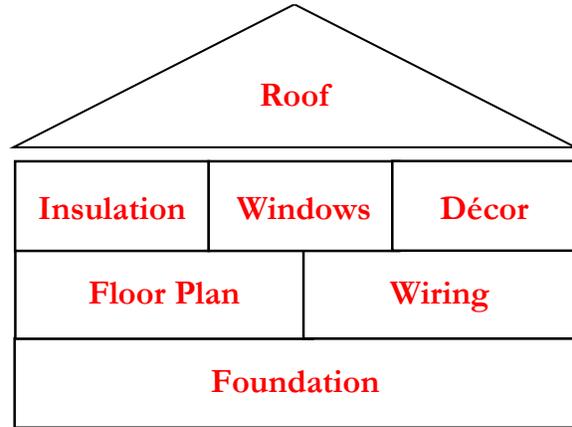
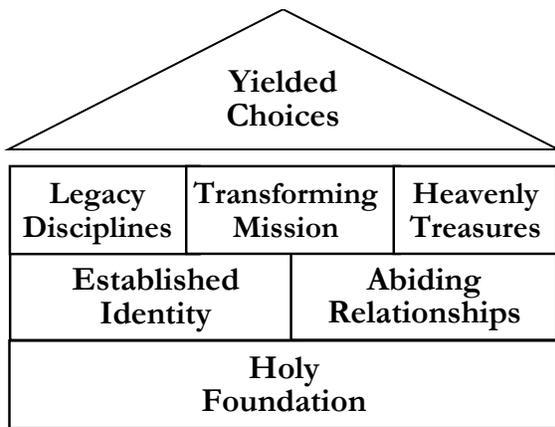


Study Guide

HEALTHY Home

A Practical Guide to
Build a Spiritually Vibrant Family
... Starting with You!



Tim Alba

The need

More than ever, Christians want a spiritually healthy home, but they don't know what that looks like or where to start. Others have a solid foundation, but they want more, especially for their family. What they need is a powerful, practical guide to help them walk worthy of their calling – to equip and build up their family into mature Christ-followers (Eph. 4:1,12-13).

If that's you, this book and study guide can help.

A practical guide to help

This study guide doesn't replace the Bible or the *HEALTHY Home* book. It helps the Bible become deeply personal and practical by highlighting the book's 7 Big Rocks of spiritual health, healthy habits, applications, and exercises. Rather than telling you exactly what to do, it helps you take next steps of faithfulness. And it's free to print and use because the goal is to make disciples, not money.

After all, your home's spiritual health is your #1 ministry. And God says this about your home: "Whatever you do, work at it with all your heart, as working for the Lord . . . since you know that you will receive an



inheritance from the Lord as a reward. It is the Lord Christ you are serving" (Col. 3:23-24).

But remember, a healthy home starts with a healthy you.

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Your family spiritual fitness goal

Like spiritual fitness goals, Christian families are shaped by one of three dreams. The first dream is by far the most common. A second dream is shared by many Christians. But there's a third dream, a road less traveled, that changes everything when it shapes *your* family.

Dream #1: A happy home

Everyone wants a happy home. But if your family dream is happiness, there's a problem. A big problem. Getting what you want sounds good, but momentary happiness is not lasting joy. You can't always know what your family wants because they often don't know what they want. Happiness isn't a light switch that stays on; it's more like a blinking strobe light that drives you crazy because happiness is so fickle. Thankfully, there's an infinitely greater dream: a holy home.

Dream #2: A holy home

Holy cleans you up; happy just cheers you up. You may not always be happy, but you can be holy. Holiness pursues God's will, not yours. God chose you to make you holy (Eph. 1:4) and declare you holy (1 Cor. 1:30). And although you can't achieve holiness, it's a joyful journey worth pursuing.

You can't do better than holy. Holiness is God's goal for you (1 Pet. 1:16, 1 Thess. 4:7). But as explained in *Healthy Home*, holiness is often mistaken for three things: just compliance, just you and God, and just emptying yourself of sin. Thus, there's a third dream – a family goal that instills a deeply personal, vibrant holiness in the people you love: a spiritually healthy home.

Dream #3: A healthy home

Physical health is the absence of illness and complete well-being. You can't be physically healthy while ill. But a lack of illness doesn't mean you're healthy; you're just not sick. Spiritual health is much the same – it's the absence of ongoing sin and complete faithfulness. Not one. Both are needed.

A spiritually healthy home is free from bondage and free to live victoriously. It hates sin and savors the Savior. It saturates your family with a passion to experience exceedingly abundant life on earth and eternal life in heaven (1 Tim. 4:8). A healthy home sticks. It satisfies. And it stirs your soul. But if you want your home to be healthy, *you* need to be healthy.

Discussion questions:

1. Which of these three Christian family dreams are you, in reality, pursuing?
2. Which of these three dreams do you want to be your family's reality?
3. How big is your family dream? What would help you aim more effectively at the target of a spiritually healthy family?

A spiritual stress test

Spiritually vibrant homes are spiritually healthy – they want what they need to be faithful. They’re built with the “7 Big Rocks” of spiritual health that spell the acrostic HEALTHY. Below are seven statements that summarize these 7 Big Rocks and a two-step self-assessment (a “stress test”) of your spiritual health.

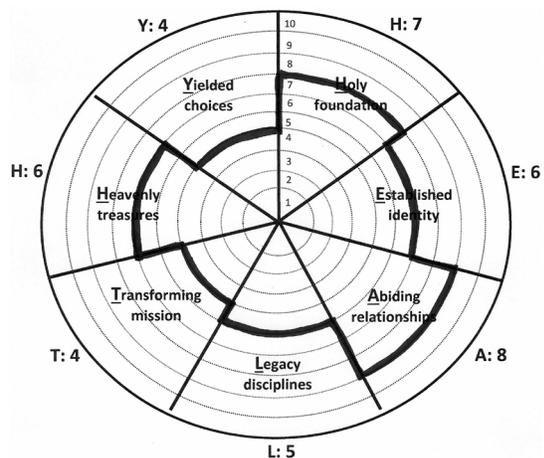
In a moment, you take this self-assessment, but here’s how it works. First, you’ll assess your own spiritual health. That is, on a scale of 1 (low) to 10 (high), how much do you agree with the following seven statements? And you’ll write your answers in the “You” column.

		(step 1) <u>You</u>	(step 2) <u>Home</u>
H – Holy foundation	My foundation is firm and biblically based.	—	—
E – Established Identity	My identity aligns with God’s identity for me.	—	—
A – Abiding relationships	My relationships reflect God’s abiding love.	—	—
L – Legacy disciplines	My daily disciplines create a godly legacy.	—	—
T – Transforming mission	My mission transforms everything in my life.	—	—
H – Heavenly treasures	I am laying up treasures for Jesus in heaven.	—	—
Y – Yielded choices	I allow God to control my daily choices.	—	—

Second, you’ll do the same thing for your immediate family and write those scores in the “Home” column. (Although each family member’s score may differ, you’ll write one overall score for each of these seven statements for your home.)

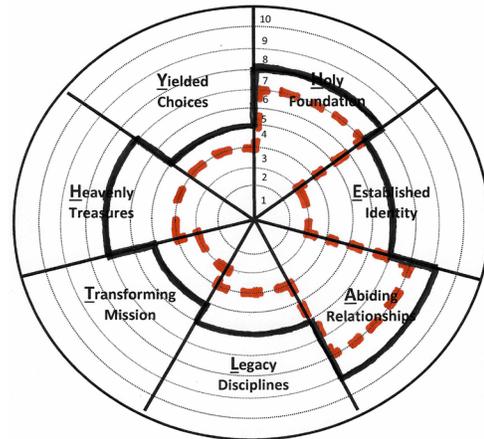
Then you’ll chart these scores on the “HEALTHY Home Wheel” to visualize your spiritual health. This too has two parts. First, mark your “You” scores with a solid line. In this example, Holy foundation is a 7 (circled below), so you’d mark the 7th ring of the wheel (top right section). Next, if Established identity is a 6, you’d mark the 6th ring of the wheel, going clockwise. And so on for all seven “You” scores. When done, the wheel looks like this for someone with these scores.

	<u>You</u>
H – Holy foundation:	7
E – Established identity:	6
A – Abiding relationships:	8
L – Legacy disciplines:	5
T – Transforming mission:	4
H – Heavenly treasures:	6
Y – Yielded choices:	4



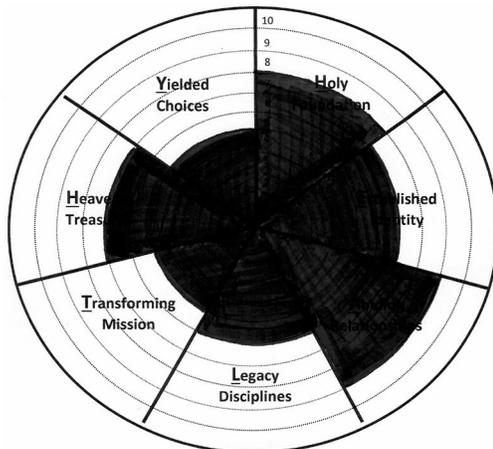
The second part is marking your “Home” scores on the same wheel, but using a dashed line. Since this person’s “Home” score for Holy foundation is a 6 (circled below), you’d mark the 6th ring of the wheel with a dashed line. Going clockwise on the wheel, mark all seven “Home” scores with a dashed line (in this example, Established identity is 2, Abiding relationships is 7, and so on). When done, this person’s HEALTHY Home Wheel would look like this.

	<u>You</u>	<u>Home</u>
H – Holy foundation:	7	6
E – Established identity:	6	2
A – Abiding relationships:	8	7
L – Legacy disciplines:	5	2
T – Transforming mission:	4	3
H – Heavenly treasures:	6	2
Y – Yielded choices:	4	2

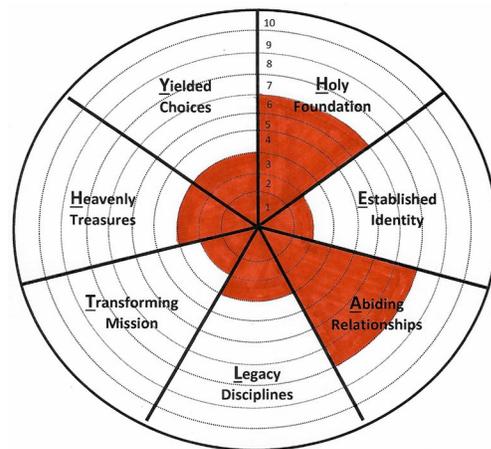


If we colored in this person’s own scores (left) and home scores (right), the wheels would look like this below. The size and wobble of our wheels reflect the strength and consistency of our spiritual life and home. This person’s home wheel is even smaller and wobblier, which is a common issue for families.

Your scores



Your home’s scores



These wheels visualize how our life affects our family by revealing the sources of our wobbles – our weak and strong big rocks. But before we begin unpacking the 7 Big Rocks of a HEALTHY home, please take this self-assessment for you and your home.

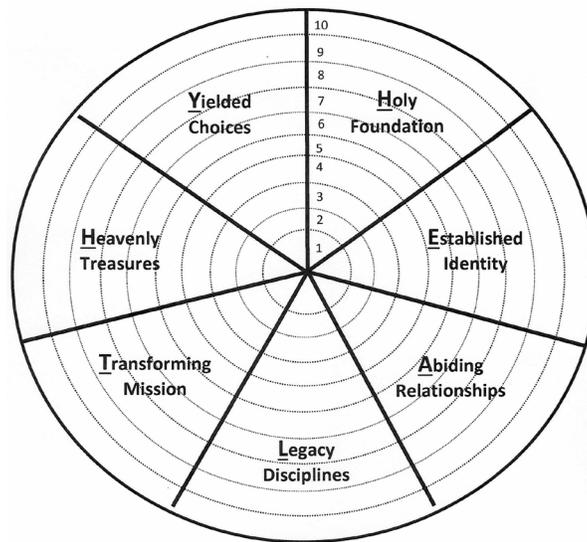
Your HEALTHY Home Wheel

As a reminder, here is the two-step self-assessment (“spiritual stress test”) of spiritual health. On a scale of 1 (low) to 10 (high), how much do you agree with these seven statements? Record your answers below for you (“You” column) and for your home (“Home” column).

Then chart the “You” column scores using a solid line and chart the “Home” column scores using a dashed line. Later, we’ll update these scores as we work through each of the 7 Big Rocks.

		You	Home
H – Holy foundation	My foundation is firm and biblically based.	___	___
E – Established Identity	My identity aligns with God’s identity for me.	___	___
A – Abiding relationships	My relationships reflect God’s abiding love.	___	___
L – Legacy disciplines	My daily disciplines create a godly legacy.	___	___
T – Transforming mission	My mission transforms everything in my life.	___	___
H – Heavenly treasures	I am laying up treasures for Jesus in heaven.	___	___
Y – Yielded choices	I allow God to control my daily choices.	___	___

HEALTHY You HEALTHY Home



Discussion questions:

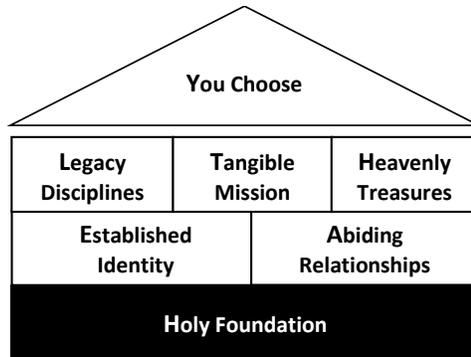
1. What does this assessment say about the strength and consistency of your spiritual health and your home’s spiritual health?
2. How wobbly is your own spiritual wheel? How does it affect your family and their wheels?
3. What big rocks are the strongest? Which ones need the most improvement and why?

Big rock #1

H – Holy foundation

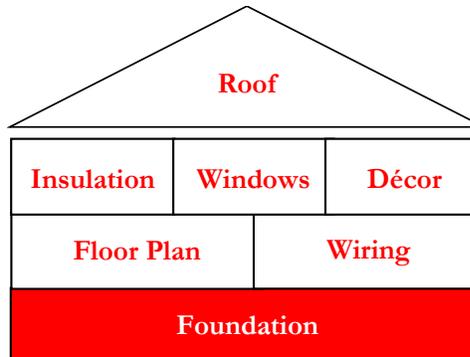
HEALTHY home:

Healthy foundations are built
on a holy foundation



House:

Build the right
foundation



1. Trinity God chose you to be wholly holy

He chose us in him before the creation of the world to be holy and blameless in his sight. – Eph. 1:4

- God the Father: In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will – Eph. 1:11
- God the Son: In order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. – Eph. 1:12-13a
- God the Spirit: When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory. – Eph. 1:13b-14

2. Light-giver God enlightens you to know Him

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. – Eph. 1:18-19

3. Savior God offers you eternal life as a free gift

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. – Eph. 2:8-9

4. Creator God created you to be His masterpiece

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. – Eph. 2:10

House: Build the right foundation

Successful houses are built on foundations that don't settle, crack, or collapse. They're deep, secure, and can withstand the stress of shifting environments. For example, the Tower of Pisa is beautiful, but it leans because its foundation is only 9 feet deep in unstable soil. Its builders didn't want a bad foundation; they just didn't choose the right foundation. And it's much the same with families.

H – Holy foundation: Healthy foundations are built on a holy foundation

More than just a strong foundation, spiritually healthy homes build a holy foundation anchored on what the Bible says about who God is and what He does for us. Their homes are shaped by four truths about God the Trinity, God the Light-giver, God the Savior, and God the Creator. And when we form habits around these truths, we can withstand even the worst trials and environments.

- **Trinity** – To know what God does for us, we need to know Him and how all three parts of the Trinity God chose us to be wholly holy. God the Father predestined us, God the Son saved us, and God the Spirit sealed us to guarantee our spiritual inheritance.
- **Light-giver** – God desperately wants us to know Him, so He enlightens us to know the truth about His boundless hope, His rich inheritance, and His incomparable power. For when we truly know God, we'll love Him, believe in Him, trust Him, obey Him, and experience Him.
- **Savior** – God offers us eternal life as a free gift. It's received, not achieved. In fact, everything in life rests on two pillars: 1) we can't earn our salvation and 2) Jesus Christ was, is, and always will be the eternal Son of God. We come to Him through faith, but His grace alone secures us a home in heaven.
- **Creator** – God created us to spend eternity with Him and do good works for Him. But good works don't save us; they're an overflow of living in Him and living for Him. As our Master, God the Creator chooses, enlightens, and saves us to do Master-worthy works for His glory.

The right foundation can't guarantee perfection, but the wrong foundation will guarantee problems. So, in order to personalize the healthy habits of a holy foundation, please ask yourself: How can I apply these truths about God to my life and family?

Trinity

Three miracles of being chosen by God:

1. God the Father predestined you
2. God the Son saved you
3. God the Spirit sealed you

Light-giver

Five essentials of truly knowing God:

1. Love Him
2. Believe in Him
3. Trust Him
4. Obey Him
5. Experience Him

Savior

Three transactions that are not salvation:

1. A swap
2. A demand
3. A negotiation

Creator

Four ways that God is masterful:

1. He is Master-sized
2. He is Master-minded
3. He is Master-worthy
4. He is Master-full

After considering this chapter of the book, please take a moment to assess the health of your foundation. On a scale of 1 (low) to 10 (high), to what degree have the below four truths become habits in your life and your home? Please record your scores for you (“You” column), and your home (“Home” column). Then calculate the averages, which we’ll use later.

		<u>You</u>	<u>Home</u>
Trinity	God chose you to be wholly holy	_____	_____
Light-giver	God enlightens you to know Him	_____	_____
Savior	God offers you eternal life as a free gift	_____	_____
Creator	God’s created you to be His masterpiece	_____	_____
	Total	=====	=====
		/ 4 =	/ 4 =
	Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

The Lord of eternity must become your Lord for eternity. Which of these healthy habits/truths do you want most to better know Him . . . God is the Trinity, Light-giver, Savior, or Creator? _____

Discussion questions:

1. What was your spiritual foundation as a child? How would your family describe their spiritual foundation, and how are you striving to build a holy foundation for them?
2. **Trinity:** What does it say about God that He goes to such lengths to make you wholly holy? What does it say about your value? What does the Bible say about how God pursues you?
3. **Light-giver:** How has God enlightened the eyes of your heart to know Him? And how has knowing God’s boundless hope, rich inheritance, and incomparable power transformed your life?
4. **Savior:** Do you ever find yourself trying to earn God’s love instead of receiving it? How can you help your family take a next step in embracing His free gift of salvation through faith in Him?
5. **Creator:** How does it feel to be set free, set apart, and set up to do Master-worthy works? How well do your good works reflect the fact that you’re God’s masterpiece?

Exercise: G-O-S-P-E-L (Easily share God's good news)

The most important thing is becoming a child of God. And once you're His child, the best thing you can do is live and share the gospel – the good news of God's salvation for mankind. Here's a simple, powerful tool to share the gospel from Ephesians 2 . . . because if you can spell GOSPEL, you can share it!

G – God's character: “Because of his great love for us, God, who is rich in mercy” (Eph. 2:4).

God's character is fully loving and fully holy. He is rich in mercy and love, but since He is also holy, He must punish sin.

O – Offense of sin: “Even when we were dead in transgressions” (Eph. 2:5).

We all sin and fall short of God's glory (Rom. 3:23). God is offended by our sin, which separates us from Him. But Jesus Christ did something miraculous to change that.

S – Sufficiency of Christ: “Made us alive with Christ” (Eph. 2:5).

We can know God because of the life, death, and resurrection of His Son, Jesus Christ, whose free gift of eternal life is sufficient to save us. There's nothing we can do to earn it. We simply receive it and trust the sufficiency of His sacrifice for our sins.

P – Personal response: “For it is by grace you have been saved, through faith” (Eph. 2:8).

The only way to become a child of God, though, is through a personal response to follow Jesus Christ. You're not saved by your good works, your family, or your church. You're saved only by believing in Jesus and accepting His free gift of eternal life.

E – Eternal urgency: “In order that in the coming ages he might show the incomparable riches of his grace” (Eph. 2:7).

You have two options: 1) trust in Jesus and spend eternity in heaven or 2) reject Jesus and spend eternity in hell. Therefore, we need an urgency to know Him and tell others about Him.

L – Life transformation: “We are God's handiwork, created in Christ Jesus to do good works” (Eph. 2:10).

Salvation isn't just a ticket out of hell; it's also a ticket to transformed living. We're made new from the inside out and drawn to do Master-worthy works for the Master. The most important question in life, however, is: Have you received Jesus as *your* Savior and Lord?

(To see a video of the G-O-S-P-E-L presented, check out www.johnmeador.com.)

Big rock #2

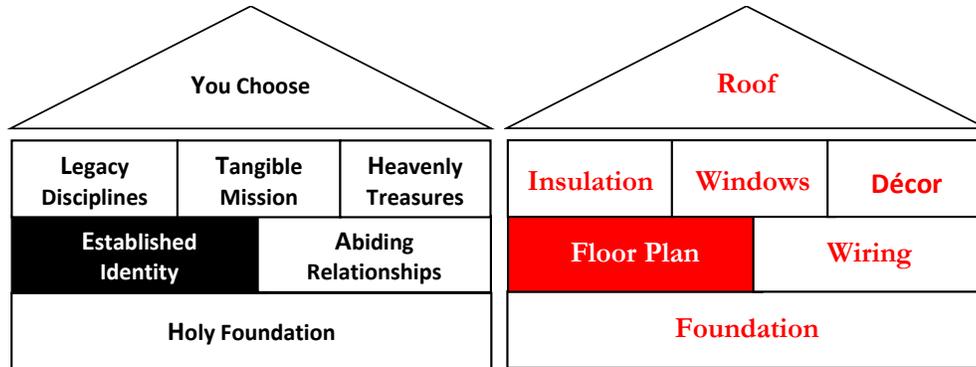
E – Established identity

HEALTHY home:

Healthy self-identity is
God’s established identity for you

House:

Frame it by following
the *floor plan*



5. Adopted You’re adopted into God’s family

He predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will. – Eph. 1:5

6. Gifted You’re gifted to equip God’s church

To each one of us grace has been given as Christ apportioned it. – Eph. 4:7

Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. – Eph. 4:11-13

7. Steward You’re a steward of God’s grace

Surely you have heard about the administration of God’s grace that was given to me for you. – Eph. 3:2

8. Temple You’re God’s holy dwelling place

In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit. – Eph. 2:21-22

House: Frame it by following the floor plan

The right foundation is key, but we don't pick a house based on the foundation. We pick a floor plan that establishes the relationships and features of rooms designed for our benefit. So, after building the right foundation, we need to frame it according to that floor plan. Once we pick a floor plan, though, we must follow it because we've already built a foundation to support it.

E – Established identity: Healthy self-identity is God's established identity for you

The same applies to our family. We need to pick a spiritual floor plan – a spiritual identity – that aligns with a holy foundation and follow it, because our spiritual floor plan defines our identity. While each of us has a unique mission, God created all of us with a common spiritual identity, upon which we must frame our life. It's our spiritual DNA. It never changes. It's established.

Even if we get confused sometimes about our identity, God isn't confused. Once we accept Him as Savior and Lord, we're His adopted child that He gifted to be His steward and His holy temple.

- **Adopted** – In the biblical context of Roman adoption, adoptees couldn't be disowned. They were family members for life. Thus, you can live with the blessings that come with God's forever adoption – His unconditional love, undeserved acceptance, and unwavering stability.
- **Gifted** – God's gifts for you align perfectly with His plans for you. He entrusts you with gifts according to your ability. Instead of being jealous of someone else's gifts, be zealous with yours. But remember that your gifts don't define your identity; they reflect your identity as God's child.
- **Steward** – The greatest honor is to be a steward of your Savior. And what is required of a steward is to be found faithful (1 Cor. 4:2). The greatest honor possible is to hear your Savior say, "Well done, good and faithful servant! Enter into the joy of your Master!" (Matt. 25:21).
- **Temple** – Unlike financial identity theft, you don't have to fall victim to spiritual identity theft. As God's holy temple, your identity is secure from the enemy's attacks, enabling you to intentionally pursue Him, have an intimate relationship with Him, and be an impactful witness for Him.

No matter what we think of ourselves, we are who God says we are. Here's a summary of the book's four applications of our established, unchangeable spiritual identity as God's children.

Adopted

Three blessings of God's adoption:

1. Unconditional love
2. Undeserved acceptance
3. Unwavering stability

Gifted

Four questions to leverage your gifts:

1. What's your motivation?
2. What's your pride?
3. Who's your audience?
4. What's your effectiveness?

StewardFour rewards of faithful stewardship:

1. More affirmation
2. More work
3. More joy
4. More abundance

TempleThree pillars of being God's holy temple:

1. Intentional pursuit of God
2. Intimate relationship with God
3. Impactful witness for God

After reading the *HEALTHY Home* chapter on Established identity and considering how to apply these truths, please score these four healthy habits on a scale of 1 (low) to 10 (high) and record your scores below for you and your home. (We'll use the averages of these scores later.)

		<u>You</u>	<u>Home</u>
Adopted	You're adopted into God's family	_____	_____
Gifted	You're gifted to equip God's church	_____	_____
Steward	You're a steward of God's grace	_____	_____
Temple	You're God's holy dwelling place	_____	_____
	Total	=====	=====
		/ 4 =	/ 4 =
	Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

God's the designer; you're the builder. Which of these truths about His design should you grow most for God's glory . . . that you're adopted, gifted, a steward, or God's temple? _____

Discussion questions:

1. Do your personal identity and your spiritual identity ever get confused? If so, how? What would strengthen your confidence in God's established identity for you – your spiritual floor plan?
2. **Adopted:** How does it encourage you to know you can't be disowned as God's adopted child? Which do you value the most – God's love, God's acceptance, or God's stability, and why?
3. **Gifted:** How has God gifted you to equip your family and His church? How could you help your family better know, embrace, and use their God-given gifts?
4. **Steward:** How faithful have you been in stewarding your giftedness? If you met God right now in heaven, would He tell you, "Well done," or would it be something less?
5. **Temple:** In what ways, if any, have you let Satan steal your spiritual identity? How could you take a next step in pursuing God and living more like who you are – His holy dwelling place?

Exercise: Family Portraits (Paint your picture in three words)

Embracing your identity in Christ requires you to know both the established identity shared by all of us and your unique qualities. Here’s an exercise to help you see how these two mesh. It’s called “Family Portraits” because you get a “portrait” of what others see in you, as they share three words that they believe best describe you.

Below is an example of how you can visualize this exercise . . . your photo is at the top, along with photos of the other family members and their three words to describe you. Here’s Anna’s portrait – the three words that describe what each of us appreciate most about her.



ANNA ALBA



**LOVING
GRACE-FILLED
TRUE**



**SERVANT-HEARTED
COMPASSIONATE
TENDER**



**WELCOMING
GIVING
LOVING**



**SELFLESS
THOUGHTFUL
GENUINE**



**FUN!
CHRISTMAS!
INTERCESSOR**



**PARTIES!
LOVING
GRACE**



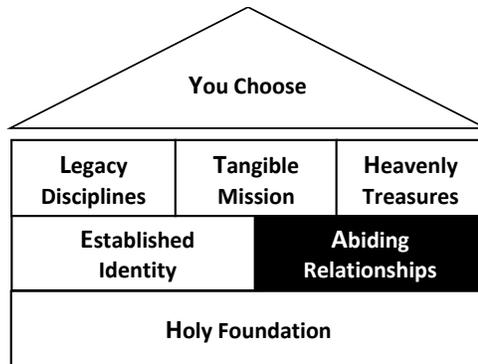
**LOVING
SELFLESS
GENTLE**

Big rock #3

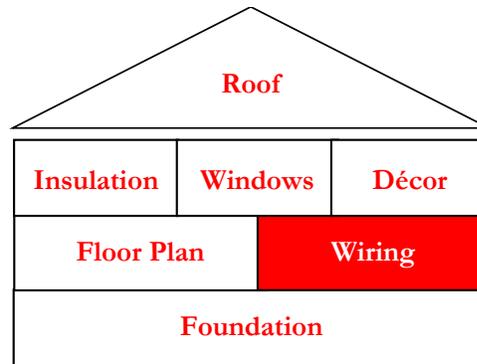
A – Abiding relationships

HEALTHY home:

Healthy relationships flow
from abiding in God

**House:**

Connect it to the power
source with *wiring*

**9. Submission Submit my wants to your needs**

Submit to one another out of reverence for Christ. – Eph. 5:21

10. Love-respect Give my love-respect; earn yours

Each one of you also must love his wife as he loves himself, and the wife must respect her husband. – Eph. 5:33

11. Forgiveness Show compassion by truly forgiving

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. – Eph. 4:32

12. Prayer Duct tape relationships with prayer

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. – Eph. 6:18

Family Relationships:

Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. – Eph. 5:22-24

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. – Eph. 5:25-28

Children, obey your parents in the Lord, for this is right. 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. – Eph. 6:1-3

House: Connect it to the power source with wiring

A house without wiring has no power. Thus, after building a foundation and framing your house, you need to connect it to the power source with wiring – a low-resistance path for power to flow. Working with wiring, though, can be shocking (pun intended) unless you stick to proven standards.

A – Abiding relationships: Healthy relationships flow from abiding in God

So too, families need abiding relationships – spiritual wiring – to connect us to the power source of Jesus Christ. Abiding relationships are wired in faith, hope, and God’s unconditional agape love. They’re the gateway to connecting with our family and connecting them to God. This kind of love is possible, though, only by abiding daily with the God who agape loved us first.

- **Submission** – Healthy homes are submitting homes. Abiding relationship don’t start with love; they start with submitting to God, which unlocks the three secrets of abiding relationships with others: 1) submit our wants to their needs, 2) study their needs, and 3) serve their needs.
- **Love-respect** – When we give love-respect, we live like Jesus. It’s not an exchange. It’s a gift we freely give because we’re a conduit of God’s proven standard of agape love. And love-respect isn’t two words, it’s one because both are such an intertwined key to lowering people’s resistance to the gospel.
- **Forgiveness** – Unforgiveness enslaves, but forgiveness liberates. Forgiveness says more about the forgiver than the forgiven. It’s not a suggestion from God, it’s a command. But it’s a privilege when it flows from a heart that never forgets that we’re fully forgiven by God.
- **Prayer** – Prayer is like duct tape. It patches broken relationships, seals disconnected families, and fixes just about anything. Jesus not only taught us how to pray, but His Word also shows us how to know that God will provide, God will guide, and God is reliable.

Abiding relationships with people flow from abiding relationships with God. Here’s a summary of the book’s applications to help you stay plugged into abiding relationships.

Submission

Three secrets of abiding relationships:

1. Submit my wants to their needs
2. Study their needs
3. Serve their needs

Love-respect

Five keys to love your wife:

1. Share your heart
2. Sacrifice your treasures
3. Surrender your pride
4. Shower your generosity
5. Sharpen your bond

Three keys to respect your husband:

1. Embrace the need
2. Imagine the blessing
3. Believe it is worth it

Forgiveness

Four pursuits of forgiveness:

1. Pursue their mercy
2. Pursue their grace
3. Pursue their restoration
4. Pursue their joy

Prayer

Three prayers of God’s faithfulness:

1. God will provide
2. God will guide
3. God is reliable

Please score these healthy habits on a scale of 1 (low) to 10 (high) for you and your home. How do the averages below compare to the A – Abiding relationships scores in your initial HEALTHY Home Wheel?

		<u>You</u>	<u>Home</u>
Submission	Submit my wants to your needs	_____	_____
Love-respect	Give my love-respect; earn yours	_____	_____
Forgiveness	Show true compassion by truly forgiving	_____	_____
Prayer	Duct tape relationships with prayer	_____	_____
	Total	=====	=====
		/ 4 =	/ 4 =
	Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

Your connection with your family predicts their connection with God and others. Which of these four healthy habits would most improve your family’s connection with God and other people . . . submission, love-respect, forgiveness, or prayer? _____

Discussion questions:

1. How would He describe your relationship with Jesus Christ? How well are you and your family abiding in Him? What could you do to abide with Jesus like a vine abiding in its roots?

2. **Submission:** Who in your life models biblical submission? How do they live it? How would submitting, studying, and serving your family’s needs grow you closer to God and each other?

3. **Love-respect:** Who needs your unconditional, undeserved love-respect, and how could you practically give it? How could you take a next step in emulating Jesus’ example of love-respect?

4. **Forgiveness:** Who do you need to forgive? How could you go the extra mile to proactively pursue abundant mercy, grace, restoration, and joy in their lives?

5. **Prayer:** How does prayer act like duct tape to patch, fix, and seal frayed families and relationships? How have you seen God perform miracles through prayer?

Exercise: Agape qualities (How agape is my love, really?)

Agape love is the unconditional, unbreakable, caring, sacrificial love modeled by Jesus. We can abide with Him when we have a close proximity to Him, a humble posture before Him, and a secure place with Him. Thus, we can know Him and abide in Him because He agape loved us first (1 John 4:19).

Below are sixteen agape qualities from the “love chapter” of 1 Corinthians 13. In this exercise, please pick three of the sixteen that are your best agape qualities and three that are your weakest. Don’t rank or score them. Just place a checkmark by your Top 3 and your Bottom 3.

<u>Agape Qualities</u>	<u>Top 3</u>	<u>Bottom 3</u>
1. I am patient.	_____	_____
2. I am kind.	_____	_____
3. I am not jealous.	_____	_____
4. I do not brag or boast.	_____	_____
5. I am not arrogant or proud.	_____	_____
6. I am not rude or dishonoring.	_____	_____
7. I am not self-seeking or selfish.	_____	_____
8. I am not easily angered or provoked.	_____	_____
9. I do not act resentful or consider wrongs.	_____	_____
10. I am not glad about sin or injustice.	_____	_____
11. I rejoice with the truth.	_____	_____
12. I bear and protect all things (like a roof).	_____	_____
13. I believe and trust all things.	_____	_____
14. I hope and am confident in all things.	_____	_____
15. I endure and persevere in all things.	_____	_____
16. My love does not fail or fall away.	_____	_____

What are your Top 3? _____, _____, _____

What are your Bottom 3? _____, _____, _____

What can you do to strengthen your weakest agape qualities?

And how could you bless others with your strongest agape qualities?

Big rock #4

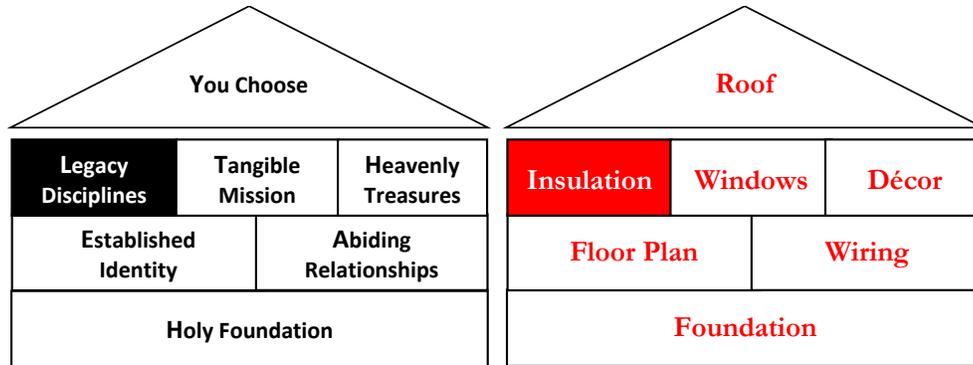
L – Legacy disciplines

HEALTHY home:

Healthy disciplines
create godly legacies

House:

Protect it with
plenty of *insulation*



13. Humble conviction Balance humility and conviction

Be completely humble and gentle. – Eph. 4:2a

In him and through faith in him we may approach God with freedom and confidence. – Eph. 3:12

14. Patience To win the war, learn to wait

Be patient, bearing with one another in love. – Eph. 4:2b

15. Unity Turn conflicts into unifying “wows!”

Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called. – Eph. 4:3-4

16. Gratitude Gush with gratitude

Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. – Eph. 5:20

House: Protect it with plenty of insulation

After building a house's foundation, framing it by following the floor plan, and wiring it to the power source, make sure you protect it with plenty of insulation. All those little particles of insulation combine to build a defensive barrier against external forces and internal pressures.

L – Legacy disciplines: Healthy disciplines create godly legacies

We also need legacy disciplines to insulate our family from harmful spiritual forces. Any one discipline by itself isn't enough, but together they create godly legacies when personal discipline (self-control) meshes with success disciplines (doing the things unhealthy people won't do). Legacy disciplines earn the right to speak into our family. And they help us not cut corners, which damages our witness. Here are four "little" examples of spiritual insulation from Ephesians.

- **Humble conviction** – Humility is key to receptivity. But humility must also be joined with conviction to forge godly passion – a balance of unassuming humility and unwavering conviction. This crucial balance helps your family believe in you, bond with you, and extend your faith legacy.
- **Patience** – Patience is the first quality listed in the love chapter (1 Cor. 13) and the fourth fruit of the Spirit (Gal. 5:22-23). And it's a gift from the Holy Spirit. But since raising a family is a war with many battles, you need to learn the five steps to winning our family's soul, which starts with patience.
- **Unity** – Unity is based on your position with God, not whether or not you agree on a position. The goal of unity isn't fixing people; it's finding common ground that wins them over to faithfulness. And the keys to reconciliation are focusing on the right goal and doing your part.
- **Gratitude** – Gratitude is a gift you give, even when it feels thankless. A lack of thanks turns into a thankless job unless you have the attitude of "it's my pleasure" and "it's my privilege." Therefore, we need to model and instill a heart of receptivity, responsiveness, and rejoicing.

Legacy disciplines build credibility, like on-ramps of receptivity. How could you apply these legacy disciplines to create receptivity to a godly legacy?

Humble conviction

Three proofs of godly passion:

1. A quest with a zest
2. Desperation
3. A teachable teacher

Patience

Five steps to win your family's soul:

1. To win the war, win the right battles
2. To win the right battles, win their hearts
3. To win their hearts, earn their trust
4. To earn their trust, learn to listen
5. To learn to listen, practice waiting

Unity

Four approaches that prevent unity:

1. Capitulation (Lose/win)
2. Superiority (Win/Lose)
3. Absence of conflict (Temporary Win/Win)
4. Consensus (Illusionary Win/Win)

Gratitude

Three milestones of grateful:

1. Receptive hearts
2. Responsive hearts
3. Rejoicing hearts

After reading the *HEALTHY Home* chapter on Legacy disciplines, please score these four healthy habits on a scale of 1 (low) to 10 (high) and record your scores below for you and your home.

	<u>You</u>	<u>Home</u>
Humble conviction Balance humility and conviction	_____	_____
Patience To win the war, learn to wait	_____	_____
Unity Turn conflicts into unifying “wows!”	_____	_____
Gratitude Gush with gratitude	_____	_____
Total	=====	=====
	/ 4 =	/ 4 =
Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

Is your family proud of the little things you do to protect them, or do life’s little tests disqualify your witness? Which of these legacy discipline habits would most insulate your family from danger . . . humble-conviction, patience, unity, or gratitude? _____

Discussion questions:

1. What “little” spiritual disciplines create big godly legacies? If you had better self-discipline to live with all these spiritual disciplines, how would they insulate your family from harm?

2. **Humble conviction:** Does your godly passion get imbalanced with too much humility or with too much confidence? How could a better balance prepare your family to absolutely adore Jesus?

3. **Patience:** If you ranked a list of your best qualities, where would patience be on that list? What would need to happen to make patience a strength of your family?

4. **Unity:** Does the way you handle conflict lead to family unity or discord? How could you help your family experience biblical unity and turn negatives into “wows!”?

5. **Gratitude:** For what blessings are you most thankful? For what difficulties do you struggle most to be grateful? How could you lead yourself and your family to be more grateful?

Exercise: Reasons I Love You

(Encourage the best in others)

Serial encouragers embolden you with overt, intentional encouragement. It's their gift, not an exchange. They bless you by loving you. No string attached. We all can be a serial encourager who routinely shares the reasons we love others. And the ways to express our love are as endless as our imagination.

Here's a personal example – a “Reasons I Love You” list that I gave Anna on our 60th birthday (yes, we have the same birthday . . . I'm four hours older).

Sixty Reasons It's a Privilege to be Your Husband

- | | |
|-------------------------------|---------------------------------------|
| 1. Leslie, Joshua & Caleb | 2. Your heart still skips a beat |
| 3. My best friend | 4. Salado |
| 5. Always believing in me | 6. Sweet, kind spirit |
| 7. Unquestioned loyalty | 8. Encouragement |
| 9. Fun | 10. Hugs |
| 11. Patience | 12. Choosing the library |
| 13. Back scratches | 14. “Is this the Trevi Fountain?” |
| 15. Molokai mule rides | 16. Caring for our parents |
| 17. Master of simple recipes | 18. Skiing slow |
| 19. A true servant-leader | 20. Being grateful |
| 21. Praising & obeying God | 22. Choosing to choose |
| 23. Laughing at my jokes | 24. Being a China doll |
| 25. Completing me | 26. Loving me more than chocolate |
| 27. Modeling true generosity | 28. Oozing true humility |
| 29. Integrity above reproach | 30. Saying, “Enough” when needed |
| 31. Living a godly legacy | 32. Respecting me no matter what |
| 33. Refusing to fight | 34. Getting angry only 2 ½ times |
| 35. Being our family's glue | 36. Making bonding memories |
| 37. Humoring Vacation Tim | 38. Loving other people's children |
| 39. Watching guy movies | 40. Pursuing real life in Christ |
| 41. Praying for our family | 42. Trusting my judgment |
| 43. “Good thing I'm cute” | 44. “Gotta love me” |
| 45. Making me smell the roses | 46. Helping me pursue my dreams |
| 47. Being authentic | 48. Hurting with people who hurt |
| 49. Aging gracefully | 50. Being GrAnna |
| 51. Endless banners | 52. Surviving the Drake Passage |
| 53. Forgiving quickly | 54. Letting me kill your spiders |
| 55. 9 Christmas stockings | 56. Hosing off Josh's little hiney |
| 57. In 'n Out & Andy's | 58. 38 great years + 3 bonus years |
| 59. Living “Well done!” | 60. Our kids are your vow (Prov. 3:2) |

Who could you encourage by sharing why you love them?

How could you creatively share your love in ways they'll never forget?

Big rock #5

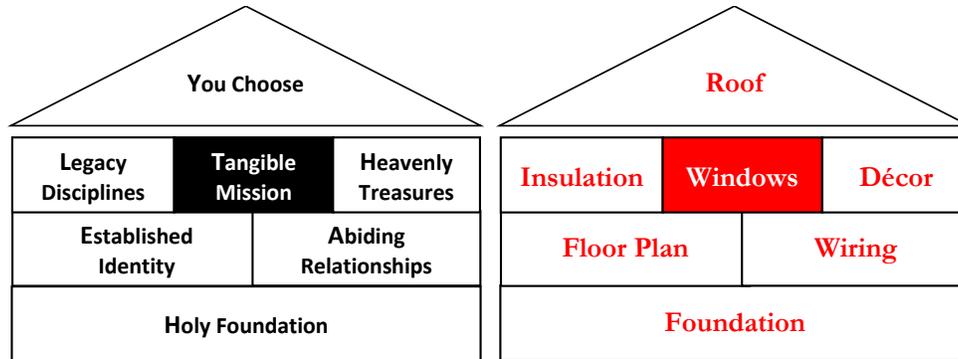
T – Transforming mission

HEALTHY home:

Healthy missions
transform your world

House:

Enlighten it
with *windows*



17. Success Know God’s calling for you

Making the most of every opportunity, because the days are evil. – Eph. 5:16

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. – Eph. 4:1

18. Clarity Never live in the shadows of vague

To make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. – Eph. 3:9

19. Obedience Obey wholeheartedly, not compliantly

Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do. – Eph. 6:6-8

Therefore do not be foolish, but understand what the Lord’s will is. – Eph. 5:17

20. Missional Live for your mission, not your methods

I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. – Eph. 3:17-19

House: Enlighten it with windows

Now that our house is framed, wired, and insulated, it needs windows. By adding light and warmth, windows make rooms seem bigger. They bring energy, improve our mood, and help us get beyond our little world to see a big world of possibilities.

T – Transforming mission: Healthy missions transform your world

Like spiritual windows, we need a transforming mission to enlighten, warm, and expose our family to a big God with a big mission for us. When our mission hangs on our hearts, not just our walls, it energizes and transforms our minds (Rom. 12:2), especially when it's defined, clearly articulated, wholeheartedly obeyed, and missionally lived.

- **Success** – God's view of success for you is His target for you. I believe success has two parts: maximize your opportunity (Eph. 5:16) and be faithful today (Eph. 4:1). But since you can't fulfill what you don't know, you need to define what God-honoring success looks like to you.
- **Clarity** – You can't know if you're successful without clearly articulating what it looks like. A clear mission builds a common language, expectations, and passion that families never forget. But it takes time. And about the time you get tired of clarifying it, they'll probably just start getting it.
- **Obedience** – Godly obedience is born from a passion to fulfill God's calling. It's not compliance. It's wholehearted obedience that obeys immediate, complete, joyful, and unconditional – the opposite of the four forms of disobedience described in this chapter.
- **Missional** – Being missional is living according to God's unique mission for you. It changes, stops, or starts anything to be more like Christ. Your intentionality can't wane if you don't get what you want, though, because you don't get to pick only the parts of a God-given mission you like.

A family mission isn't a reality until your family knows it's real. Which of these applications could help your mission become a tangible reality for you and your home?

Success

Three seeds to maximize your opportunity:

1. Grow from yesterday's setbacks
2. See beyond today's possibilities
3. Strain toward tomorrow's prize

Three seeds to be faithful today:

1. Become a character hero
2. Grow into a servant-leader
3. Fulfill your mission

Clarity

Four advantages of crystal clarity:

1. End uncertainty
2. Reveal light
3. Build trust
4. Create alignment

Obedience

Four forms of disobedience:

1. Delayed obedience
2. Partial obedience
3. Joyless obedience
4. Conditional obedience

Missional

Four goals of missional living:

1. Grow rooted in God's love
2. Grasp the expanse of God's love
3. Know God's surpassing love
4. Be filled with God's love

After considering the *HEALTHY Home* chapter on transforming mission, please score these missional habits on a scale of 1 (low) to 10 (high) and record your scores below for you and your home.

		<u>You</u>	<u>Home</u>
Success	Know God's calling for you	_____	_____
Clarity	Never live in the shadows of vague	_____	_____
Obedience	Obey wholeheartedly, not compliantly	_____	_____
Missional	Live for your mission, not your methods	_____	_____
	Total	=====	=====
		/ 4 =	/ 4 =
	Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

God blesses faithfulness to your mission, not fortune from your mission. Which of these four healthy habits would most help you lead your family to passionately pursue their God-given mission . . . success, clarity, obedience, or missional: _____

Discussion questions:

1. What's your family's unique God-given mission? What would your family say it is? If they can't articulate it, how can it enlighten their soul, capture their imagination, and transform their eternity?
2. **Success:** What is your definition of success? Does it lead to faithfulness? How do you honor God by maximizing your opportunity and being faithfully today with your God-given mission?
3. **Clarity:** How clear and tangible is your mission? How can a mission transform your family if it's not transforming you? How would clarity improve your servant-leadership at home and work?
4. **Obedience:** Do you tend to obey God wholeheartedly or compliantly? How have you disobeyed through delayed, partial, joyless, or conditional obedience?
5. **Missional:** What won't you do to be more missional? What method won't you change? What definition or clarity won't you nail down? What commandment of God won't you obey?

Exercise: Secret Sauce

(Your A-to-Z family character qualities)

Your character defines you. And your family needs to know your “Secret Sauce” – the unique qualities that flavor everything you do. In this exercise, you choose 26 A-to-Z character qualities – one quality for each alphabet letter – that you want to define your family. Please do this exercise as a couple or family, though, so that it reflects how you together will be missional with your defining character.

Please circle your selection or write in your own character quality if it’s not listed.

A – Abide / Achieve / Affirm / Admirable / Adventure / Agreeable / Aligned / Ambitious / Amiable / Appreciative / Artistic / Ascend / Attentive / Authentic / Awaken / _____

B – Basic / Beacon / Beliefs / Believable / Belonging / Beloved / Best-practices / Biblical / Big-hearted / Blessing / Bold / Bonding / Boundless / Brave / Bright-eyed / _____

C – Called / Caring / Challenging / Cheerful / Christ-like / Choices / Committed / Communication / Compelling / Confident / Consistent / Contented / Courageous / Courteous / Curious / _____

D – Daring / Decisive / Dedicated / Dependable / Deploying / Determined / Devoted / Dignified / Diligent / Direct / Discerning / Discreet / Disciplined / Dreamer / Driven / _____

E – Eager / Earnest / Educated / Effective / Elevate / Embolden / Empathy / Empowering / Encourage / Endurance / Engage / Enhance / Enliven / Enthusiastic / Ethics / _____

F – Facilitate / Fair / Faithful / Family / Fearless / Fellowship / Fervent / Fidelity / Flexible / Flourish / Focus / Forgiving / Friend / Fulfill / Fun / Funny / Futuristic / _____

G – Generous / Gentle / Giver / Glowing / Goal-oriented / Godly / Good-natured / Graceful / Gracious / Grateful / Guilt-free / _____

H – Happy / Heart / Heaven-minded / Heighten / Heroic / Heritage / Holiness / Honest / Honorable / Hopeful / Hospitable / Humble / Humor / _____

I – Imaginative / Independent / Influence / Ingenious / Initiative / Inquisitive / Inspiring / Instiller / Integrity / Intelligent / Interdependent / Intriguing / Invigorate / _____

J – Jazzed / Jesus-follower / Jolly / Joyful / Judicious / Juggling / Justice / Justified / _____

K – Keen / Keystone / Kind / Kindred / Kingdom-minded / Kneeling / Known / _____

L – Laughter / Leader / Learner / Legacy / Level-headed / Likable / Limitless / Listener / Lively / Longsuffering / Loving / Loyal / _____

M – Magnetic / Magnify / Mature / Meaningful / Meditative / Memories / Memorable / Mentor / Merciful / Missional / Modest / More / Motivate / Musical / _____

N – Natural / Neighborly / Nevertheless / Noble / Nonconforming / Nonetheless / Non-negotiable / Nonstop / Notable / Nurture / _____

O – Obedient / Observant / Open / Open-minded / Opportune / Optimistic / Orderly / Original / Outdo / Outstanding / Overcomer / Overflowing / Ownership / _____

P – Passionate / Patient / Peace / Perceptive / Persuasive / Pleasant / Polite / Positive / Practical / Prayer / Present / Principle / Productive / Propel / Protector / Provider / Purposeful / _____

Q – Qualified / Quality / Quest / Questioning / Quick-witted / Quiet / Quips / Quirky / Quizzical / Quotable / _____

R – Redeemed / Refreshing / Relational / Reliable / Repenting / Resolute / Resourceful / Respectful / Responsible / Restrained / Resurrected / Reverent / Role-model / _____

S – Safe / Sanctified / Self-discipline / Sensitive / Sent / Sentimental / Servant / Servant-leader / Significance / Sincere / Spirit-filled / Strategic / Steward / Supportive / Surrender / _____

T – Tactful / Teachable / Teacher / Tenacious / Tender / Timeless / Thankful / Thoughtful / Thriving / Trainer / Transforming / Transparent / Trustworthy / Truthful / _____

U – Unassuming / Unboxed / Unconventional / Undaunted / Understanding / Understated / Unentitled / Unique / Unintimidated / Unselfish / Unwavering / Upright / _____

V – Validating / Valor / Values / Versatile / Vibrant / Victorious / Vigorous / Virtuous / Visionary / Vital / Vivid / Vulnerable / _____

W – Warm / Warrior / Well-done / Well-spoken / Wholehearted / Wholesome / Willing / Winsome / Wise / Witness / Worry-free / Worshipful / _____

X – Xacting / Xamining / Xcellence / Xceptional / Xciting / Xemplary / Xperiencing / Xplore / Xpressive / Xtraordinary / Xuberant / _____

Y – Yearning / Yielding / Yoke-breaker / Yoked / Young-hearted / Youthful / _____

Z – Zany / Zealous / Zero-excuses / Zest / Zip / Zoned-in / Zoo / Zoomed-in / _____

Action: Please take a moment to summarize your 26 A-to-Z character qualities below.

A: _____	B: _____	C: _____	D: _____
E: _____	F: _____	G: _____	H: _____
I: _____	J: _____	K: _____	L: _____
M: _____	N: _____	O: _____	P: _____
Q: _____	R: _____	S: _____	T: _____
U: _____	V: _____	W: _____	X: _____
Y: _____	Z: _____		

In order to help you visualize your family's Secret Sauce, here's what mine looks like. I provided a similar graphic to each couple in our family when they did this exercise as their own family. Mine hangs on the wall in both my office and my home because it's a daily reminder of what Anna and I choose as a family. Plus, it's a fantastic conversation starter with guests.

Alba Family "Secret Sauce"

Authentic *Beliefs* CHOICES
Devoted
 Encourager *Family*
Generous Humor **Integrity**
Jesus-follower KIND
Legacy-maker
 Memories **NEVERTHELESS**
Obedient
Purposeful RELATIONAL
 Quality
 SERVANT-
 LEADER Transforming
UNENTITLED
Visionary
WELL-DONE! *Extraordinary*
Young-hearted **Zealous**

Big rock #6

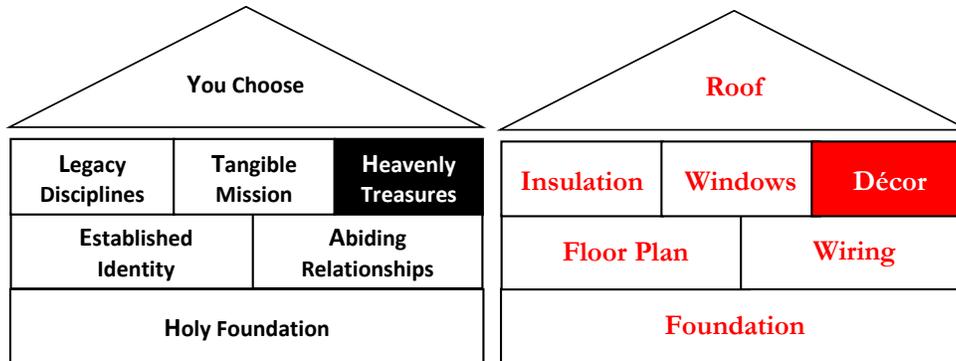
H – Heavenly treasures

HEALTHY home:

Healthy treasures are a gift
to your heavenly Savior

House:

Fill it with
timeless *décor*



21. Role model **Be the spittin' image of Jesus**

Follow God's example, therefore, as dearly loved children. – Eph. 5:1

22. Maturity **Grow with God's recipe of truth and love**

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. – Eph. 4:14-15

23. Generosity **Overflow with lavish generosity**

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. – Eph. 1:7-8a

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. – Eph. 3:20

24. Resilience **Do your part and trust God to do His**

Finally, be strong in the Lord and in his mighty power. – Eph. 6:10

House: Fill it with timeless décor

Now that your house is built, it's time to decorate it. I love seeing people's décor because it tells their story. Your house shows me the treasures you own, but your décor shows me what you treasure. Are you accumulating "stuff" and trying to cram in more and more into your life? Or are you focusing on treasures that truly matter?

H – Heavenly treasures: Healthy treasures are a gift to your heavenly Savior

So too, your spiritual decor declares your story. Are you storing up heavenly treasures now for God's glory in heaven? One of the best treasures you can lay at the feet of Jesus is a family you've prepared to be spiritually vibrant. You can't force them to be faithful, but you can prepare them to be faithful by making it easy for them to want what they need to be faithful.

- **Role model** – Your treasures mold your family's treasures. You don't have to be faultless, just faithful. And one of the most priceless treasures you can give your family is being a role model who is above reproach with personal integrity, process integrity, and predictable integrity.
- **Maturity** – God's recipe of growth has two ingredients: truth and love. Speaking the truth in love supercharges your maturity, but when they're not balanced, you'll have powerless truth (truth without love), misguided love (love without truth), or brokenness (no love or truth).
- **Generosity** – The happiest people don't grab what they want; they give away what they have. They see money as a tool to bless others, not a toy to bless themselves. Generosity is more than money, but it can't exclude money because it overflows from your character and reflects God's character.
- **Resilience** – Godly resilience isn't just trying hard; it's doing your part and trusting God to do His. You commit your works, make your plans, and prepare for victory. But only God can direct your plans, direct your steps, and bring victory. Don't try to do God's part. Do yours and trust God with His.

We can't keep cramming more and more into our life. We need to decide what truly matters and release the rest. Here's a summary of how to lay up God-honoring treasures now so that we can give them as a precious, fragrant offering to Jesus in heaven.

Role model

Three cornerstones of Christ-like integrity:

1. What you do (Personal integrity)
2. How you do it (Process integrity)
3. How consistently you do it (Predictable integrity)

Maturity

Three imbalances of truth and love:

1. Powerless truth (Truth without love)
2. Misguided love (Love without truth)
3. Brokenness (No truth, No love)

Generosity

Four stages of overflowing generosity:

1. Empty everything you don't need
2. Stop letting in everything you don't need
3. Keep being filled with what God wants
4. Open the floodgates of generosity

Resilience

Three rules of godly resilience:

1. You commit; God directs your plans
2. You plan; God directs your steps
3. You prepare; God brings the victory

After reading the *HEALTHY Home* chapter on Heavenly treasures, please score these four healthy habits on a scale of 1 (low) to 10 (high) and record those scores below for you and your home.

	<u>You</u>	<u>Home</u>
Role model Be the spittin' image of Jesus	_____	_____
Maturity Grow with God's recipe for truth and love	_____	_____
Generosity Overflow with lavish generosity	_____	_____
Resilience Do your part & trust God to do His	_____	_____
Total	=====	=====
	/ 4 =	/ 4 =
Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

Your family's view of God is formed by watching you. Are you making it easy for them to be spiritually healthy? Which of these heavenly treasure habits would most help your family be spiritually healthy . . . role model, maturity, generosity, or resilience? _____

Discussion questions:

1. What heavenly treasures – like spiritual décor – are filling your life and family? What stories do your spiritual treasures tell about what you value and what you'll lay at the feet of Jesus in heaven?
2. **Role model:** Of whom would family say you're the spittin' spiritual image? Who in your life would you most like to emulate? What Bible person (other than Jesus) would it be, and why?
3. **Maturity:** Are you more prone to powerless truth (truth without love) or misguided love (love without truth), and why? For whom could you begin to be an agent of spiritual maturity?
4. **Generosity:** What examples of overflowing generosity have you received or given? What would need to change for you to be able to give the treasure of generosity to Jesus?
5. **Resilience:** How stubborn are you with God's standard of faithfulness? How willing and able are you to be trustworthy and trust God . . . to do your part and trust God to do His?

Exercise: Treasured memories

(The eternal difference you make)

One of the many life lessons I wish I had learned earlier is the need to focus more on my family's strengths than their faults. By highlighting what people do right, we create treasured memories of the eternal difference they make and why we value them so much.

Here's how this exercise works: At the top of a 3x5 card, write the date on the left and their name on the right. Then write a memory of how they impacted you for eternity, and sign it at the bottom. Whether it's a big thing or a little breadcrumb of faithfulness, share how they've blessed you.

Date	Their name
You are such a blessing to me because of how you're always _____	
Your signature	

And on the back of the card, write a funny memory about them or a memorable time with them. For example, if I wrote a "treasured memories" card for my son Caleb, I'd write on the front that I admire his uncompromising character and his passion for being a great husband and dad. And on the back, I'd tell his famous jaguar story (inside joke).

One of my favorite stories about you was the time you _____

Big rock #7

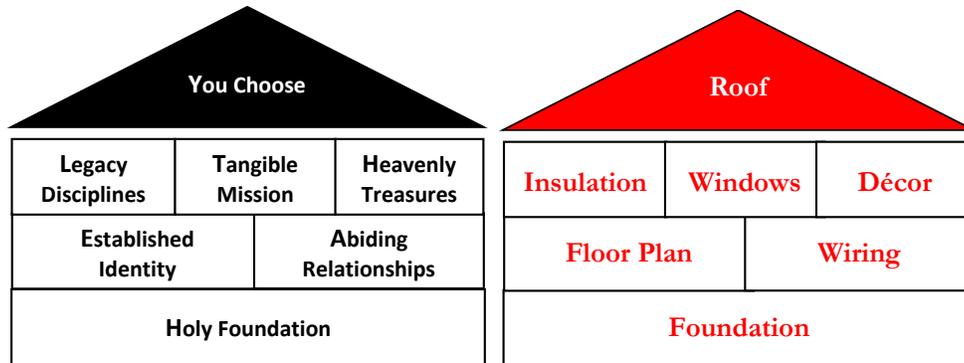
Y – Yielded choices

HEALTHY home:

Healthy choices
yield to God’s will

House:

Inspect it for a
compromised *roof*



25. Choose Choose the perfect outfit: God’s armor

Put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. – Eph. 6:13-17

26. Pre-choose Pre-choose boundaries of purity

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. – Eph. 5:3

Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. – Eph. 5:11-12

27. Un-choose Un-choose the old you for a new you

Put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. – Eph. 4:22-24

28. Re-choose Re-choose the filling that fuels and fulfills

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. – Eph. 5:18

House: Inspect it for a compromised roof

Congratulations! Your house is built and you're ready to move in, except for one thing: Have you inspected the roof? An uncompromised roof is vital. It covers and protects against seasonal extremes and outside elements that cause leaks due to buckling and curling. But you likely don't think about your roof because you assume it's okay. And so it is with life choices.

Y – Yielded choices: Healthy choices yield to God's will

Two kinds of choices define us: default choices and determined choices. Default choices have unintended consequences because we don't make a determined choice. We're not trying to make bad choices; we just get the default result of not making determined choices. Therefore, we must make the following four determined choices that yield our will to God's will:

- **Choose** – Choosing to wear the full armor of God is crucial because the enemy attacks the pieces of God's armor that we didn't put on that day. Choosing daily to wear God's armor is crucial because, by default, we're unprotected and unprepared.
- **Pre-choose** – Instead of passively waiting for temptation to occur, we need proactive purity – pre-choosing our boundaries in advance. Proactive purity can be lost in a moment, so we can't even get close to crossing the lines of compromise that ultimately hurt both us and our family.
- **Un-choose** – To get where we need to be, we need to un-choose what got us here. We can't just try harder, be positive, claim victory, or hope for better. We must put off our old corrupted self and put on a new self that God created us to be. And the only way that's possible is by yielding to Him.
- **Re-choose** – Since we're controlled by whatever controls us, we must keep re-choosing the Holy Spirit's filling. That's a command to be proactively passive – an intentional, ongoing choice to let Him drive out ongoing sin and to pursue complete faithfulness (the two keys of spiritual health).

How have you experienced spiritual buckling and curling because you've allowed areas of compromise? Here are four ways to make yielded choices that cover and protect your family like a spiritual roof.

Choose

Five protections of God's armor:

1. Protects your character
2. Protects your caring
3. Protects your consistency
4. Protects your courage
5. Protects against complacency

Pre-choose

Three principles of proactive purity:

1. Decide before you're tempted
2. Run away when you're tempted
3. Repent after you're tempted

Un-choose

Three changes for a new you:

1. Spiritual Insanity
2. Spiritual Absurdity
3. Spiritual Certainty

Re-choose

Four renewals of spiritual health:

1. Refill
2. Refresh
3. Re-position
4. Repeat

After prayerfully considering these biblically-based truths, please score these four yielded choices habits on a scale of 1 (low) to 10 (high) and record those scores below for you and your home.

		<u>You</u>	<u>Home</u>
Choose	Choose the perfect outfit: God’s armor	_____	_____
Pre-choose	Pre-choose boundaries of purity	_____	_____
Un-choose	Un-choose the old you for a new you	_____	_____
Re-choose	Re-choose the filling that fuels and fulfills	_____	_____
	Total	=====	=====
		/ 4 =	/ 4 =
	Average	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>	<input style="width: 40px; height: 30px; border: 1px solid black;" type="text"/>

Your worst enemy can be familiarity, which leads to complacency. Which yielded choice will you commit to grow to protect against complacency and pursue complete faithfulness . . . choose, pre-choose, un-choose, or re-choose? _____

Discussion questions:

1. Which kinds of choices define you – determined choices or default choices? What healthy choices help you (or people you admire) yield to God’s will and protect your family?
2. **Choose:** How consistently do you wear God’s armor? Which pieces of His armor are hardest to put on every day? How has Satan attacked the pieces of God’s armor that you didn’t put on?
3. **Pre-choose:** Why is it so important to pre-choose boundaries of purity? What are some of the most crucial lines of compromise that you can’t afford to cross or even get close?
4. **Un-choose:** What parts of your old sin nature do you most need to keep un-choosing? What changes would help you put off the old sinful you and put on the new you in Christ?
5. **Re-choose:** What next steps would help you proactively let the Holy Spirit fill you? More than a plan to follow, how could you more consistently follow God’s plan for you and your family?

Exercise: 3-2-1 Impacts (Intentionally impact others)

We’ve all had people impact us. But how often and how intentionally do you impact others? Instead of just hoping it happens, make it happen with this exercise called “3-2-1 Impacts.”

Each week, on a 3x5 card, write the names of three people you want to impact. Then write two impacts you want to make in each of those people and one action you’ll take this week to do so. That’s it. But if you’ll do this each week for a month, imagine the effect. And if you’ll keep doing this for a year, imagine how you could impact their eternity.

Your “3 people” will change as needs change, as God prompts you, or as birthdays and anniversaries approach. Instead of your three people being three individuals, they might be a group like your kids, church small group, neighbors, or co-workers. Also, you’ll likely change the impacts you want to make over time. In fact, your impacts should change as needs and relationships change.

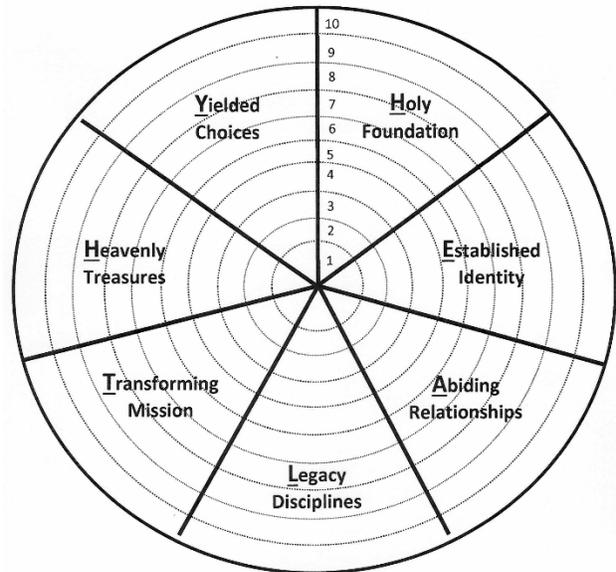
Here’s how your weekly 3x5 card of “3-2-1 Impacts” might look:

<u>3 People</u>	<u>2 Impacts</u>	<u>1 Action</u>
Person/Group 1	_____ _____	_____
Person/Group 2	_____ _____	_____
Person/Group 3	_____ _____	_____

Taking next steps

Having unpacked the 7 Big Rocks of a HEALTHY home, let's redo your initial HEALTHY Home Wheel for you and your family. Please get your average scores from the 7 Big Rocks chapters and record them below under the "Your averages" and "Home averages" columns. Then chart your scores, like what you did for your initial self-assessment. As a reminder, use a solid line for "Your averages" and a dashed line for "Home averages."

	<u>Your averages</u>	<u>Home averages</u>
H – Holy foundation:	—	—
E – Established identity:	—	—
A – Abiding relationships:	—	—
L – Legacy disciplines:	—	—
T – Transforming mission:	—	—
H – Heavenly treasures:	—	—
Y – Yielded choices:	—	—



Discussion questions:

1. After rescoring the 7 Big Rocks of a HEALTHY home, how did your initial scores change? What did you learn about you and your home? What next steps can you take to grow?
2. Which of the 7 Big Rocks are your biggest strengths? Your biggest weaknesses?
3. Which of the 7 Big Rocks have the biggest gaps between you and your home, and why?
4. How would smoothing your spiritual wobble help your family?
5. How would enlarging your spiritual wheel help your family?

The key to replacing your spiritual love handles with a six pack of spiritual strength is taking next steps. Please take a moment to write below the healthy habits you picked to grow in the prior chapters, so that you can turn the dream of a healthy home into a reality for *your* home.

H – Holy foundation:	_____	T – Transforming mission:	_____
E – Established identity:	_____	H – Heavenly treasures:	_____
A – Abiding relationships:	_____	Y – Yielded choices:	_____
L – Legacy disciplines:	_____		

28 Healthy habits & Verses

Ephesians

Holy foundation

1. Trinity	God chose you to be wholly holy	1:4-14
2. Light-giver	God enlightens you to know Him	1:18-19
3. Savior	God offers you eternal life as a free gift	2:8-9
4. Creator	God created you to be His masterpiece	2:10

Established identity

5. Adopted	You're adopted into God's family	1:5
6. Gifted	You're gifted to equip God's church	4:7,11-13
7. Steward	You're a steward of God's grace	3:2
8. Temple	You're God's holy dwelling place	2:21-22

Abiding relationships

9. Submission	Submit my wants to your needs	5:21
10. Love-Respect	Give my love-respect; earn yours	5:33
11. Forgiveness	Show compassion by truly forgiving	4:32
12. Prayer	Duct tape relationships with prayer	6:18

Legacy disciplines

13. Humble conviction	Balance humility and conviction	4:2a,3:12
14. Patience	To win the war, learn to wait	4:2b
15. Unity	Turn conflicts into unifying "wows!"	4:3-4
16. Gratitude	Gush with gratitude	5:20

Transforming mission

17. Success	Know God's target for you	5:16, 4:1b
18. Clarity	Never live in the shadows of vague	3:9
19. Obedience	Obey wholeheartedly, not compliantly	5:17, 6:6-8
20. Missional	Live for your mission, not your methods	3:17-19

Heavenly treasures

21. Role model	Be the spittin' image of Jesus	5:1
22. Maturity	Grow with God's recipe of truth and love	4:14-15
23. Generosity	Overflow with lavish generosity	1:7b-8, 3:20
24. Resilience	Do your part and trust God to do His	6:10

Yielded choices

25. Choose	Choose the perfect outfit: God's armor	6:13-17
26. Pre-choose	Pre-choose boundaries of purity	5:3,11-12
27. Un-choose	Un-choose the old you for a new you	4:22-24
28. Re-choose	Re-choose the filling that fuels and fulfills	5:18

HEALTHY Home

Ephesians verses

	<u>Verse</u>	<u>Healthy habit</u>
<u>Ephesians 1</u>	4-14	#1 Trinity
	5	#5 Adopted
	7-8	#23 Generosity
	18-19	#2 Light-giver
<u>Ephesians 2</u>	8-9	#3 Savior
	10	#4 Creator
	21-22	#8 Temple
<u>Ephesians 3</u>	2,7	#7 Steward
	9	#18 Clarity
	12	#13 Humble conviction
	17-19	#20 Missional
	20	#23 Generosity
<u>Ephesians 4</u>	1b	#17 Success
	2a	#13 Humble conviction
	2b	#14 Patience
	3-4	#15 Unity
	7, 11-13	#6 Gifted
	14-15	#22 Maturity
	22-24	#27 Un-choose
	32	#11 Forgiveness
<u>Ephesians 5</u>	1	#21 Role model
	3,11-12	#26 Pre-choose
	16	#17 Success
	17	#19 Obedience
	18	#28 Re-choose
	20	#16 Gratitude
	21	#9 Submission
	33	#10 Love-Respect
<u>Ephesians 6</u>	6-8	#19 Obedience
	10	#24 Resilience
	13-17	#25 Choose
	18	#12 Prayer