

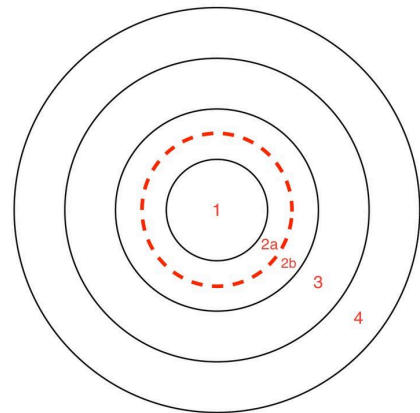
Building a Strong Family
Week 2: How should I prioritize my people?

Annie Mendrala, February 7, 2024

Big Idea: Strong families are founded on _____.

Part 1: As a mom, who are my priorities according to the Bible?

- 1) Circle 1 and the _____ of my life belong to _____ (Col 1)
- 2) Circle 2a goes to _____ (Gen 2:24, Titus 2:4)
- 3) Circle 2b/3 to _____ (Titus 2:4)



Part 2: How do I prioritize my people in practice?

- 1) Love myself by
 - a) Filling _____ with God's _____
 - b) Set _____ : I am responsible _____ and _____
 - c) Avoid _____
 - d) Aim for _____

Warning: Emotional tanks without Jesus are _____ (Matthew 7:26)

- Neglecting my relationship with Jesus leads to an empty tank

Encouragement: Emotional tanks filled with Jesus are held up by _____ (Matthew 7:24)

- Keeping my tank full helps me to avoid codependency and gives me what I need to love others like Jesus.

2) Love my husband by

- a) _____ myself to him emotionally, spiritually, and physically
- b) _____ to him with _____

Warning: Emotional tanks without Jesus are _____ (Matthew 7:26)

- Neglecting my relationship with my husband disrupts the stability of the home and leads to anxious or insecure attachment for the children.

Encouragement: Emotional tanks filled with Jesus are held up by _____ (Matthew 7:24)

- Investing in my husband's emotional tank and letting him do the same for me strengthens the foundation of our marriage.

3) Love my children by

- a) Filling their emotional tank _____
- b) _____ them to do the same for themselves

Warning: Emotional tanks without Jesus are _____ (Matthew 7:26)

- Neglecting my children's emotional needs leaves them not equipped to deal with life's pressures and uncertainties as adults

Encouragement: Emotional tanks filled with Jesus are held up by _____ (Matthew 7:24)

- Pouring unconditional love into my children allows me to model Jesus's unconditional love to them so they can reflect it back.

Big Idea: Strong families are founded on _____.

Questions for Discussion:

- 1) Who do you look to to fill your emotional tank?
- 2) How do you feel about revealing yourself to your husband?
- 3) How do you respond when your husband reveals himself to you? What can you do differently?
- 4) How can you pour into your child's emotional tank?