

PowerHouse: Becoming a Powerful Family

Parley in the Parlour

If the Frank Reagan family model (Blue Bloods) is to be believed, the family that prays together, stays together. That may sound trite, but it turns out there's some pretty solid scientific, medical, and psychological research that supports the statement. Faith and the family really does make a difference ... a huge difference.

Acts 10:1–8

1. _____ strengthens marriages and families.
2. Actively _____ has significant health benefits.
3. A family that _____ and _____ together, actually *does* stay together.

My Count Me In! Commitments

- I'll be here next Sunday
- I'll invite a friend
- I will learn to pray together for each other ... out loud ... with my family
- I will find a way to read and study the Bible together ... with my family
- I will find a way to become involved in ministry together ... with my family

Additional Notes

Digging Deeper, Going Further

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Scripture: Acts 10:1–8

Introduction: With all the known benefits for practicing Christianity as a family, you'd think that our churches would be standing room only in multiple worship services each week. Or maybe it's like healthy eating and exercise, we like the *idea* of a healthy, functioning family but aren't willing to put in the work necessary. In any event, as Jesus followers, we have an unfair advantage when it comes to healthy, functioning families. The hard part is deepening our commitment and getting consistent with new practices.

1. With all the known benefits for practicing the faith as a family, why do you think the public *still* turns away from the church?
2. Tell about your family of origin's dinner practices. Did you eat together? Did you say grace? What kinds of things were on the menu? What were the conversations about? How long were the dinners?
3. Read Deuteronomy 6:4–9. What are some of the ways Jewish parents used to train their children about their faith? What are some ways this could be adapted for today's family?
4. Read Acts 10:1–8. What are some things you think Cornelius' family did in their practices as devout, God-fearers (a euphemism for a non-Israelite practicing Judaism)?
5. Dr. Bill cited a study that showed that spouses that prayed aloud and for each other every day have a divorce rate of less than 1% (the actual number was 1 in 1156). But the number of families practicing this kind of prayer is very low (less than 4% of Christian couples pray together. Why do you think we so resist praying with and for each other?
6. Dr. Bill also cited a study that reported the divorce rate tripled for families where the wife attended worship and the husband did not. With that in mind, read Matthew 10:34–36. Why do you think there is such discord when families have differing levels of faith commitment (and difference faiths completely)?
7. Do a Google search about the benefits (health, etc.) of prayer. Share what you find. How could you apply what was found to your family?

Next Week: Power House – Muttering in the Study

Who will you be inviting to worship with you this week?