

Creating a Supportive Home

Dear Facilitator: This week's lesson is about creating a supportive home. Our homes are supported best when we have structure or rules in place to provide protection and security for our families.

Rules are meant for our good, and as parents, we should always make rules for our children by considering what is best for each child.

The lesson incorporates Proverbs 6:20-23, which establishes the authority of parents and shows the benefits of obeying their commands and instructions.

Parent's corrective discipline and life guidance are ways to a successful life.

The lesson uses the principles of making rules, sticking together, and staying in charge as ways to encourage parents about rule setting.

It might be helpful for you to know what we hope to accomplish through this lesson.

Participants will:

1. Explain the benefits of rules.
2. Create rules that support the family to get along and enjoy being together.

During the lessons on family behavior, we are adding a statement each week to the Family Commitment Statements. Our hope is that you will repeat of these statements weekly.

This week's commitment statement is: I commit to creating a supportive home with rules and guidelines to help my family get along and enjoy being together.

We pray that God will give you direction and clarity as you prepare this lesson and activities. We hope that the families in your group will grow together in God's love and become a source of friendship and support for one another.

Blessings

Welcome *5 minutes*

 **Say:** We are so glad to welcome everyone back again this week.

Last week we talked about the communication system: its senders, receivers, channels, and noise. We learned that the sender should make sure they say what they mean, and that body language agrees with words.

Receivers should stop, listen, and ask before responding.

 **Ask:** Since everyone probably had an opportunity to do some communicating this week, I'm wondering if anyone tried something last week that made a positive difference your family communication that you would be willing to share.

Introduction *5 minutes*

 **Say:** Remember last week we said we should be adding a statement to our Family Commitment Statements? Let's start with last week's statement and say it out loud:

I commit to communicating clearly and effectively to build family relationships that are strong and healthy.

Tonight, we are going to talk about how rules benefit our families. Tonight's commitment statement is: I commit to creating a supportive home with rules and guidelines to help my family get along and enjoy being together.

All of you already know how to set rules and do it every day with your children.

It might be helpful for you to know what we hope to accomplish through this lesson.

Today's teaching objectives are to:

1. Explain the benefits of rules.
2. Create rules that support the family to get along and enjoy being together.

Family & Table Talk 20 minutes

 **Say:** As you enjoy your dinner, talk about the following questions at your table:

1. What rules do you have in your family for kids and parents?
2. Describe a time when following a family rule was very helpful.

After the meal, children are dismissed to their group.

As you begin this portion of the evening, explain that each time you will start with the overview and then the lesson time.

Notes

40 minutes

Parent Training

Behavior

CREATING A SUPPORTIVE HOME

Proverbs 6:20-23 says, “My son, keep your father’s command and do not forsake your other’s teaching. Bind them always on your heart; fasten them around your neck. When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. For this command is a lamp, this teaching is a light, and correction and instruction are the way to life.”

Creating a supportive home starts with establishing authority in the home. Creating a supportive home begins with parents following God so that they can lead their families.

Next, it is important for parents and adults in the home to have an agreement to stick together about rules.

Finally, parents must stay in charge together. It is important to understand that we are never alone in our parenting. Whether it’s your spouse, other adults, or God, someone is always there.

The following are three basic principles to keep in mind: make rules, stick together, and stay in charge.

Tonight, we will discuss these principles, practice making some rules, and talk about how creating a supportive home really works in families.

As we said a moment ago, our family commitment statement tonight is: I commit to creating a supportive home with rules and guidelines to help my family get along and enjoy being together.

Would anyone be willing to share one of the rules you have in your family that you discussed at dinner tonight? Why do you have that rule for your family?

As we think about the rules in our families, it is good to consider why they exist. Rules are meant for our benefit and to protect us

and lead us. God has also given us rules in the Bible for these same reasons.

Rules create structure and guidelines for our lives and are helpful for children and adults.

Imagine what it would be like to drive around town or ride the bus without speed limits and no rules about driving. We might not even get anywhere!

The same is true for our families.

Rules, guidelines (or boundaries), and limits also provide security. Think of your house or apartment which has walls, doors, and a foundation. Your house has a structure which keeps your family safe, warm, and dry. Boundaries and rules for your family give emotional structure for your kids.

If we fail to set appropriate rules and limits, we undermine our ability to create a supportive home. It's like a house without walls.

To illustrate this point, let's observe two styles of rule setting.

Parents are Rule Setters. The facilitator or other should demonstrate the extremes of parents making too many and too few rules. Act out both styles of rule setting.

Example 1: The drill sergeant who takes the role of making too many rules and being overly strict. Include several strict rules and deliver them in a rigid manner.

Example 2: The opposite extreme—someone who is overly permissive, taking the position that children know what is best for them. They fear squelching children's creativity and want to be their child's friend. Present this form in an overly compliant manner.

Parents, would you choose to follow either of these styles of rule setting for your family? Why or why not?

Let's observe at one more style.

Notes

Example 3: (Demonstrate a middle ground type of rule setter and incorporate the following principles in the example.) The parent who demonstrates how to make clear, specific rules for the way they want their child to behave. Model sticking together with their spouse or other adults in the household regarding rules, and apply appropriate consequences for misbehavior in a respectful manner.

How would this style of rule setting benefit your family?

As leaders in our families, the goal is to be leaders who think about what is best for your children. Sometimes it is so easy to just think about what it takes to get them quiet.

Sometimes we are tired, overwhelmed, and have a lot on our minds as parents, and it is hard to think about how to best discipline our children.

Even so, consequences are usually to teach our children rather than just to punish. Rules are about training children to act in ways that reflect the family's values, and appropriate consequences further help our children do what is right.

Tonight, we are going to think about the rules in our family, their effectiveness, and how well they match our family values.

ACTIVIDAD

Do the Take-Home Worksheet

We should think about our family values when making rules. Rules are our "values in action."

As parents, we want to think and talk together about what is important for our children to learn and do.

A few examples of values might be honesty, education, hard work, peacefulness, organization, generosity, good manners, responsibility, and many more.

If one of your values is honesty, you may want to have a rule that says we must always tell the truth in our family. If it is good manners, you may want to have a

rule that says we must always say “please” and “thank you.” Always be clear in the rules you set and try to stick to just a few.

1. Work in groups to write down something that is important to your family.
2. Circle two to three rule categories to get started.
3. Work together in your group to write three rules that are clear and easy to understand.

Rules should be clear so that everyone knows what they are. It’s important that parents are consistent and stick together on establishing and teaching rules.

What are some of the ways we can support one another as adults/parents to stick together on establishing and enforcing rules?

Enforcing rules by staying in charge helps children learn that there are consequences for their actions.

Hebrews 12:6 tells us that discipline is hard to take, but it gives us many benefits.



Scripture SUPPORT

Proverbs 6:20

My son, keep your father’s command and do not forsake your mother’s teaching.

Colossians 3:20

Children, obey your parents in everything, for this pleases the LORD.

Ephesians 6:2

“Honor your father and mother”—which is the first commandment with a promise—“so that it may go well with you and that you may enjoy long life on the earth.”

Ages 4-16

40 minutes

Student Training

Behavior

CREATING A SUPPORTIVE HOME

Objectives

- Help children to be aware that being in a supportive home is a gift from God.
- Help children to be aware that God wants all children to live in a supportive home where they can learn about Him and what the Bible teaches.
- Help children to be aware that parents enforce rules and boundaries that are necessary in a supportive home.
- Help children to be aware that rules and boundaries in a supportive home help family members do well at home, at school, and in the world.
- Help children to be aware that God commands parents to train their children according to what the Bible teaches.
- Help children to be aware that the Bible instructs them to honor and obey their parents.

Belonging to a family and having a comfortable, supportive home to live in is a gift from God. Parents work with God's help to create the kind of home that will support you as you learn about Him and learn to live your life according to what the Bible tells you to do. Every family member must do their part to make home a loving, safe, orderly, respectful, peaceful, and enjoyable place for adults and children to get along and enjoy being together.

We have learned that your family is a team, and your parents are the team leaders or coaches. They set the guidelines for how the family members are expected to behave. Like any team, for its members to do well, the coaches must set certain rules and boundaries, and team members are expected to learn and follow those rules. Family rules are much the same. Parents set the rules and boundaries, and they are meant for your good.

We have also learned that family serves as a kind of training camp where we learn and practice what we need to do to live well. In the world, there are many rules and boundaries. For us to learn about rules and boundaries, we must start learning as soon as we are old enough for our parents to teach us. Therefore, home training and support are so important. In the Bible, God tells you to keep your father's commands, and to obey our mother's teaching (Proverbs 6:20). This is God's way of letting us know that in addition to your parents being your first teachers, He has given parents the responsibility to be the authority over you. As the authority, parents set rules and boundaries that will help you learn appropriate behavior and make your home a healthy place for family members to live and grow.

Can you imagine people driving around town with no traffic rules or speed limits? It would not be safe, and it would cause a lot of trouble for everyone. The same is true for rules in our homes. Rules teach family members how to treat each other with respect and help family members get along better. A home where parents set no rules would be a place of confusion and trouble for members of the family.

When families learn to love and respect one another, and rules and boundaries are in place, it creates an environment where family members enjoy spending time together. Spending time together as a family is a very important. Whether it's going on a road trip, spending an evening at home playing board games, or popping some popcorn and watching a movie, the point is to be together. Spending time together creates family memories that brings families closer together.

God wants parents to make Him an important part of the family team. When God becomes a part of the family, parents pray and ask Him for His help, and He is happy to be involved. Children learn what the boundaries are and what their parents' expectations are. God helps parents make rules that will be fair, effective, and create the kind of home that will be peaceful and enjoyable for everyone.

Children, God has given you a responsibility too! The Bible tells you to obey your parents in the LORD, for this is right (Colossians 3:20). The Bible also tells you to honor your father and your mother so that you will have a long life (Ephesians 6:2-3). You must always remember that parents are in charge, and they are commanded by God to help you discover your gift and your purpose in life, and to train you in the way God says you are to behave.

You can pray and ask God to help you to remember the rules and guidelines your parents have set for you and to give you the strength to obey. With your help, God will give your parents the wisdom to create a loving home for you to live in that will guide you and support you while you grow to become the person He wants you to be.

DISCUSS

- Lead children in a discussion about what a supportive home is.
- Lead children in a discussion about why families need to create a supportive home.
- Lead children in a discussion about why parents need to set rules, guidelines, and boundaries.
- Ask children how a supportive home is like a training camp.
- Ask children what families can do to get God to help them create a supportive home.
- Ask children what the rules, guidelines, and boundaries are in their home.



Activities

Activities are age appropriate. One is focused on ages 4-11, and the second is for older children ages 12-16.

AGES 4-11

Materials

Candy bars

Clear packing tape

Have children view YouTube:

<https://youtu.be/nh1ICEOrBtA>

(If not possible, do activity without video.)

Before the children arrive, tape candy bars onto the wall high enough so kids can't reach them without standing on chairs. The instructor should tell the kids the object of the game is to reach the candy bars without the help of furniture or other people.

For this game, let the kids try to grab the candy bars. Once they've given up, have them form groups and work together to reach the candy bars. Also, give the children tips to help them get the candy down from the wall. For example, tell them to try and give each other boosts or to use a chair. Discuss.

This activity reflects on the importance of having a support system (in your home) to lift you up.

Notes

AGES 12-16

Materials

Paper
Envelopes
Writing utensils

Have children view YouTube:

<https://youtu.be/nh1ICEOrBtA>

(If not possible, do activity without video.)

Have the instructor tell the children to think about some of the things their families have done to support them. Let them think for a few minutes.

Then, the instructor should pass out the paper and the writing utensils to the children. Tell the children to make a small list of some of supportive things their families have done for them.

Once they are done with that, have the children write a thank you letter to their parent/guardian thanking them for everything they have done to support them. Put the letters in envelopes and have them present them to their parents. Allow time for children to read their letters if they would like.



CHALLENGE QUESTION

WHAT CAN I DO TO MAKE OUR HOME
EVEN MORE SUPPORTIVE?

CHALLENGE COMMITMENT

WHAT ARE YOU WILLING TO DO
TO WORK ON THE CHALLENGE
QUESTION THIS WEEK?



AFFIRMATION *Have children repeat:*

*I honor my parents as
they set rules and create
a supportive home for me
to grow into the person
God created me to be.*

- 1. WHAT DOES YOUR FAMILY VALUE?
- 2. WHAT'S IMPORTANT TO YOU?

RULE CATEGORIES			
Homework	Bedtime	Chores	Mealtime
Curfew	Dating	Car Use	Friends
Health	Church Attendance	Music	Phone / Video Games

CHOOSE 2 CATEGORIES

_____ & _____

MAKE 3 RULES:

1. _____

2. _____

3. _____

