

AACC 407

Rhythms of a Healthy Home:
Daily Practices that Build Joy,
Connection, and Long-term
Family Well-being

Ted Cunningham



Ecclesiastes 9:9

Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun.

DESTINATION ADDICTION

A preoccupation with the idea that happiness is in the next place, the next job, the next house, neighborhood, city, etc...Until you give up the idea that happiness is somewhere else, it will never be where you are.

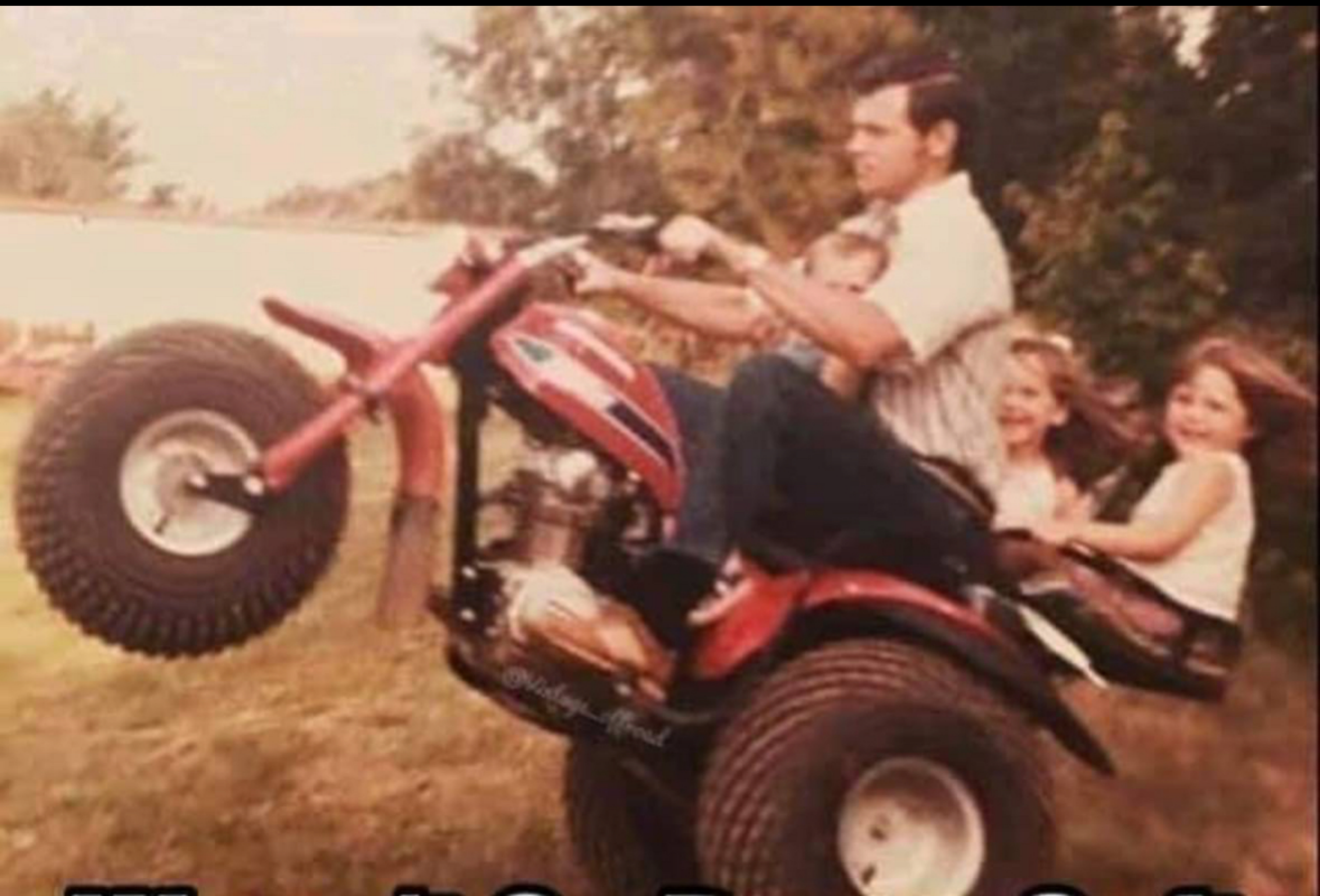
- Dr. Robert Holden





















The days go slow,
but the years go fast.

Deuteronomy 6:4-7 Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on **your hearts**. 7 **Impress** them **on your children**. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Our children see, hear,
remember and repeat.

You are the primary author
of your child's heart.

We tend to use our children's
attributes and **accomplishments**
to impress other people.

We take too much **credit** and
too much **blame** for the way our
children turn out.

We create **environments**
for our children to succeed
rather than teaching them
to succeed in environments
they can not control.

We give our children
too much **privilege** and
not enough **responsibility**.

We accelerate childhood
milestones and delay
adulthood milestones.

We treat our children like
children right up until the
very day we expect them
to be an **adult**.

Parenting is a journey
from **control** to **influence**.

2 Timothy 1:5 I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

Delete the narrative that repeats
“It’s too late” and “It’s my fault.”

Don't feed your regrets.
Ask Jesus to redeem your
remaining days.

Genesis 2:24

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.



Feeling grateful for you guys right
now



Your **family of origin** influences
the way you vote, drive,
celebrate holidays, load the
dishwasher, work, give, save,
spend, laugh, worship, read
the Bible, and follow Jesus.

EMOTION

EXPERIENCE

SCRIPTURE

REASON

TRADITION



Matthew 19:3-6

3 Some Pharisees came to him to test him. They asked, “Is it lawful for a man to divorce his wife for any and every reason?”

4 “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ 5 and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? 6 So they are no longer two, but one flesh.

Therefore what God has joined together, let no one separate.”

Deuteronomy 6:4-7 Hear, O Israel: The Lord our God, the Lord is one. **5** Love the Lord your God with all your heart and with all your soul and with all your strength. **6** These commandments that I give you today are to be on **your hearts**. **7** Impress them **on your children**. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Our Family Constitution

1. We will **love the Lord** with all of our heart, soul, mind and strength.
2. We will **read and memorize Scripture** together.
3. We will **pray together** every day.
4. We will **speak words of high honor** over each other every day.
5. We will **offer grace for mistakes** and avoid repeating the same mistake over and over again.

Our Family Constitution

6. We will **work** hard, **give** generously, **save** wisely, and **spend** sensibly.
7. We will love, support and **serve our church**.
8. We will **take 100% personal responsibility** for our emotions, words and actions.
9. We will **live in the moment**, not on technology.
10. We will **laugh together** everyday.



Proverbs 17:22

A cheerful heart is good medicine,
but a crushed spirit dries up the bones.

1. Humor opens us up for **truth**.
2. Humor helps us **cope**.
3. Hearty laughter **burns calories**.
4. Laughter **reduces stress** and **tension**.
5. Humor makes you more **relatable**.



