

A sermon series about
how to be a blessing in our family



BLESSED *to* BLESS



EVERY NATION
CHURCH · PENANG

A sermon series about
how to be a blessing in our family

BLESSED

*Parents
& Children*



COVID RESTRICTIONS CAUSE FRICTION FOR UK COUPLES

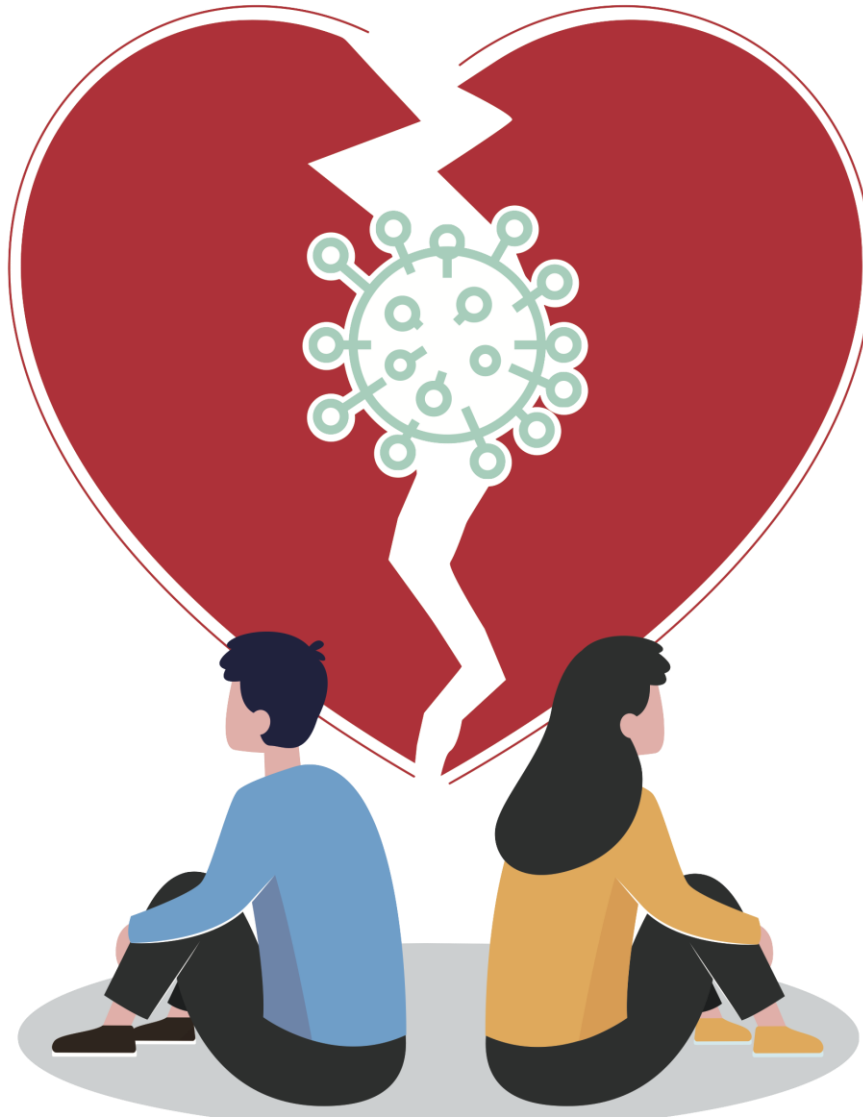
51%

of UK adults who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.



52%

of females who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.



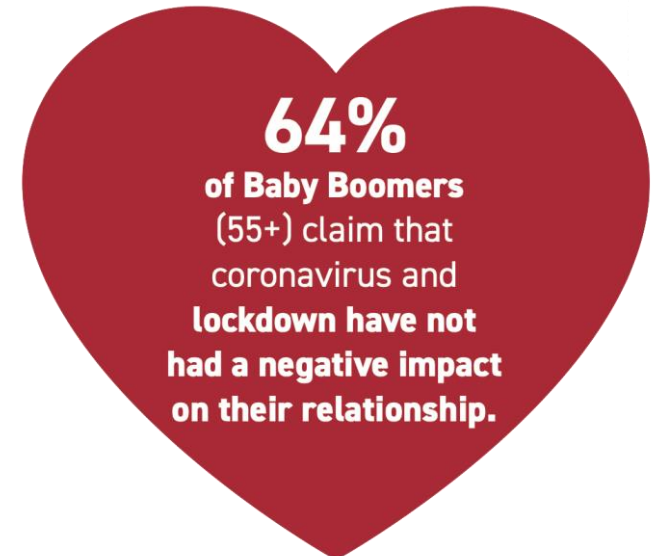
63%

of 35-44 year olds who are married or in a romantic relationship said the coronavirus pandemic and lockdown have had a negative impact on their relationship.

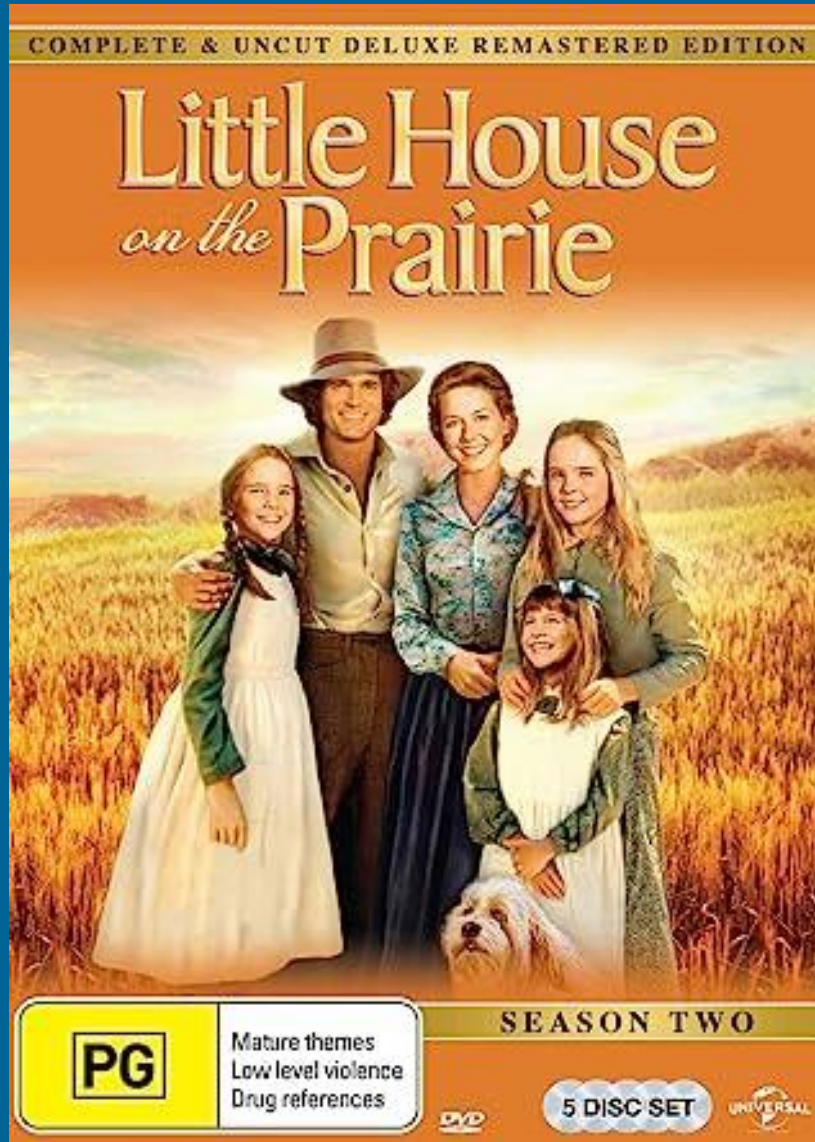


64%

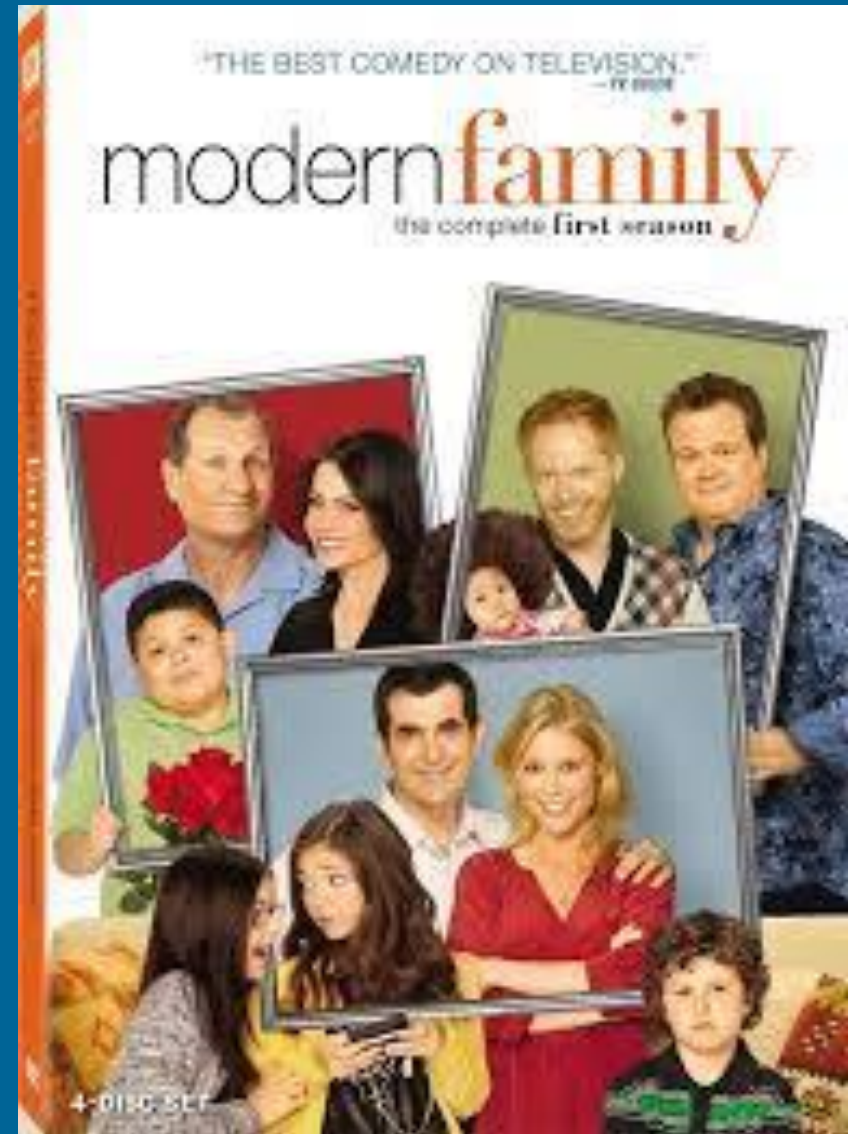
of Baby Boomers (55+) claim that coronavirus and lockdown have not had a negative impact on their relationship.



SHIFT OF FAMILY STRUCTURE



1974



2009

The **Father Absence Crisis** in **America**

18.4

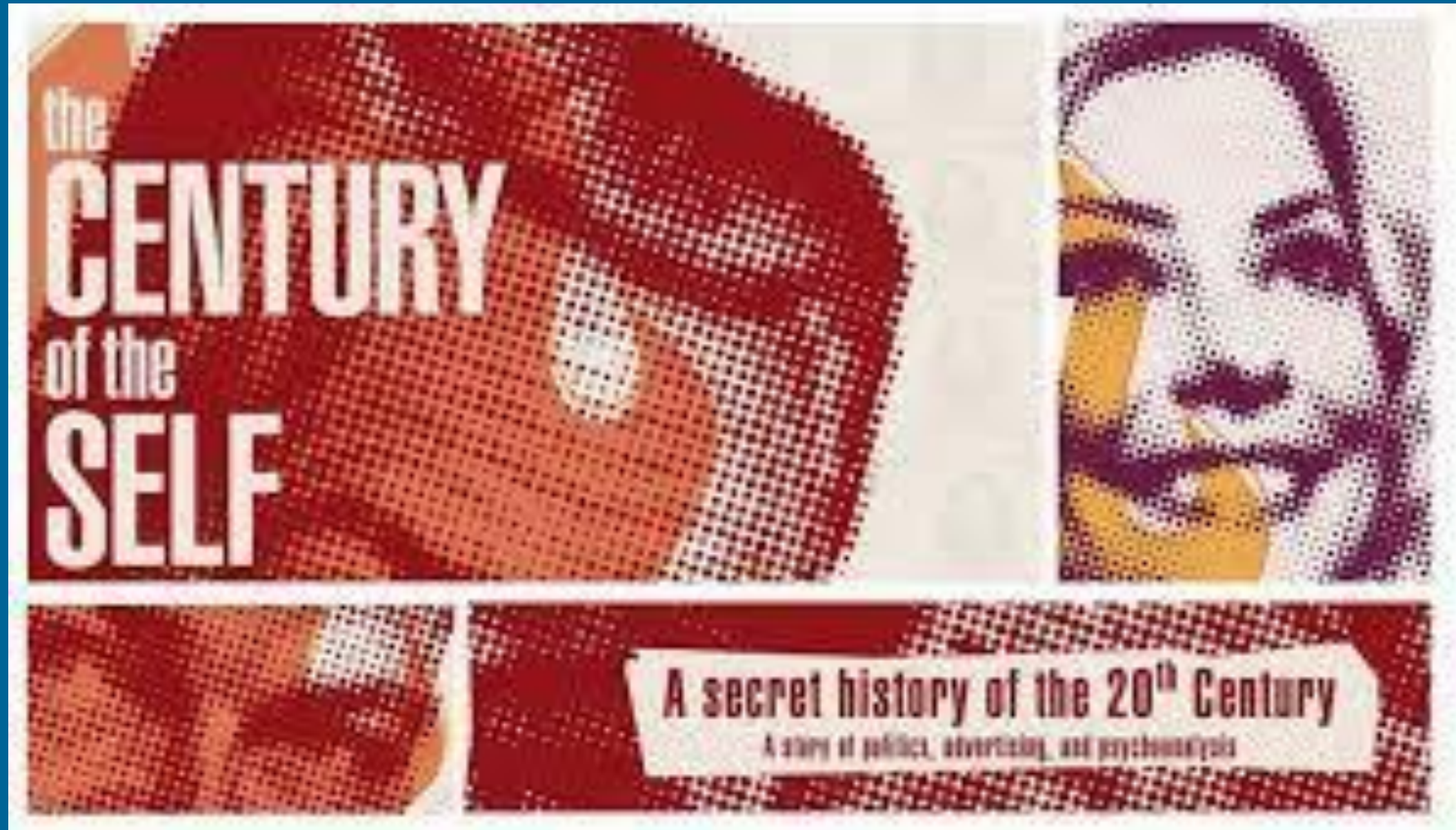
Million Children,
1 in 4, Without a Biological,
Step, or Adoptive Father
at Home¹

**Research shows² when a child
is raised in a father-absent home,
they are affected in the
following ways...**



- ⊖ 4x Greater Risk of Poverty
- ⊖ More Likely to Have Behavioral Problems
- ⊖ 2x Greater Risk of Infant Mortality
- ⊖ More Likely to Go to Prison
- ⊖ More Likely to Commit Crime
- ⊖ 7x More Likely to Become Pregnant as a Teen
- ⊖ More Likely to Face Abuse and Neglect
- ⊖ More Likely to Abuse Drugs and Alcohol
- ⊖ 2x More Likely to Suffer Obesity
- ⊖ 2x more Likely to Drop Out of School

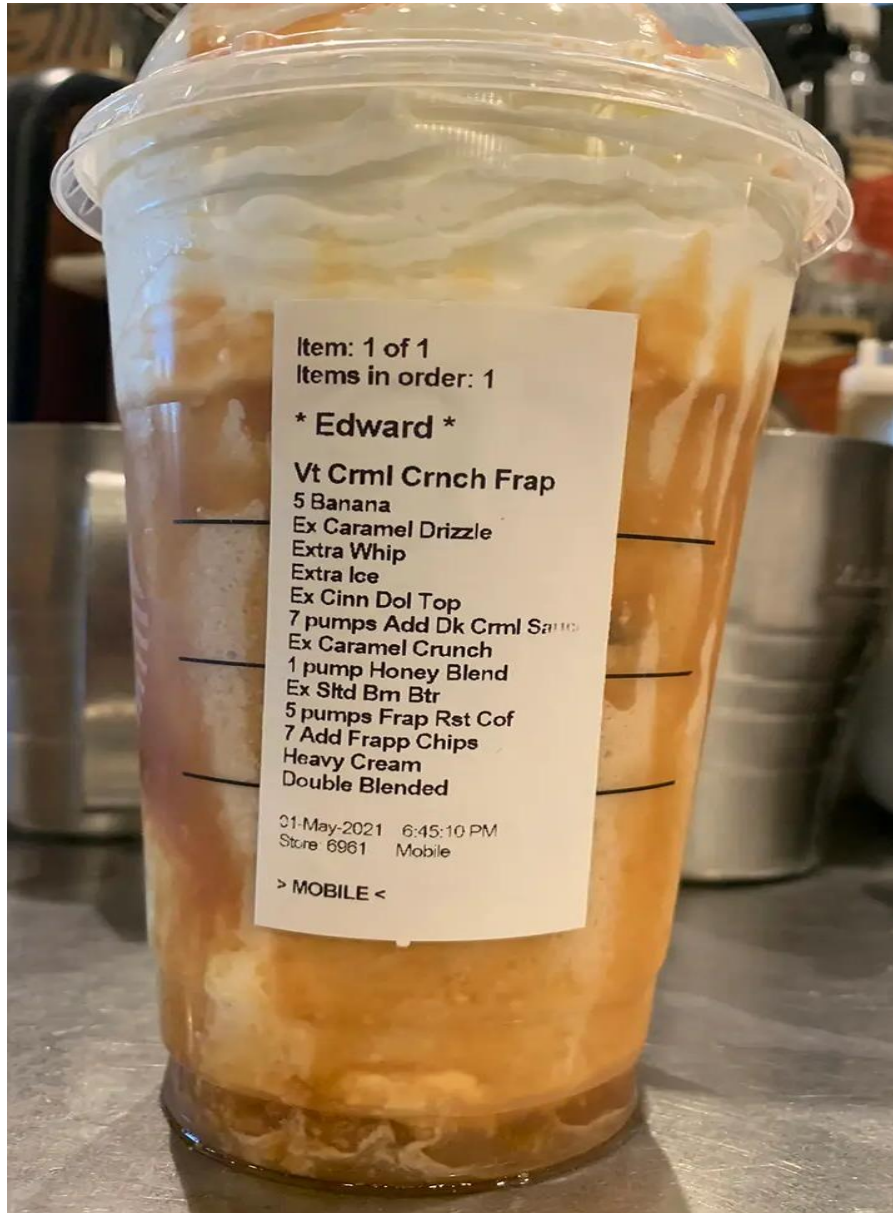
RISE OF INDIVIDUALISM



the
CENTURY
of the
SELF

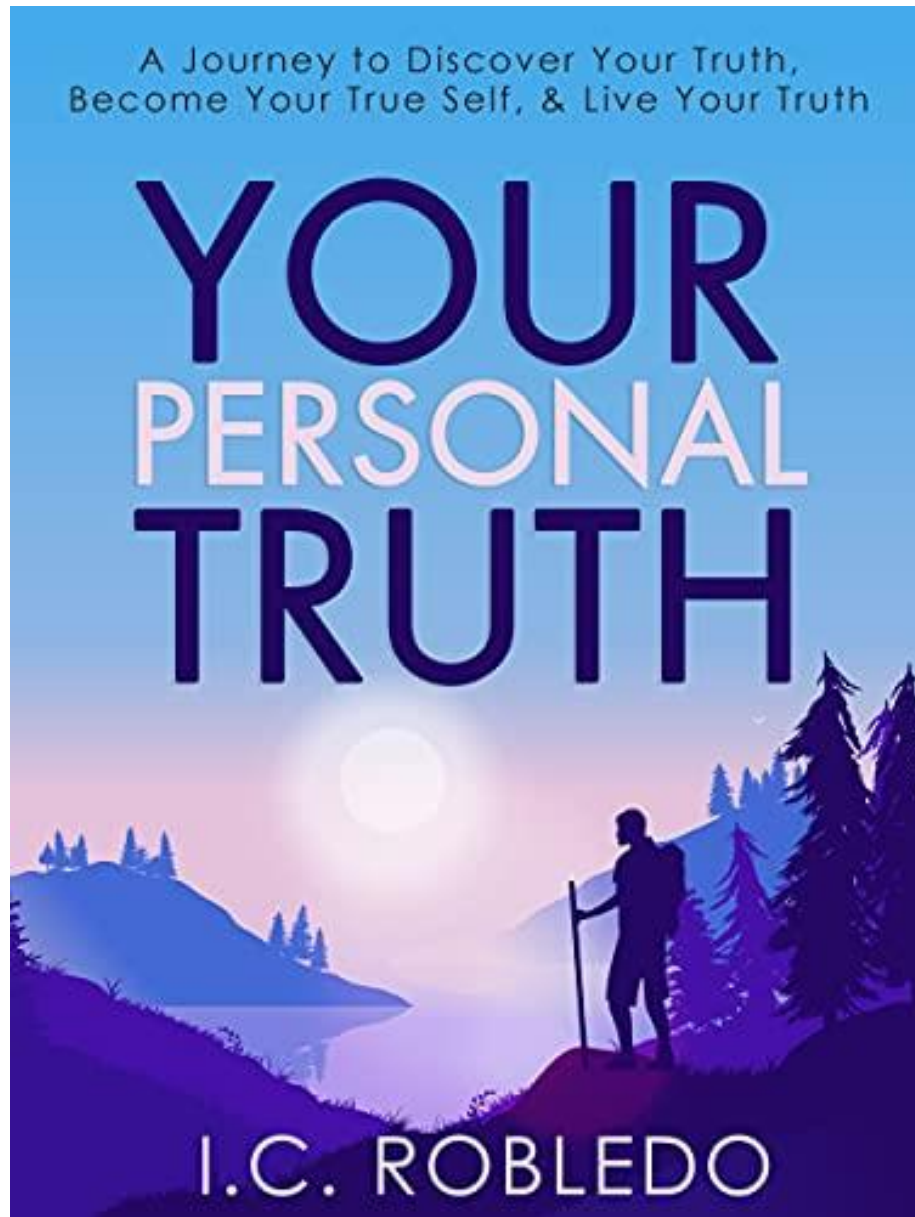
A secret history of the 20th Century

A story of politics, advertising, and psychoanalysis



Venti Caramel Crunch Frappuccino :

- 5 bananas
- Extra caramel drizzle
- Extra whipped cream
- Extra ice
- Extra cinnamon dolce sprinkling
- 7 pumps of dark caramel sauce
- Extra caramel crunch
- 1 pump of the honey blend
- Extra salted brown butter
- 5 pumps of Frappuccino roast coffee
- 7 Frappuccino chips
- Heavy cream
- Double Blended



Inside, you will learn to:


- **Discover your truths**, rather than waiting for someone to give them to you, which would be a mistake
- See that there are **infinite truths in the universe**, and we must choose the ones that work for us
- Perceive a **scale of lies**, and see that some lies are worse than others
- Learn to **live by your Truth** and become the best version of yourself with **Your Personal Truth**.

You are the sons of the prophets and of the covenant that God made with your fathers, saying to Abraham, 'And in your offspring shall **all the families of the earth be blessed.**'

ACTS 3:25

2 “I will make you into a great nation, **and I will bless you; I will make your name great**, and you will be a blessing.
3 I will bless those who bless you, and whoever curses you I will curse; **and all peoples on earth will be blessed through you.**”

GENESIS 12:2-3



Happiness will never come if it's a goal
in itself; happiness is a by-product of a
commitment of worthy causes.

Norman Vincent Peale

BLESSED TO BLESS:

- Marriage
- Parents – Children
- Singles

**INSTEAD OF
BLESSEDNESS,
WE FIND
BROKENNESS**



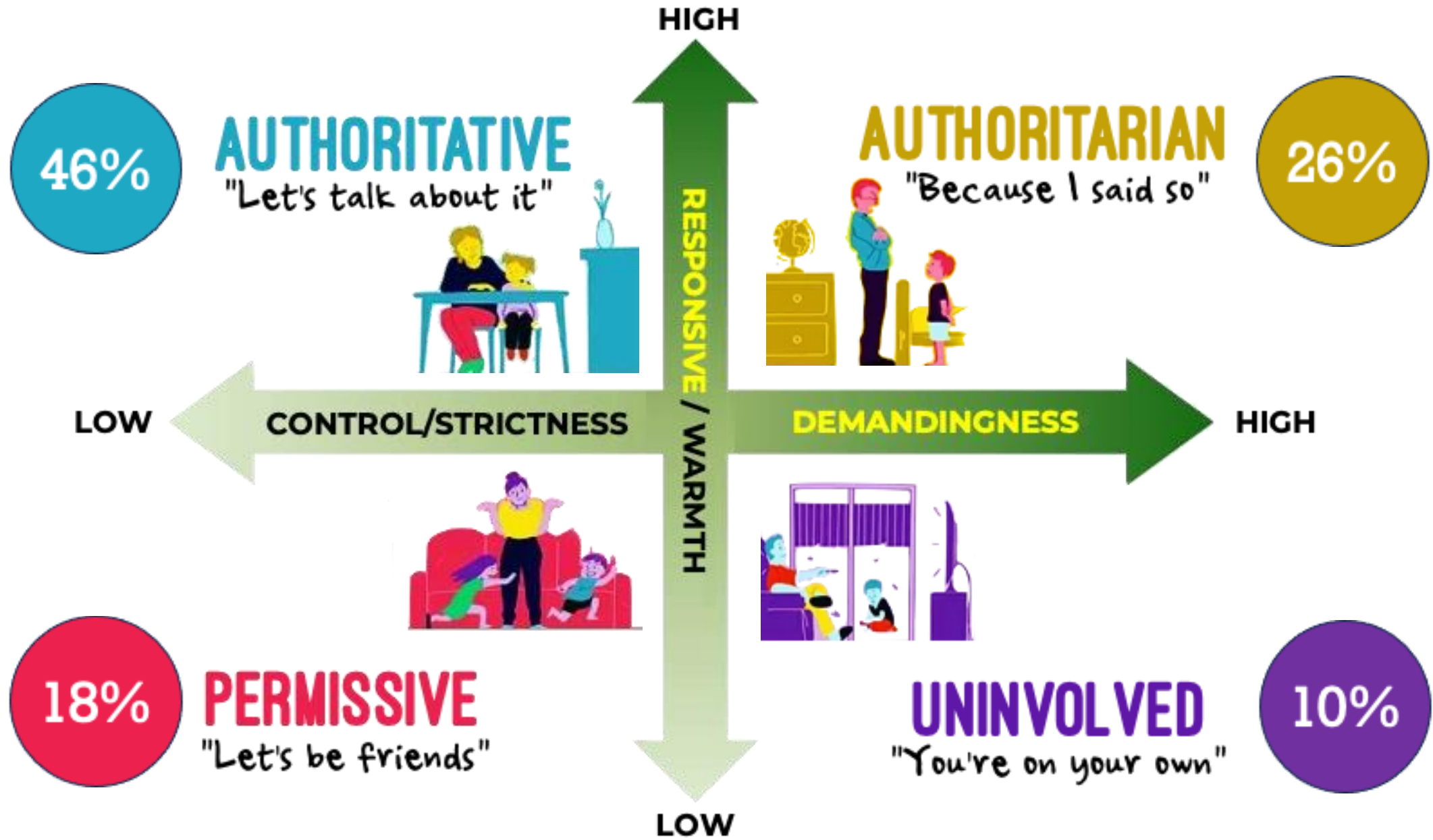
PARENTS – CHILDREN

⁴ “Remember the law of my servant Moses, the statutes and rules that I commanded him at Horeb for all Israel.

⁵ “Behold, I will send you Elijah the prophet before the great and awesome day of the Lord comes. ⁶ And he will **turn the hearts of fathers to their children** and **the hearts of children to their fathers...**

MALACHI 4-6

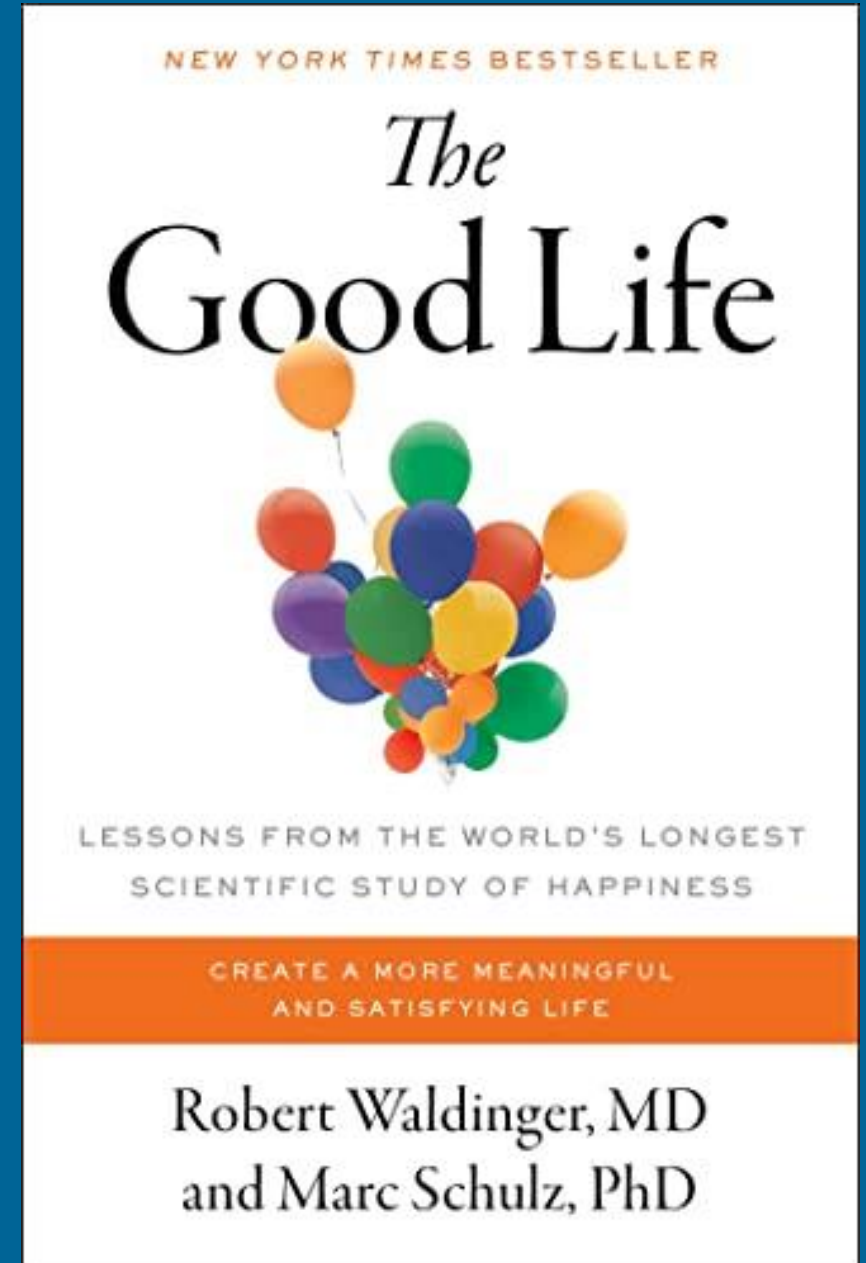
PARENTING STYLES



WHAT THE LONGEST STUDY ON HUMAN HAPPINESS FOUND IS THE KEY TO A GOOD LIFE

The Harvard Study of Adult Development has established a strong correlation between deep relationships and well-being. The question is, how does a person nurture those deep relationships?

- 1. Loneliness kills.
Social Connections are good for us.**
- 2. Quality of relationships
matters more than quantity.**
- 3. Good relationships protects
the brain.**



THE GREATEST BLESSING
THAT WE CAN GIVE TO
OUR CHILDREN AND
PARENTS IS A **LOVING**
RELATIONSHIP

3 WORDS:

- Honor
- Engage
- Serve

HONOR

2 “**Honor** your **father** and **mother**” (this is the first commandment with a **promise**), 3 “that it may **go well with you** and that you may **live long** in the land.”

EPHESIANS 6:2-3

Love one another with brotherly affection. **Outdo one another in showing honor**”

ROMANS 12:10

ENGAGE

4 Fathers, **do not provoke** your children to anger, but **bring them up** in the **discipline** and **instruction of the Lord**.

EPHESIANS 6:4



In order to **really understand**, we need to **listen, not reply**. We need to **listen long** and **attentively**. In order to help anybody to **open his heart** we have to **give him time**, asking only a **few questions**, as carefully as possible in order to help him better **explain his experience**.

— *Paul Tournier* —

FIVE LEVELS OF LISTENING





To listen with empathy is the
most important human skill.

Stephen R. Covey

SERVE

Let each of you **look not only** to his **own interests**, but **also to the interests of others**.

PHILIPPIANS 2:4

For you were called to **freedom**, brothers. Only **do not use** your **freedom** as an **opportunity for the flesh**, but through love **serve one another**.

GALATIANS 5:13



HARVARD HEALTH BLOG

Volunteering may be good for body and mind

There's something gratifying about volunteering. Whenever I work a charity event—which I try to do with some regularity—I often get more out of it than I give.

I already knew about the mental health benefits of volunteering. Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. But I was surprised to learn that volunteering has positive implications that go beyond mental health. A growing body of evidence suggests that people who give their time to others might also be rewarded with better *physical* health—including lower blood pressure and a longer lifespan.

Evidence of volunteerism's physical effects can be found in a recent study from Carnegie Mellon University, published this month in [Psychology and Aging](#). Adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers. High blood pressure is an important indicator

SERVE

If anyone **serves me**, he must **follow me**; and where I am, there will **my servant** be also. If **anyone serves me**, the Father will **honor him**.

JOHN 12:26

In the same way, let your light shine before others, so that they may **see your good works** and **give glory to your Father** who is in heaven.

MATTHEW 5:16

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