



DISCUSSION GUIDE

How to Build Family

Three lessons from the Bible that will build healthy, happy relationships.

Overview

A family is a place where we are wanted, valued, and accepted—no matter what. God wants everyone to be part of a family. Today's scriptures and discussion will equip and empower us to build families—physical, spiritual, or both—that are healthy, growing, and full of love.



WATCH THE VIDEO

Scan the QR code to watch "What It Takes To Be Part Of A Family," a video by Bay Area Christian Church.



Warm up.

Icebreaker: What's one word that describes your family growing up? Why?

Transition: We all grow up in families, but that doesn't always mean we know how to build the deep, devoted relationships with our friends or relatives that God wants us to experience. Let's learn how to do that.

Before we start.

Before we start this discussion about family, let's focus. Which group(s) do you most need to learn to build family with right now? *Pick 1-2.*

- My parents and/or siblings
- My spouse and/or kids
- My roommates
- My small group at church
- Other: _____

Think about your relationships with the groups you picked as we discuss.

Read and talk.

1. Contributing: Families grow when everyone knows their role.

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. [16] He makes the whole body fit together perfectly. **As each part does its own special work**, it helps the other parts grow, so that the whole body is **healthy and growing and full of love**.

— Ephesians 4:15-16 NLT

- **Key point:** We each have a special role in our families. For our families to be healthy, growing, and full of love, we need to be contributing in our own unique way.
- **Reflection:** What are some examples of roles each family needs?

2. Being devoted: Families fight for each other.

Finally, as members of **God's beloved family**, we must go after the one who wanders from the truth and bring him back.

— James 5:19 TPT

Notes:



OPTIONAL: PAUSE & DISCUSS

If you're watching the video, consider pausing it here to discuss your answers to the reflection question. Then continue watching the end of the video.

- **Key point:** Every family faces spiritual forces that try to pull it apart. Devotion means fighting back against those forces so that we can be close.
- **Reflection:** What spiritual forces are fighting against my family's closeness?
 - Possible examples: Marriage struggles, addiction, resentment, deceit, other: _____

3. Spending time: There's no substitute for being available.

They spent their time learning from the apostles, and they were like family to each other. They also broke bread and prayed together.

— Acts 2:42 CEV

- **Key point:** Family is built when we consistently spend time together—and when we are present and available during that time.

Discuss.

Pick a question to discuss together:

1. Which of these three ways to build family is most challenging for me? Why?
 - **Contributing:** Embracing my special role in my family.
 - **Being devoted:** Actively fighting for closeness.
 - **Spending time:** Being present and available.
2. What's one thing I learned about building family that I would like to put into practice this week?

Keep growing.

Take what you need into your family: Have a series of family discussions over the next three weeks about these topics:

- **Week 1 - Contributing:** What is each person's special role in our family? Have we been embracing it or resisting it? How would your family grow if each person did "their own special work"?
- **Week 2 - Being devoted:** What are some things that create distance in our family? How can we help each other when one of us is wandering away?
- **Week 3 - Spending time:** How are we doing with spending quality time together? How present and available am I, and what could I do to be more available?



DIVE DEEPER

Read the devotional "[When Family Becomes a Lifeline, Not a Limit](#)" to get more inspired about God's spiritual purpose for your family.

