



Nate Holder—Family Pastor
July 30, 2023

Week 5
The Plan for a Healthy Family

"Mantras"

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|---|--------------------------------------|
| - Let go and let God | - It works if you work it |
| - God don't make junk | - Hurting people hurt people |
| - What Would Jesus Do? | - Keep it simple silly (kiss) |
| - Don't quit before the miracle | - Live life on life's terms |
| - One day at a time, one moment at a time | - Nothing changes if nothing changes |
| - Not why me God, but what now God? | - Feelings are not facts |
| - Progress, not perfection | - Greatness always starts small |

I. The Shema

⁴ "Listen, O Israel! The LORD is our God, the LORD alone. ⁵ And you must love the LORD your God with all your heart, all your soul, and all your strength." **Deuteronomy 6:4-5 NLT**

V4-Listen, O Israel! The LORD is our God, the LORD alone.

1. Put your beliefs into action.

V5-And you must love the LORD your God with all your heart, all your soul, and all your strength.

A. Heart

1. Actions – thoughts and desires – beliefs

B. Soul

² Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person. **Genesis 2:7 NLT**

²⁴ Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. ²⁵ If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. ²⁶ And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? ²⁷ For the Son of Man will come with his angels in the glory of his Father and will judge all people according to their deeds. ²⁸ And I tell you the truth, some standing here right now will not die before they see the Son of Man coming in his Kingdom." **Matthew 16:24-28 NLT**

1. We are not a machine that needs oil but a person that needs community.
2. Receiving THEN giving. Too much of either will lead to isolation.

C. Strength

1. A way not a power.

II. The Commitment

⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. **Deuteronomy 6:6-7 NLT**

1. Scripture does not exaggerate.
2. Children are learning something from you; show them a growing relationship with Jesus.
 - a. What children need help with:
 - i. Emotions, thoughts, and desires. Jeremiah 17:9-10
 - ii. Purpose in this world.
 - iii. How to love, 1st as an example, then as correction.

III. The Fruit – How do you know if you have embodied this?

³⁵ One of them, an expert in religious law, tried to trap him with this question: ³⁶ "Teacher, which is the most important commandment in the law of Moses?" ³⁷ Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' ³⁸ This is the first and greatest commandment. ³⁹ A second is equally important: 'Love your neighbor as yourself.' ⁴⁰ The entire law and all the demands of the prophets are based on these two commandments." **Matthew 22:35-40 NLT**

Next steps:

- Take responsibility for your growth.
- Receive the love, to love others.
- Open yourself to be searched and renewed.
- Teach your children the Stories of Old both yours and these.