

A large red speech bubble graphic with a white outline, pointing downwards. The text is centered within the bubble. The background features faint, overlapping concentric circles and curved lines in light gray and white.

Family Life and Quarantine

Session Topics

- **Introduction**
- **Healthy Families**
- **Family Challenges During COVID-19**
- **What's Next?**

What Does a
Healthy Family
Look Like?



1

Commitment

- To prolong happiness
- Sharing meaningful experiences
- Setting family goals
- Regular family discussions

"Let perseverance finish its work so that you may be mature and complete, not lacking anything." [James 1:4](#)

2

Express Appreciation

- Express appreciation through words and actions
- Celebrate each other's accomplishments

Rejoice with them that do rejoice, and weep with them that weep. (**Romans 12:15**)

3

Time Together

- Work together
- Play together
- Eat together
- Religious
- Social functions
- Share Responsibility

Behold, how good and how pleasant it is for brethren to dwell together in unity! (**Psalms 133:1**)

4

Good Communication Skills

- Open lines of communication
- Put forth effort to hear
- May not agree but seek to understand first

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." ([Ephesians 4:29](#))

5

Healthy Lifestyle

- Proper Nutrition
- Adequate rest
- Plenty of exercise
- Good stress management skills
- Quiet time
- Healthy balance between work and family

"Whether you eat or drink or whatever you do, do it all for the glory of God." ([1 Corinthians 10:31](#))

6

Spiritual Strength

- Shared religious beliefs
- Shared Values
- Attend religious practices together

And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that *were* on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD. (**Joshua 24:15**)

7

Positive Outlook

- Deal with crises in constructive ways
- Look for silver lining in dark situations
- Believe they can manage and survive crises

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." ([Romans 8:28](#))

8

Acceptance of Individual Uniqueness

- Look beyond each other's faults and see each other's needs
- See differences as strengths and not as weaknesses

"The purposes of a person's heart are deep waters, but one who has insight draws them out" ([Proverbs 20:5](#)).

9

Involvement With Friends and Community

- Stay in touch with family and friends
- Willingness to help others in time of need

"Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." ([Colossians 4:5-6](#))

10

Forgiveness

- Teaches and practices forgiveness
- Learn from mistakes
- Each day is a new day
- Let go of painful past, experience healing, peace of mind, and deepening of love

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" ([Ephesians 4:32](#)).

11

Fun Times

- Laugh together
- Spontaneity
- Have fun together
- Enjoy each others Company

A wise son brings joy to his father, but a foolish man despises his mother. (**Proverbs 15:20**)

Family Challenges During COVID-19

- **Parenting (Older Children, Remote Learning)**
- **Individual Self-care / Alone time**
- **Financial Stability**
- **Loneliness**
- **Unhappy Relationships / Unhappy environments**

What's Next?

Strategies

- **Set a schedule, routine, not too rigid, manage your anxiety, stay connected**
- **Validate feelings, reserve judgement, help them understand impact on others**
- **Set boundaries, prioritize and let other things go, reconnect w/ things bring you joy**
- **Utilize resources, build skills, communicate if adjustments are needed with family**
- **Seek help & counsel, stay connected to friends & family**

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What's Next?

- **Set at least one family goal**

Work Cited

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- Hunt, J. (1997). *Biblical counseling keys*. Dallas, TX: Hope for the Heart.
- Seattle Children's Hospital, Foundation, and Research. (n.d.). Retrieved April 27, 2020, from <https://www.seattlechildrens.org/>

How Do We Measure UP?

family action plan

Discuss one or more of the characteristics of healthy families with your spouse, or better yet, with your whole family. With young children, be sure to talk on their level so they will understand. Brainstorm ways to strengthen a certain trait in your family. Pick out one or two ideas and write out a simple plan of action that each family member can sign. Hang it in a prominent place and promise to help each other follow through.

identifying family strengths

All families have strengths, and all families have room for improvement. Think about your own family. Complete the following scale focusing on your family. Review the explanations of the 12 strengths before marking your ratings. If possible, see how your spouse and perhaps other family members perceive your family's strengths.

	Very Strong	Some Growth Needed	Much Growth Needed
1. Commitment			
2. Express Appreciation			
3. Time Together			
4. Good Communication Skills			
5. A Healthy Lifestyle			
6. Spiritual Strength			
7. A Positive Outlook			
8. Acceptance of Individual Uniqueness			
9. Involvement with Friends and Community			
10. Forgiveness			
11. Fun Times			

family talk

Gather family members, perhaps over dinner or over a big bowl of popcorn. Let each person answer the following two questions: "What are two things you really like about our family?" and "What's something about our family you'd like to be different?" Encourage discussion, honesty, and an accepting and positive atmosphere.