

Happy Families Practice Four Fundamentals

This lesson will present four fundamentals that must be practiced to create happiness in families.

This lesson is important because **unrealistic expectations** rob families of the happiness they deserve. Hollywood movies, television programs, and romance magazines have exploited love and sex. They have undermined our family culture and values in America.

When we stop expecting and demanding so much from each other in our homes and start trying to make others in our family happy, we will be amazed at how much happiness comes flowing back to us.

Happy families practice four fundamentals for building better homes. They do it by Accepting, Admiring, Appreciating, and Adapting to one another.

1. **Accept each other** - 1 Peter 3:1,7.

Trying to change a person doesn't work.

Nagging will only drive your family up the wall and out the door.

Never compare your mate, parents, or children, with someone else. It always hurts and never helps.

Never criticize each other. And be careful how you tease and make fun of each other. Sarcastic and negative teasing hurts people's feelings. Humor issued at someone else's expense is always destructive.

Try these 6 ideas to help you accept others as they are.

1. List the faults of your mate, parents, or children.
2. List the good qualities of your mate, parents, or children.
3. Take a long hard look at the faults and then destroy that list. Never dwell on them again.
4. Only concentrate on the good qualities.
5. Carry the list of their good qualities and refer to them often especially when you are mad or disappointed.
6. Accept each other with their strengths and faults, for better or worse, richer or poorer, in sickness and in health from this day forward. Remember your marriage vows

2. **Admire each other** - Romans 12:10.

All people have the basic need to be admired. Everyone wants and needs the admiration of others.

Admire also means to respect, honor, esteem, adore, praise, and enjoy.

Here are nine ways to admire each family member personally.

1. Look for admirable qualities.
2. Point them out to each other. This is a great family activity.
3. Give credit wherever possible even for little things.
4. Compliment each family member every day. Be specific and sincere.
5. Listen, really listen, to what someone is saying to you.
6. A man's wife is the one person he needs to make him feel important or he will find someone else to make him feel important.
7. A woman's husband is the one person she needs to make her feel valuable or she will admire someone else who will give her value and self-worth.
8. Parents must make each child feel special - Ephesians 6:4.
9. Children should show parents that they admire them - Ephesians 6:1-3.

3. **Appreciate each other.**

Philippians 1:3 should be practiced within families.

A thankful person is a joy to their family. An ungrateful person is miserable and shares that misery with others.

Think about how you respond to kindness, gifts, or compliments.

- If your husband brought you a bouquet of flowers or a box of candy, how would you respond? With surprise and suspicion? Or with warm acceptance and appreciation?
- When your wife prepares your favorite food, how do you respond?
- When your parents take you somewhere that you want to go, what do you say?
- After your children help you clean up the house or the yard, do you compliment or criticize?

Appreciation begins internally. You cannot be grateful if you are grasping for rights that you feel are deserved. Appreciation must be expressed outwardly. A grateful attitude must be translated into words and actions. A thankful person cannot keep quiet. They have to express their appreciation. Sincerely learn to say, "Thank you!" with your words and actions. Express your appreciation for everything - big and little. Don't be guilty of taking others for granted.

4. Adapt to each other.

When God's blueprints for building better homes are followed, family life is happier.

God ordained man to be the head of his family.

Husbands, we must lead with love considering our wife's feelings - Colossians 3:19.

Wives, you must submit with willingness to your husband's leadership - Colossians 3:18.

When husbands give up their responsibility or when wives take over as the head of the family, God's order is reversed and the system breaks down.

Too many women rule the roost today and spineless husbands accept it and evade their God-given responsibilities.

The Christian husband makes his wife the queen upon the throne of his heart.

The Christian wife crowns her husband the king of her life.

Parents and children also must learn to adapt. Becoming a parent is a huge change in our lives.

Parents and children have vastly different needs, interests, and schedules.

It takes a lot of effort to discover how each other thinks and why they feel the way they do.

It is not easy to adapt to each other's likes and dislikes - Colossians 3:20-21.

Try this family activity

- Ask your family to write the five most important changes they would like you to make to adapt to their needs.
- Read and react in private.
- Set out with a smile to address these changes to adapt to your family's needs.

Take action now!

You can build better homes and happier families by practicing four fundamentals. You can do it by Accepting, Admiring, Appreciating, and Adapting to each other.