

## Healthy Families 1 Growth Group Guide

How many people were in your family when you were growing up?  
What place were you in the sibling list (first born, middle, etc)?

What would be one dream you have for your family? What is the next step for that dream?

What was significant from the teaching Sunday? What impressed you (moved you, challenged you, etc)?

Read Ephesians 5:21-6:4 and make some observations:

- 1.
- 2.
- 3.
- 4.
- 5.

Submission is often a “loaded word” when it is brought up in marriage. What can do you think it means here in the light 5:21 and the rest of the passage? What would submission look like?

How is a husband to live out his love for his wife? Give some specifics where a husband might live out 5:25-28?

What would you say the purpose of marriage is from this passage?

What does 6:1-4 say about parenting?

List some descriptions of what a home would look like if founded upon Ephesians 5:21-6:4

- 1.
- 2.
- 3.
- 4.

How would your responses above create the culture for a healthy family?

Did you notice that the responsibility for a healthy family ultimately falls on everyone, spouses, parents, kids? No one is the recipient but everyone participates in making this kind of home. What is your next step in creating this kind of home? What will you now do to make your home a healthy home?