



SERMON BASED STUDY GUIDE

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BUILD THRIVING FAMILIES

OPENING & PRAYER:

Family originates in God's design as the foundation for human flourishing. Scripture situated the husband and the wife under God's authority, called to leave parents, cleave to one another, and reflect divine blessing through fruitfulness and dominion. The fall introduced sin, shame, and selfishness into those relationships, erecting barriers between humanity and God, between spouses, and within family life. Those barriers breed hiding, blaming, manipulation, and broken patterns that ripple through society.

"Lord, thank you for modeling what relationships are supposed to look like. Guide us as we work on and grow our relationships with our family, co-workers, and neighbors. Help us to grow these relationships on a firm foundation with you being the center. In Jesus' name we pray, amen."

SCRIPTURE:

So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him. And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place. Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man. **Genesis 2:20-22**

And Adam said: "This is now bone of my bones And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." Therefore a man shall leave his father and mother and be joined (Cleave) to his wife, and they shall become one flesh. And they were both naked, the man and his wife, and were not ashamed. **Genesis 2:23-25**

Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." **Genesis 1:28**

Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? And what accord has Christ with Belial? Or what part has a believer with an unbeliever? **2 Corinthians 6:14-15**

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. **Ephesians 5:25-27**

GO DEEPER:

Culture cannot repair what family once held; godly families strengthen communities while their collapse deepens social chaos. Unequal spiritual partnerships, unresolved psychological differences, historical wounds, and gender misunderstandings all function as predictable fault lines. Practical friction often arises not from lack of love but from a failure to understand wiring and motives: introvert versus extrovert, systematic versus spontaneous, factual versus abstract, and the heavy baggage childhood trauma or poverty deposits into adult expectations.

Healing demands exposure, understanding, and honest change. Concealment preserves shame; revelation invites healing. Couples gain traction when they translate

hidden hurts into clear conversations, when they exchange accusation for grace, and when they trade control for mutual honor. Gender roles receive a corrective: men and women differ by design and by gifting, and their differences aim to complement rather than compete. Each spouse carries core needs—security for women and honor for men—and meeting those needs stabilizes intimacy and guards against destructive alternatives like control or compensatory comparison.

Practical patterns emerge: men should lead with sacrificial love and spiritual care; women should extend respect and build up their husbands; both should practice nonsexual affection, open communication, and companionship that anticipates changing seasons of life. Four lifelong commitments anchor this work: commitment to unconditional love, communication as a learned skill, caring as sustained friendship and joy, and a shared commission to impact others for Christ. Honest, grace-filled understanding empowers couples to pull down walls, risk vulnerability, and restore intimacy.

The church bears a primary responsibility to equip families with biblical clarity and tools for repair. Where families embrace confession, teachable humility, and mutual honor, healing spreads from the home into culture. The path forward requires steady choices—daily faithfulness to covenant, clarity in conversation, and courage to invite God's blessing into the places that have long lived in darkness.

KEY TAKEAWAYS:

1. Family is God's design. Family originates with God's intention to image divine relationship through husband and wife, anchoring society in ordered love and responsibility. This design sets clear roles of leaving and cleaving, blessing, and dominion that orient spouses toward mutual growth and God-centered purpose. Treating family as an invention of culture misunderstands its theological weight and weakens social health. **[04:22]**

2. Brokenness stems from fallen barriers. The fall introduced sin, shame, and selfishness that rewire intimacy into hiding, blaming, and manipulation; these dysfunctional patterns explain many social ills. Recognizing the origins of those barriers reframes conflict as spiritual and relational work rather than mere personality clashes. Healing begins by naming how the fall shows up in daily interactions and choices. **[13:26]**

3. Reveal wounds; allow God to heal. Concealment multiplies power for the enemy; revelation opens the space for God's redemptive work and community intervention. Bringing struggles into the light enables practical help, wise counsel, and God's grace to operate where secrecy once ruled. Confession and transparency form the soil in which restoration grows. **[14:39]**

4. Honor and security sustain marriages. Women commonly need security; men commonly need honor. Meeting these core needs reduces rivalry, control, and compensatory behaviors that erode trust. When spouses intentionally provide security and confer honor, relational rhythms shift from competition to complement, producing stability for children and culture. **[29:47]**

5. Honest, grace-filled communication wins. Breaking down walls requires truthful speech tempered with grace, a posture of understanding, and the willingness to be vulnerable. Such communication does not score points; it restores alignment, reveals motives, and invites repair. Consistent practice of this posture transforms barriers into pathways toward intimacy. **[42:33]**

LEARNING AND GROWING:

1. What specific action does the Genesis 2 text say a man must take regarding his parents, and what is the new primary relationship he must form? **[09:43]**
2. What clear warning does 2 Corinthians 6:14 give about relationships, and what are the three contrasting pairs used to illustrate the point? **[18:14]**
3. If men and women are "equally different" and designed to complement rather than compete **[28:11]**, what does a healthy, complementary partnership look like in practice, as opposed to a relationship built on competition or control?
4. Family is God's design, not a cultural invention. In what practical ways can your family life more clearly reflect this divine "theological weight" and purpose this week?
5. Recognizing that brokenness often stems from "hiding, blaming, and manipulation" **[13:26]**, what is one area of your family life or marriage where you tend to hide a struggle instead of bringing it into the light? What would be a first step toward revealing it for God's healing?

CLOSING PRAYER:

"Father, thank you for the opportunities to grow in our faith. Help us to grow the relationships in our lives by putting you at the center of them. Our heart is to be an example to those we are around of Your love, and what to show it means to have a relationship with You. In Jesus' name we pray, amen."