

# SACRED FAMILIES

DEVELOPING THE FAMILY  
ACCORDING TO GOD'S DESIGN

MIKE MAZZALONGO

## STUDENT WORKBOOK

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# Sacred Families

## *Developing the Family According to God's Design*

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**Mike Mazzalongo**

This series explores the true purpose of home and family in God's design. Lessons deal with child development, parental discipline, and preparing children for adolescence with a focus on the tween years. There is also a discussion about Biblical marriage and the establishment of the home.



**[bibletalk.tv/sacred-families](http://bibletalk.tv/sacred-families)**

### TABLE OF CONTENTS

<b>1. WHAT IS A BIBLICAL MARRIAGE?</b>	<b>4</b>
<b>2. THE GOAL OF BIBLICAL MARRIAGE</b>	<b>6</b>
<b>3. PRODUCTIVE COMMUNICATION</b>	<b>9</b>
<b>4. PARENTING 101 – PART 1</b>	<b>11</b>
<b>5. PARENTING 101 – PART 2</b>	<b>13</b>
<b>6. PREPARING FOR TEEN PARENTING – PART 1</b>	<b>16</b>
<b>7. PREPARING FOR TEEN PARENTING – PART 2</b>	<b>18</b>
<b>8. ROLE REVERSAL</b>	<b>20</b>
<b>9. FAMILY MOBILE: SEVEN WAYS TO LOOK AT THE CHRISTIAN HOME – PART 1</b>	<b>23</b>
<b>10. FAMILY MOBILE: SEVEN WAYS TO LOOK AT THE CHRISTIAN HOME – PART 2</b>	<b>26</b>
<b>PRODUCTIVE COMMUNICATION WORKSHEET</b>	<b>29</b>
<b>PARENTING QUESTIONS</b>	<b>31</b>

# 1. What is a Biblical Marriage?

It is during the effort to know each other that the couple lays down the groundwork for their "oneness."

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A home and family is truly "sacred" when it is purposefully designed and set apart for God's glory and purpose.

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*This mystery is great; but I am speaking with reference to Christ and the church. - Ephesians 5:32*

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We'll explore 3 areas of family:

1. Marriage \_\_\_\_\_

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2. Parenting \_\_\_\_\_

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3. Home \_\_\_\_\_

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## I. Biblical Marriage

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1. Knowledge of \_\_\_\_\_ . Genesis 2:18-20

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A. Social Readiness \_\_\_\_\_

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B. Emotional Readiness \_\_\_\_\_

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2. Knowledge of \_\_\_\_\_, Genesis 2:21-23

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It is during the effort to know each other that the couple lays down the groundwork for their "oneness."

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Sex was designed to:

Express \_\_\_\_\_ Surrender

Establish \_\_\_\_\_

Comfort \_\_\_\_\_

Provide \_\_\_\_\_

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3. Unity - Genesis 2:24-25

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**Three small rules to cement a union:**

A. Separate to unite \_\_\_\_\_

B. Permanence is permanent \_\_\_\_\_

C. Intimacy without fear \_\_\_\_\_

## 2. The Goal of Biblical Marriage

If God created marriage for life then God can provide the element that keeps us together for life - love.

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Intro: Review

1. A Family is truly "Sacred" \_\_\_\_\_

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2. The Christian family is a "type" \_\_\_\_\_

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3. The basic marriage model in Genesis requires:

A. Knowledge \_\_\_\_\_

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B. Knowledge \_\_\_\_\_

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C. Commitment \_\_\_\_\_

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Marriage DNA has a sequence:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

When we neglect \_\_\_\_\_

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## **I. The Goal of Biblical Marriage**

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## **II. Knowledge Through Communication**

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### **Love Language**

1. Words \_\_\_\_\_

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2. Gifts \_\_\_\_\_

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3. Actions/Service \_\_\_\_\_

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4. Time \_\_\_\_\_

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5. Physical Affection \_\_\_\_\_

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Primary Love Language \_\_\_\_\_

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You receive "love messages" in the same way that you send them.

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## Summary

1. Marriage was conceived \_\_\_\_\_

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2. Marriage DNA \_\_\_\_\_

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3. The Goal \_\_\_\_\_

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4. The main way to reach the goal \_\_\_\_\_

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# 3. Productive Communication

Many couples desire to love and need love but are poor communicators. Mike examines some of the ways to improve communication skills within marriage.

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## Review

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## II. Productive Communication

Many couples desire to love and need love but are poor communicators.

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There are ways to improve communication. Some strategies to achieve this are:

1. Be \_\_\_\_\_

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Ephesians 4:15 \_\_\_\_\_

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## Hierarchy of Needs Survey

### Men Need

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### Women Need

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**What this survey showed us:**

Men: \_\_\_\_\_

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Women: \_\_\_\_\_

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2. Be \_\_\_\_\_

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Practice "feedback" method. \_\_\_\_\_

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3. Be \_\_\_\_\_

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**II. Assignment**

1. Fill out *Productive Communication Worksheet* by yourself (found in the back of this workbook).
2. At a time when you have a place and time to communicate, share with your spouse.

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## 4. Parenting 101 – Part 1

The parenting relationship should be focused on the parent providing for the child's needs, not the reverse. It is God, in His love, who provides for us, and in the same way we provide for our children in our love.

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Why did you have children?

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Genesis 1:28 \_\_\_\_\_

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Psalms 78:1-8 \_\_\_\_\_

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II Timothy 3:14-15 \_\_\_\_\_

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### Sacred Parenting – Gary Thomas

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When we breathe God's life into our children:

A. We gain \_\_\_\_\_

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B. We save \_\_\_\_\_

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C. We receive \_\_\_\_\_

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## **Breathing L.I.F.E.**

Genesis 2:7 \_\_\_\_\_

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John 20:20-22 \_\_\_\_\_

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“...the primary purpose of Christian parenting is discipleship...”  
- W. Gaultiere

### **1. Breath Love**

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II Corinthians 12:14 \_\_\_\_\_

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Children learn love from observation.

A. It takes \_\_\_\_\_

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B. Show your child \_\_\_\_\_

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# 5. Parenting 101 – Part 2

Mike will examine the last 3 ways we can breathe L.I.F.E. into our children.

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Review \_\_\_\_\_

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## 2. Breathe Image

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Psalm 127:4-5 \_\_\_\_\_

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Ephesians 6:4 \_\_\_\_\_

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A. Lead by \_\_\_\_\_ by \_\_\_\_\_.

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B. Establish \_\_\_\_\_

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## 3. Breathe Forgiveness

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### **Colossians 3:13**

Forgiveness training includes:

Saying \_\_\_\_\_

Don't hold on \_\_\_\_\_

Listening \_\_\_\_\_

Discussing \_\_\_\_\_

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The process of forgiveness includes:

Talking \_\_\_\_\_

Accepting \_\_\_\_\_

Asking \_\_\_\_\_

Offering \_\_\_\_\_

Receiving \_\_\_\_\_

Reconciliation \_\_\_\_\_

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### **4. Breathe Enthusiasm**

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Nehemiah 8:10 \_\_\_\_\_

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**Philippians 4:4**

A. Model \_\_\_\_\_

B. Encourage \_\_\_\_\_

C. Include \_\_\_\_\_

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Spirituality + Joy = Empowerment Over Temptation

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# 6. Preparing for Teen Parenting – Part 1

There are three basic stages that children go through before they become adults, and how we parent them during these periods will have an impact on what kind of people they become.

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Intro: “Teen Proofing” - John Rosemond (Andrews McMeel Publishing)

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## I. The Problem

No such thing as “Teen” culture 100 years ago. \_\_\_\_\_

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Society weakens parents in raising Christian children:

Moral Relativism \_\_\_\_\_

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Weakened Discipline \_\_\_\_\_

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Overheated Materialism \_\_\_\_\_

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Results

1. \_\_\_\_\_

2. \_\_\_\_\_



## II. Basic Child Development

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### Stage #1 - Infancy and Early Toddlerhood (0-2 years)

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Child at the center \_\_\_\_\_

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Parent at the center \_\_\_\_\_

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### Stage #2 - Early and Middle Childhood (3-11 years)

Child raising “strategies” change but the goals for every child are the same.

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Goal 1 - You are responsible for your choices.

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Goal 2 - Bad choices = Bad things

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Goal 3 - Good choices don't *always* bring good results.

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# 7. Preparing for Teen Parenting – Part 2

Mike wraps up the section of teen parenting with a look a parenting tweens.

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Review

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As parents we want children to learn to lead themselves by:

A. \_\_\_\_\_

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B. \_\_\_\_\_

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C. \_\_\_\_\_

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## Stage #3 – Terrible “Tweens” (11-13 years)

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Tweens unplug from parents and plug into peer group. \_\_\_\_\_

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Parents respond to this change in a variety of ways:

1. Micromanage \_\_\_\_\_

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Ephesians 6:4a \_\_\_\_\_

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2. Permissive \_\_\_\_\_

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Proverbs 29:15 \_\_\_\_\_

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3. Mentor \_\_\_\_\_

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Ephesians 6:4b \_\_\_\_\_

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## Summary

Remember as parents that...

1. Each child \_\_\_\_\_

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2. Each child \_\_\_\_\_

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3. Parents cannot \_\_\_\_\_

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# 8. Role Reversal

In this lesson, we look at several spiritual lessons our children teach us.

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**Intro:**

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## I. Character and Service Over Comfort

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We over-value and over-protect our children.

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What we want for our children is really what we want for ourselves.

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## II. Handling Anger

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Men and Anger = Frustration

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Women and Anger = Woundedness

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Our goal as parents is not to eliminate anger but rather learn how to handle it without sinning.

1. \_\_\_\_\_ James 1:19

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2. \_\_\_\_\_ Ephesians 4:26

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3. \_\_\_\_\_ I Corinthians 13:5

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4. \_\_\_\_\_ Matthew 7:5

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God, through our children, quickly teaches us the limits of our patience.

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**Summary**

What other lesson have you learned from your child?

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What lasting thing are you imparting to your child?

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### **Discussion Questions**

What would you change in your parenting approach if you knew in the past what you know now?

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Can you identify some lesson or principle that you have learned from your child?

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What would be your “best” advice to new parents?

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Who has been a mentor or good example to you as a parent? Why has this person been an influence on you?

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# 9. Family Mobile: Seven Ways to Look at the Christian Home - Part 1

In this lesson, Mike looks at the family as a living mobile and examines the different elements that can create beauty, balance and form in the Sacred Family.

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**Intro - Family mobile** \_\_\_\_\_

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Alexander Calder \_\_\_\_\_

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“What is Family” – Elizabeth Schaeffer

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## I. Elements in the Family Mobile

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1. A \_\_\_\_\_ Environment

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The balance God created was “oneness” \_\_\_\_\_

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- A balanced environment consists of \_\_\_\_\_

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- A balanced environment also contains \_\_\_\_\_

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- A balanced environment requires \_\_\_\_\_

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2. A Sense of \_\_\_\_\_

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3. A Place for \_\_\_\_\_

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4. A Training Ground for \_\_\_\_\_

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A family is where we first learn to say: \_\_\_\_\_

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The Sacred Family is where children learn that \_\_\_\_\_

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Training within families about relationships should teach us about \_\_\_\_\_

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Training in relationships is the \_\_\_\_\_ that holds all the other elements together.

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# 10. Family Mobile: Seven Ways to Look at the Christian Home – Part 2

In this lesson, Mike continues to look at the family as a living mobile and examines the different elements that can create beauty, balance and form in the Sacred Family.

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## Review

1. We are called \_\_\_\_\_

This is important because:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

2. A sacred family begins with Biblical marriage.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

3. We have children to glorify God. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

4. Parents be ready to learn lessons. \_\_\_\_\_

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A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

### **I. Final elements in the family website**

1. A center \_\_\_\_\_

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2. A Museum \_\_\_\_\_

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Special memories are created and preserved. \_\_\_\_\_

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3. A Shelter \_\_\_\_\_

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The Prodigal Son - Luke 15 \_\_\_\_\_

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Some say "you can never go home again," but \_\_\_\_\_

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## Summary

Edith Schaeffer \_\_\_\_\_

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The Family Mobile includes:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

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# Productive Communication Worksheet

1. List 3 things you like most and 3 things you dislike most about your partner.

**LIKE**

**DISLIKE**

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2. Write down one thing you would like to change in your partner. One thing in yourself.

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3. List 3 things you need, not want, from your partner.

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4. Is there something about yourself that you would like to change but can't? If so, what?

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5. List the following categories as they are important to you, beginning with the most important.  
Education, Sex, Children, Security, Friends, Money, Home, Parents, Career, Religion

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_

6. Name the most enjoyable or fun thing that you like to do.

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7. What do you hope this seminar will accomplish?

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8. If you were designing the perfect man or woman, list five necessary characteristics of that person in order of importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

9. Do you feel you can tell you partner everything? Yes/No? \_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What do you see yourself doing in 10 years from now?

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# Parenting Questions

- When and how should we tell small children about death (family member, friend, etc.)?
- Children who grow up in the church tend to be bored and lukewarm about church, praying, singing, etc. Do you make them "go through the motions" (i.e. close eyes, sing songs, etc.)? Does that make them legalists, keeping in mind how discouraging it is for visitors, especially other kid/teen visitors?
- How do you deal with this situation in sports: Your kids are mad about hockey, soccer and are on traveling teams that are expected to be at weekend (including Sunday) games. You feel the pressure of expectations from coaches and other parents, contrary to your own habits and convictions. What can parents do to balance these?
- Is it ok to say, "Wait until your father gets home" when it involves disciplinary issues?
- Is it possible to overdo Bible emphasis, church, religion and prayer in the home?
- What do I do when my child categorically refuses to do something (piano lessons, a chore, etc.)?
- We cannot get our youngest son (6 years) to eat vegetables. We have tried everything. Any ideas?
- How can I be sure my child is ready for baptism?
- How do you make the teachings about God attractive and not a burden to teens?
- My child draws very dark images (ghosts, people getting cut up, etc.). He says it is cool. Should I be concerned?
- My children complain that church is boring and say they do not want to go. What should I do?
- What is an average age to shift to the mentor-parent stage? What is too early?
- How can you protect children from the world?
- Our two children (12 years/10 years) always fight. How do we help them get along better?
- How do you encourage a teenager to serve the Lord when their way of life is not going in that direction?
- Our child is 3 1/2 years old and refuses to wear underwear, preferring to stay in diapers. How do we toilet train him if he refuses?

- Our child asked for a pet and promised to care for it. After several months this has become our responsibility because he neglects to do it. How do we get him to take charge of this pet once again?
- Does "time-out" work with teenagers?
- Our 12 year old daughter wants to date a 14 year old boy she has a crush on. How do we handle the situation without having her rebel against us?
- How do we handle children who enjoy community sports and a society that does not consider worship/Bible study when schedules are set out?
- How do you answer a teenager who does not want to attend Bible study with you?
- How do you handle the desire to be over-protective of your children as an over-reaction stemming from rebelliousness in your own youth and/or the weaknesses you see in their character that resembles your own?
- How do you respond to the statement, "Kids need to be free to explore and make their own mistakes/decisions" versus parental instruction?
- How do you balance maintaining standards of moral behavior with you children in the midst of an unsaved family without being offensive?
- How do I handle the "silent treatment" from my child?
- I cannot stand when our kids are fighting (arguing) and it happens more and more. What can I do to reduce and change this behavior?
- How do you get your children to listen and do what is asked of them, yet will listen to others and follow what they ask?
- Our 10 year old daughter wants to be baptized. Should we wait or let her do it now?
- When is a right time for them to start dating? Age? Maturity?
- How much of the world do we let in?
- What do you do if you suspect your child is using tobacco/drugs/alcohol?
- At what age should we allow our child to have a phone/computer?
- When is the best time to talk to your child about sex?
- How do we deal with questions about masturbation?
- How much information should we give our daughters about having a "period"? Should boys be informed about this?



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