**Unit Four – Family Relationships**

Basic Requirements & Suggested Resources

**Theme:** Family Relationships

# Purpose Statement

The main purpose of this unit is to explore how a Christian should relate to the different members of his or her family. Where needed and if possible, we need to begin restoration of broken family relationships.

# Scope Areas

Family - major

Community relationships - minor

Friendships - minor

# Goals

Here are some of the areas you can cover when you write goals for this contract.

Parent-child relationships

Child-parent relationships

Husband-wife relationships

Brother-sister relationships

Relationship with fiancée

Restoring broken family relationships

Witnessing to family

Establishing a Christian family

Before you begin working on this contract, you may want to look at the student’s work on PSNC Lesson 109, “God’s Plan for the Family.” If your student has not done this lesson yet, then make this one of the first activities in this contract. Hopefully Lesson 109 will provide some clear insights on where the student needs to grow in his family relationships. Some of the projects at the end of that lesson could easily be used again in this contract.

Here are some goals that teachers have used in writing contracts for this unit.

1. I will ask my parents to forgive me for my past ingratitude and rebellion.
2. I will begin to develop a more respectful and submissive attitude toward my parents. I will try to think of their needs more.
3. I will try to gain a deeper appreciation of myself as God’s child and His special creation (in whom He delights).
4. I will repair a bitter relationship with a carefully arranged phone call.
5. I will identify major hurts from my past which have hindered my ability to trust.
6. Do a study on the necessity of forgiveness. In doing this I will understand the necessity of forgiveness.
7. I will understand what causes loneliness.
8. I will make the first steps towards reconciling my relationship with my father.
9. I will begin to develop a quiet attitude.
10. I will look for the good points in my parents (or other family members), not their bad points. (One activity to do is to look for the good points in those I presently live with, if not living at home.)
11. Talk with others about the good points you see in them.
12. Look for ways to work out a good budget.
13. Learn how to respond to bad language from others.
14. Learn how to show my parents that I am happy and willing to do my work.
15. Learn how to do my job better, no matter how I may feel at the moment.
16. Find ways to deal with my children through study of books, manuals, and daily experiences.
17. Learn how God wants me to improve my relationship with my family.
18. Discover God’s guidance on how I can get rid of bad memories from the past.
19. Learn what love is so I can show love to my family members.
20. Learn what to do when a conflict arises.
21. Learn how to go about being a good friend.
22. Develop a character that will help in handling family responsibilities.
23. Discover ways to improving my father role by being a good example.
24. Learn how to become a good spiritual leader in my home.
    1. Study the seven basic needs of my wife.
    2. Establish a strong relationship with my child.
    3. Develop spiritual convictions for my family.
    4. Learn the key qualities that mark a man of God.

**Lessons**

**Lesson 109, “God’s Plan for the Family”**This lesson provides a basic foundation for the Biblical principles related to family. If your student has not completed this lesson yet, then make that one of the first requirements of this contract. If the student has already completed it in Unit 1 or Unit 2, then have the student read over it again. Many of the projects at the end of Lesson 109 can be repeated again in this contract.

**Project 305, “Biography of my family”**

When you write this contract, you will need to choose special projects which relate to the specific needs of the student and his or her family. The following books are either workbooks with questions to fill in (coded WB), or books that have questions at the end of each chapter (coded Q). Books with a separate study guide available are coded B-SG.

1. *After Every Wedding Comes a Marriage*, (B-SG), Florence Littauer (Harvest House), 207 pages, study guide is 112 pages.
2. *After You Say “I Do”,* (WB), Wes & Judy Roberts and H. Norman Wright (Harvest House, 80 pages. A marriage manual for couples.
3. *Before You Say “I Do”,* (WB), Wes Roberts and H. Norman Wright (Harvest House), 80 pages. A marriage preparation manual for couples.
4. *Beyond Boundaries: Learning to Trust Again in Relationships*, John Townsend. A 6 part video series is also available with a participant study guide. (Zondervan)
5. *The Bible in Counseling,* (WB), Waylon Ward (Moody Press).   
   Restoring Lost Love, p. 119.   
   Understanding Your Responsibility as a Husband, P. 135   
   Understanding Your Responsibility as a Wife, p. 139   
   Understanding Your Role as a Mate, p. 141  
   What About Divorce? p. 149   
   1 Peter 3:1-6, p. 77  
   1 Peter 3:7, p. 79
6. *Boundaries* (B-SG), by Henry Cloud and John Townsend (Zondervan)
7. *Boundaries in Marriage* (B-SG), by Henry Cloud and John Townsend (Zondervan)
8. *Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives* (B-SG), by Henry Cloud and John Townsend (Zondervan)
9. *Boundaries with Teens: When to Say Yes, How to Say No* (Q), by John Townsend (Zondervan)
10. *The Christian Couple,* (B-SG), Larry & Nordis Christenson (Bethany House Pub.), 185 pages, study guide 48 pages. This book is addressed to husbands and wives.
11. *The Christian Family,* (B-SG), Larry Christenson (Bethany House Pub.), 216 pages, study guide 63 pages. A classic book on God’s plan for the family.
12. *Communication: Key to Your Marriage,* (Q), H. Norman Wright (Regal Books), 194 pages. Includes methods for reducing friction and conflict. Also gives guidelines for enriching your marriage
13. *Communication: Key to Your Parents*, (Q), Rex Johnson (Harvest House), 143 pages. A teacher’s guide is available for this book entitled *Building Positive Parent- Teen Relationships.*
14. *Discussion Manual for Student Relationships,* Volume 1, (WB), Dan Webster & Dawson McAllister (Roper Press), Chapter 5, “The Importance of Understanding Parents,” pages 89-97.
15. *The Five Love Languages: The Secret to Love that Lasts*, Gary Chapman. A Study version is available. There is also a video series available and a leader’s guide. (Zondervcan)
16. *A Homework Manual for Biblical Counseling,* Volume 1 and 2, (WB), Wayne Mack (Presbyterian & Reformed Pub.). These books contain a wide variety of Bible studies. Once you purchase the book, you are free to photocopy the studies for your own ministry. In Volume 2 all the projects deal with family and marital relationships. Several studies in Volume 1 also relate to family relationships.
17. *Marriage Takes More Than Love,* (B-SG), Jack Mayhall and Carole Mayhall (NavPress), book is 239 pages, study guide is 80 pages. Presents practical, biblical solutions for dealing with troubled marriage relationships as well as suggestions for making good marriages better.
18. *More Communication Keys for Your Marriage,* (Q), H. Norman Wright (Regal Books), 194 pages. The author deals with servanthood, listening skills, and emotions in relationship to communicating with your marriage partner.
19. *The Pillars of Marriage,* (Q), H. Norman Wright (Regal Books), 173 pages. Eight key areas of marriage are discussed – goals, expectations, needs, change in crisis, decisions, conflict, forgiveness, and prayer. A leader’s guide is available.
20. *Preparing for Parenthood,* (Q), H. Norman Wright and Marvin N. Inmon (Regal Books), 192 pages. A leader’s guide is available.
21. *Safe People: How to Find Relationships that are Good for You and Avoid Those That Aren't* (B-SG), by Henry Cloud and John Townsend (Zondervan)
22. *Strike the Original Match,* (B-SG), Charles Swindoll (Multnomah Press), book is 196 pages, study guide is 64 pages. The book is on rekindling and preserving the warmth within your marriage.
23. *Together Forever,* (B-SG), Anne Kristin Carroll (Zondervan), book is 251 pages, study guide is 95 pages. Author emphasizes that if just one of the parties to the impending divorce will make the necessary spiritual changes, there is a good chance to save the marriage. She also tells the intimate story of her own divorce and remarriage to the same partner.

Additional books to read are listed under the Personal Reading Class section.

**Scripture Memorization Class**

3 verses

The student needs to complete the Scripture Memory Class Worksheet and the Scripture Memory Class Final Test form with each verse. On at least one of these verses, complete a special project from the student manual for the Scripture Memorization Class.

Suggested list to choose from:

* 1. Ephesians 6:1-3
  2. Ephesians 5:25, 28
  3. Ephesians 5:31
  4. Proverbs 5:15-23
  5. Proverbs 1:8-9

# Character Qualities Class

1–2 minimum

Do one special project from the Character Qualities Class Student Manual with one character quality.

# Personal Reading Class

Minimum of 1 book.

See also the books listed under the “Lessons” section of this unit for books that have study guides and questions. The following books do not have study guides.

1. *An Answer to Parent-Teen Relationships,* Norman Wright (Harvest House), 62 pages. Very practical.
2. *An Answer to Submission and Decision-Making,* Norman Wright (Harvest House), 57 pages. Discusses these two issues within the context of the marriage relationship.
3. *Bring Your Loved Ones to Christ,* Don Wilkerson (Revell), 121 pages.
4. *Building Respect, Responsibility & Spiritual Values in Your Child,* Mike Phillips (Bethany House Pub.), 138 pages.
5. *Can I Hope Again?* Hazel Goddard (RN Haynes Pub.), 128 pages. This book deals with ways to heal personal and family relationships.
6. *The Christ-centered Family,* Raymond Brock (Gospel Publishing House), 124 pages. A leader’s guide is available.
7. *Christian Living in the Home,* Jay Adams (Presbyterian & Reformed), 143 pages.
8. *The Family that Listens,* H. Norman Wright (Victor Books), 142 pages. A leader’s guide is available.
9. *For Better or Best,* Gary Smalley (Zondervan), 169 pages. A guide to knowing, understanding, and loving your husband. Very practical. A companion to *If Only He Knew.*
10. *Helping Children of Divorce,* Judson Swihart & Steven Brigham (InterVarsity Press), 125 pages.
11. *How to Raise Good Kids,* Barbara Cook (Bethany House), 187 pages.
12. *How to Really Love Your Teenager,* Ross Campbell (Victor Books), 132 pages.
13. *How to Repair the Wrong You’ve Done,* Ken Wison (Servant Books), 87 pages. Gives steps to restoring relationships.
14. *How To Treat Your Family As Well As You Treat Your Friends,* Judson Swihart (Regal Books), 159 pages.
15. *The Hurting Parent,* Margie M. Lewis (Zondervan), 144 pages. How parents can find help when their children rebel and get in trouble.
16. *I Married You,* Walter Trobisch (Harper & Row) and (Quiet Waters Publications), 135 pages. Very practical book which shows how to find God’s plan in intimacy and marriage.
17. *If Only He Knew,* Gary Smalley (Zondervan), 161 pages. A guide to knowing, understanding, and loving your wife. A companion to *For Better or Best.*
18. *Intended for Pleasure,* Ed and Gaye Wheat (Revell), 256 pages. This is a reference book on sexual intimacy in marriage, presented within the framework of the Bible’s teaching.
19. *The Marriage Builder,* Lawrence J. Crabb, Jr. (Zondervan), 143 pages. A book for counselors and couples, it deals with the goal of oneness in marriage, and more.
20. *The Myth of the Greener Grass,* J. Allan Peterson (Tyndale), 222 pages. This book deals with extramarital affairs and offers both preventive and healing measures.
21. *Raising Your Children Toward Emotional and Spiritual Maturity,* Joy Wilt (Word), 201 pages.
22. *Too Big to Spank,* Jay Kesler (Regal Books), 159 pages. A practical help for parents of teenagers.
23. *The Trouble with Parents,* Tim Stafford (Zondervan), 159 pages. The subtitle is “How to make peace with yours.” Written to teenagers.
24. *What Wives Wish Their Husbands Knew About Women,* James Dobson (Tyndale), 189 pages.
25. *When the Man You Love is an Alcoholic,* T. Klewin (Abbey Press).
26. *When the Woman You Love is an Alcoholic,* Joan Curlee-Salisbury (Abbey Press), 96 pages.
27. *Why Children Misbehave,* Bruce Narramore (Zondervan), 150 pages.
28. *Your Family: A Love & Maintenance Manual for People with Parents & Other Relatives,* Jim Conway, Walter Trobisch & others (InterVarsity Press), 129 pages.

# Bible Reading Class

Matthew, Romans, minimum.

**Special Projects**

With **Lesson 109, “God’s Plan for the Family,”** feel free to use or adapt any of the activities in Chapter 7 at the end of this lesson as special assignments for this contract.

Here are some possible resources that could be used with this contract, depending on the areas where the student wishes to grow. All of these are available on iTeenChallenge.org as free downloads.

**Last Days Ministries resources** (there are many more that could be used with this contract)

Jealousy: our hidden sin

Being a Christian at home

**Resources by Dave Batty**   
(Each of these articles has questions for personal reflection on the last page.)

[**The key to your success is Small Steps of Obedience**](http://iteenchallengetraining.org/index.php/itc/course/174)  
What place does prayer have in one’s success?  What happens when God lets go of your hand?  What’s the difference between giving up bad habits and living in freedom.

[**Are You Trying to Survive on Fantasy Relationships?**](http://iteenchallengetraining.org/index.php/itc/course/163)  
How are fantasy relationships different from real relationships?  What are the dangers of real relationships?  What are the benefits of real relationships?

[**Tools for Life**](http://iteenchallengetraining.org/index.php/itc/course/172)  
What are the tools you need for success in your life?  How does one become effective at overcoming temptations to sin?  What place do miracles and God’s power have in overcoming problems?

[**The Power of Secrets in Your Life**](http://iteenchallengetraining.org/index.php/itc/course/160)Are secrets keeping you in a place of fear or shame?  How can you find the way out of secret sins in your life?

[**Mending a Broken Heart**](http://iteenchallengetraining.org/index.php/itc/course/161)What are the steps to mending a broken heart? Where will you let your pain take you? What place does forgiveness have in mending a broken heart?

[**Boundaries in Your Mind**](http://iteenchallengetraining.org/index.php/itc/course/166)  
What areas of your thought life need new boundaries? How can you build new boundaries in your mind? What are the strategies that can help you attack evil thoughts when they come into your mind?

[**Finding Hope**](http://iteenchallengetraining.org/index.php/itc/course/170)  
Finding hope in the midst of life’s problems. What is the difference between wishful thinking and God’s hope? How do you hold on to hope when everything you have tried does not work?

[**Returning to Joy**](http://iteenchallengetraining.org/index.php/itc/course/168)  
Training your brain for the life skill of returning to joy. How do problems in your life provide opportunities to experience God’s pure joy?

[**They Don’t Want Help**](http://iteenchallengetraining.org/index.php/itc/course/141)  
What can you do for your loved one when they don’t want help?

[**Making Right Choices**](http://iteenchallengetraining.org/index.php/itc/course/147)  
What strategies will help you make good choices?  What are the most important decisions of your life?  What place does accountability have in making right choices?

[**Dealing With Shame**](http://iteenchallengetraining.org/index.php/itc/course/159)  
How do I know if it is from God? What triggers your shame? How can you get out of the shame trap?

[**If I don’t help them, they won’t love me**](http://iteenchallengetraining.org/index.php/itc/course/149)Do I fall short of showing God’s love when I say “no” and do not help? What is more important than unconditional love?

[**When People Hurt You**](http://iteenchallengetraining.org/index.php/itc/course/157)How can you respond to those who betray or hurt you?  Where does revenge fit in?

[**Building positive, safe relationships with Boundaries**](http://iteenchallengetraining.org/index.php/itc/course/164)What kind of boundaries do you need in your life? What place do boundaries have in your relationship with a loved one who has an addiction?

[**When you want to mend broken relationships: Restoring Trust**](http://iteenchallengetraining.org/index.php/itc/course/167)How do you know when it is time to restore a broken relationship?

[**Raise the Bottom**](http://iteenchallengetraining.org/index.php/itc/course/140)  
You’ve heard, “They have to hit bottom before they get help.” Why not raise the bottom?

[**Moving on with Jesus**](http://iteenchallengetraining.org/index.php/itc/course/155)When you loved one is in trouble—moving on with Jesus. How do you decide when to help your loved one and when to leave them behind? How do I know when my help is preventing God from doing what He wants to do in the life of my loved one?

[**Living With Guilt**](http://iteenchallengetraining.org/index.php/itc/course/154)  
Are you living with guilt that doesn’t belong to you?

[**Facing Your Problems**](http://iteenchallengetraining.org/index.php/itc/course/142)  
The path to pure joy. What can you do when God does not take away your problems? How can you take hold of God’s joy when you have problems?

[**Enabling**](http://iteenchallengetraining.org/index.php/itc/course/139)  
Are you offering the wrong kind of help to your loved ones?