“What comes into our minds when we think about God  
is the most important thing about us.”

A. W. TOZER

Our view of God affects our entire life. It is not enough to believe in God,  
they should learn that...

**A. God is good.**

Read Psalm 136:1

Read Romans 8:28

---

**B. God is \_\_\_\_\_.**

Read John 3:16

Read Romans 8:32

**C. God is \_\_\_\_\_.**

Read Psalm 139:2–4, 6

**D. God is \_\_\_\_\_.**

Read Psalm 135:6

Read Luke 1:37

Read Romans 8:28

**E. God is \_\_\_\_\_.**

Read 1 John 1:5

---

Read 1 Peter 1:16

**F. Jesus is the coming \_\_\_\_\_ and \_\_\_\_\_.**

Read Romans 14:11–12

**G. God is a \_\_\_\_\_.**

Read Hebrews 11:6

## **IV. Why We Believe What We Believe**

Our beliefs are based on the Bible. The Bible is our sole rule of faith and conduct. We believe in the Bible because of the following reasons:

- Archaeology
- Prophecies
- Israel
- Jesus Christ

### **A. Archaeology**

1. Ebla Tablets
2. Dead Sea Scrolls
3. Erastus Inscription

### **B. Prophecies**

Read Isaiah 46:9-10

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1. Medo-Persia & Greece  
Read Daniel 8:20-22

2. Alexander the Great  
Read Daniel 11:3-4

3. Desolation of Egypt  
Read Ezekiel 29:9,15

### C. Israel

Read Ezekiel 36:10-11

Read Isaiah 66:8

### D. Prophecies about Jesus Christ

	Old Testament	New Testament
Born in Bethlehem	Micah 5:2	Luke 2:4
Born of a virgin	Isaiah 7:4	Matthew 1:22–23
Descendant of David	2 Samuel 7:11–16	Matthew 1:1
Betrayed for 30 pcs. of silver	Zechariah 11:12	Matthew 26:15
Crucified, pierced	Psalms 22:16	Matthew 27:35
Divided his garments	Psalms 22:18	Matthew 27:35
Buried in a rich man's tomb	Isaiah 53:9	Matthew 27:57–60
Resurrected	Psalms 16:10	Matthew 28



---

**E. Jesus' Death and Resurrection.**

Read 1 Corinthians 15:3–8

“I say unequivocally that the evidence for the resurrection of Jesus Christ is so overwhelming that it compels acceptance by proof which leaves absolutely no room for doubt.”

SIR LIONEL LUCKHOO

“The resurrection is one of the best documented events in the history of man.”

SIMON GREENLEAF

Read 1 Corinthians 15:17, 19-20

# EXPRESS

## Discuss

1. *For Parents:* What specific steps are you going to take to teach your children intentionally about money, the world, God and why we believe what we believe in?
2. Pause for a while and evaluate: Have you been a Christian “in the world” but not “of the world?” Or have you succumbed to the ways of the world? What worldly values do you need to guard yourself against? What will you do to positively influence the world for God, starting with your family?
3. You cannot give what you do not have. Which of the six given descriptions of God given in this lesson are you still struggling to fully embrace? Explain.

## EXPERIENCE

1. Commit to do at least one step that you have enumerated in question one (for parents) this week.
  
2. Divide in pairs and pray for each other regarding your struggles on who God is. This coming week, commit to go to a place of solitude where you can be alone with God. Tell Him about these struggles, seek Him and ask Him to reveal Himself to you. Be still and be sensitive to how God will show Himself. Try to find a few verses that speak about this. On your journal, write about how this particular description of God is becoming alive in your life. You may share this during your next meeting.

# WHAT'S NEXT?

## GLC LEVEL 3 LEAD

Congratulations! Praise God that you have completed this module! By now you already know God's plan and purpose for your family. We are sure that you have been blessed with your study and are applying the lessons that you have learned from this module. We are praying that as you continue to apply what you have learned in the context of your own biological and spiritual family, it will eventually result in healthy families that will produce healthy churches and nations.

But your discipleship journey does not end here. CCF through GLC has still so much in store for you. After the GLC Essentials Training modules, we offer more life-transforming studies under the GLC3 Lead training that will help small group leaders in their spiritual growth and multiplication. These modules will equip the Dgroup leaders to become D12 leaders, or multipliers and at the same time deepen their spiritual walk with the Lord. You will be given the necessary tools and resources that will prepare you for growth and multiplication as spiritual leaders.

GLC3 Lead is designed to equip every discipler with distinctive knowledge, character and skills needed to effectively deploy their disciples as new disciplers. These modules are designed for continuous development and training in spiritual growth and multiplication

Email GLC Main at [glc@ccf.org.ph](mailto:glc@ccf.org.ph) or contact your CCF Satellite GLC Coordinator to learn about the GLC3 Lead Training Schedule.

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APPENDIX A

# ANSWERS TO SESSION 1 EXPLORE ACTIVITY

1. You
  
2.
  - a. Mr. Hilario is your grandfather.
  - b. Ed is your husband.
  
3.
  - a. Gio is the brother in-law of Vivian
  - b. Vivian is the younger twin sister of Cecil
  - c. Gio and Cecil are husband and wife
  - d. Bambi is a cousin of the twin sisters Vivian and Cecil. They all have the same birthdates, but Bambi can be younger or older than the twin sisters.

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## APPENDIX B

# ANSWER KEY

### SESSION 1: GOD'S DESIGN FOR THE FAMILY

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#### II. Why is the Family Important?

- A. Because the family is God's **creation**.
- B. Because the family is the **basic** unit of society
- C. Because God established the family for passing on a **godly heritage**.
- D. Because the family is to be a **picture** of God's love and our relationship with Him
- E. Because the family is to **bless** the world

#### III. What is God's Design for the Family?

- A. **Permanency** in the marriage
  - 1. **Leave**
  - 2. **Cleave**
  - 3. God hates **divorce**
- B. **Intimacy** between husband and wife
- C. Spiritual **heritage** from parents to children
- D. Features of a God-designed family
  - 1. **Unconditional** love and acceptance
  - 2. **Shared** biblical values
  - 3. **Vision** and mission
  - 4. **Servant** attitudes
  - 5. **Positive** environment
  - 6. **Good** communication

7. **Forgiveness**
8. **Trust** and respect
9. **Time** together
10. Expect the **best** of each other

#### IV. How can families live by God's design?

- A. By having God as the **center**.
- B. By **loving** God
- C. By loving **one another**.
- D. By obeying God's **Word**
- E. By modeling godly **character**.
- F. By being controlled by the **Holy Spirit**.
- G. By **servicing** God together
- H. By **praying** together

## SESSION 2: ROLES OF HUSBAND AND WIFE

---

### I. Why Roles are Important

- A. Roles are for the proper functioning of the family.**
  2. Roles are determined by **God** not by society or by ability.
  3. Roles are necessary for effectiveness in accomplishing God's **purpose**.
  4. Roles are needed for **harmony** in the family.
  5. Roles are needed for role **modeling**.
- B. When a husband and a wife do not fulfill their God given roles, there is long term negative impact on the family.**

---

## II. The Roles of the Members of the Family

### A. Role of the Husband

#### 1. Leader

- a. The husband is to be a servant-leader.
- b. The husband is responsible to God for how he leads his wife and children.
- c. The husband is accountable to God for the welfare of his wife and family.
- d. The husband is to understand his wife.
- e. The husband is to provide.
- f. The husband is to protect the wife.

#### 2. Lover

- a. It is the same love that God has for us. This love is unconditional (agape love).
- b. This love is proactive not reactive or selfish.
- c. This love nourishes and cherishes.
- d. This love is continuous.

### B. Role of the Wife

#### 1. Helpmate

#### 2. Submit

#### 3. Respect

## SESSION 3: ROLES OF CHILDREN AND SINGLE ADULTS

---

### I. Role of the Children

- A. Obey their parents as unto the Lord.
- B. Honor their parents.
- C. Serve others - be givers not consumers only.
- D. Do their best in everything for the glory of God.



---

## II. Role of Single Adults

### A. Towards God

1. **Love God** and serve Him with undistracted devotion.
2. Love **others** (family, friends, co-workers).
3. Be a **catalyst** for family/social transformation.

### B. Towards Parents

1. **Honor** them
2. **Communicate** with them
3. **Spend Time** with them
5. **Contribute** to the family budget/provide for them.

### C. Towards Siblings

1. Love them **unconditionally**.
2. **Develop** your relationship with them by spending time, talking, praying together, ministering together and having fun.
3. **Be committed** to blessing them through meeting their needs.

### D. Towards Yourself

1. **Appreciate** God's design for you.
  - a. Thank God for the **unchangeable** in your life.
  - b. Know that you are **complete** in Christ.
2. Cooperate with God in developing your **full potential**.
3. **Maximize** your gifts/talents.
4. Protect your **purity**.

### E. Towards Others

1. Be God's **ambassadors**.
2. Be a **blessing** spiritually, materially, emotionally.

---

## SESSION 4: COMMUNICATION AND RESTORING RELATIONSHIPS

---

### II. Right Perspective on Conflict

- A. Conflict is **inevitable**.
- B. **Unresolved** conflict affects relationships.
- C. Conflict can become a **blessing** when handled properly.

### III. What is Communication?

- B. Communication is not what is **said**. It is what is **heard** and **understood**.

### IV. Why is Good Communication Important?

- A. Communication helps you to **understand** the other person and better meet their needs.
- B. Good communication helps **resolve** conflicts

### VII. Principles of Good Communication

- A. Make **time** to talk.
- B. Listen **more**.
- C. Ask **questions**.
- D. Be **aware** of your tone, body language, and words.
- E. Speak the **truth in love**.

### VIII. How to Restore Relationships

- A. **Initiate** restoration of relationship.
- B. Ask for **forgiveness**.
- C. Major on the **Majors**.
- D. Ask how you can **improve**.
- E. Demonstrate **Trust**.

- 
- F. Allow God time to **work**.
  - G. Be **forgiving**.

True Forgiveness...

1. It is a **command**.
2. It is a choice.
3. It is not based on **feelings**.
4. It is based on God's **forgiveness**.
5. It is the **evidence** of genuine salvation.
6. It is not **forgetting**.
7. It is a conscious **decision** not to hold the offenses against the person anymore, nor to make them suffer for their wrong doings.
8. It is accepting the **consequences** of the offense.
9. It is trusting in God to cause **everything** to work out for your good and the good of others.

---

## SESSION 5: ROLES OF PARENTS

---

### I. What Parents Need to Know

- A. Parenting is a **sacred** trust.
- B. Parents are **responsible** to train their children.
- C. Parents are not to **exasperate** their children.

### II. The Goals of Parenting

- A. To pass on a godly **heritage**
- B. To develop their full **potential** - mentally, physically, emotionally, socially and spiritually
- C. To **prepare** them to face the challenges of the world.
- D. To help them grow in **character** (Christ-likeness) and bring **honor** to God.

---

## SESSION 6: HOW TO INFLUENCE YOUR CHILDREN

---

### II. Why focus on the heart?

- A. Man is more concerned about **behavior**.
- B. God is more concerned about the **heart**.
- C. Behavior is **external**. Heart is **internal**.
- D. Lasting **change** takes place in the heart.

#### **A. The Law of Modeling**

- 1. Children **copy** us either positively or negatively.
- 2. Values are **caught**, not taught.

#### **B. The Law of Open Communication**

The more you **communicate**, the more you can **influence** them.

- 1. The key to good communication is **listening**.
- 2. The more you listen, the more you **understand** them.

### C. The Law of Time

Parenting Principle: “The more you spend **quality time** with them, the more you can **influence** them.”

1. For children, **love** is spelled “T-I-M-E”
2. Do what they **like** to do, not always what you like to do.
3. View time as an **investment**.
4. Be **available**.
5. Look for **magic moments**.

### D. The Law of Intimacy

Parenting Principle: “The closer the **relationship**, the greater the **influence**. “

1. Biological relationship does not guarantee **good** relationship.
2. The power of influence is **proportionate** to the closeness of the relationship.
3. The closer children are to their parents, the **less** they are influenced by their peers and vice-versa.
4. They will eventually **oppose** our values if they do not have good relationship with us.

### E. The Law of Vision

Parenting Principle: “Vision gives **direction**.”

1. The **clearer** and **grander** the vision, the greater is the **motivation**.
2. Expect the **best**. Do not just see them as they are now but see what they can become in Christ.

Look at the potential of all your children and even the people you are discipling.

1. Be a **dream releaser**.

### F. The Law of Affirmation

Positive words impact us **positively**. Negative words impact us **negatively**.

---

## G. The Law of Training

Proper training results in **transformation**.

1. Training involves **teaching**. Teaching isn't necessarily training.
2. Training requires **intentionality**.
3. **Obedience** is the foundation of training.

## H. The Law of Entreaty

Only God can **transform** the heart through prayer.

1. There's a God-shaped **vacuum** in the heart of every person including our children. Only God can **fill** that void and emptiness in us.
2. Children are not just physical beings. They are also **emotional** and **spiritual** beings

# SESSION 7: WHAT TO TEACH YOUR CHILDREN (PART 1)

---

## I. About Themselves

**A. God sees them as special and precious.**

**B. God has a wonderful plan for them.**

**C. They are to develop God-confidence and not self-confidence.**

**D. God wants them to be thankful.**

Thank God for the **unchangeables**:

**E. God wants them to be responsible for their choices.**

1. Choices have **consequences**. They are free to choose, but not free to escape the consequences of their choice.
2. Consequences are not always **immediate**.
3. The choices they make will **impact** their future.
4. The vision of the **future** should impact their present choices.

---

The 3 most important choices they will make:

- a. **Master**
- b. **Mate**
- c. **Mission**

## II. **About Family**

- A. They should **value** and spend time with their family.
- B. They should treat family members with **respect**.
- C. They should **forgive** each other.
- D. They should become **givers**, not takers; to serve and not to be served.
- E. They should **invest** in the lives of other family members.

## III. **About Friends**

- A. Their friends will influence them either **positively** or **negatively**.
- B. They are to **choose** their friends.
- C. Friends will leave them, but they will **live** with their **decision** and the consequences of their choices.
- D. It is impractical to have a **boyfriend** or **girlfriend** early (high school or college) until they are ready to get married.
  
- A. Protecting the 5 Freedoms:
  - a. Freedom from **distraction**.
  - b. Freedom from **unnecessary pain**.
  - c. Freedom from **isolation**.
  - d. Freedom to develop **God's gift** and pursue **God's will**.
  - e. Freedom from **immorality** and its consequences.
- B. The importance of **priority**.

---

#### IV. About Courtship

**B. Principles of Courtship:** Parents should teach their children to:

- a. Be the **person** God wants you to be.
- b. Be able to **support** a family (for the men).
- c. **Serve** with other Christian singles in groups.
- d. Be aware of the **qualities** to look for in a future spouse.
- e. **Involve** your family and friends in group date settings.

### SESSION 8: WHAT TO TEACH YOUR CHILDREN (PART 2)

---

#### I. About Money

- A. God owns everything; we are **managers**, not owners.
- B. We are to **work** hard.
- C. We are to learn **contentment**.
- D. We are to be faithful in **tithing**.
- E. We are to be generous in **giving**.
- F. We are to avoid **borrowing**.

#### II. About the World

- A. Do not to be **conformed** to the world.
- B. **Stand up** for Christ.
- C. Do not to love the world but **influence** the world.

#### III. About God

- A. God is **good**.
- B. God is **love**.
- C. God is **omniscient**.
- D. God is **sovereign**.
- E. God is **holy**.



- 
- F. Jesus is the coming **Judge** and **King**.
  - G. God is a **rewarder**.