



Help For Those Who Grew Up in a Troubled Home

American families truly need the Lord Jesus today. We must be convinced of three vital statements:

- _____
- _____
- _____

1. THE BLESSING OF BIBLICAL (not perfect) FAMILIES

- A. Safety B. Security C. Individuality
 D. Sense of worth E. Forgiveness F. Fun place
 G. Place to develop relationships.

2. THE MOST COMMON TYPES OF TROUBLED HOMES

- A. **Abusive.** Physical, emotional, sexual
 B. **Substance abuse.** Alcohol, drugs.
 C. **Violent.** From constant fighting to actual physical
 D. **Deficient.** Acts omitted rather than committed.
 E. **Domineering.** Child finds it hard to do anything.
 F. **Cold, harsh.** Love is never communicated.
 G. **Parental perfectionist.** Child is never quite good enough. Love is rewarded for achievement.
 H. **Specific sin.** Gambling, criminal, pornography

3. THE COMMON CHARACTERISTICS OF ADULTS WHO GREW UP IN HOMES LIKE THESE.

- A. Difficulty _____ God could really love them.
 B. Very hard to form _____ relationships.
 C. Unusual desire to receive approval through _____.
 D. Often _____ the very thing that was so hated as a child.
 E. Seldom feels confident, often are filled with fear, doubt, worry and anxiety- even though we are "_____."
 F. _____ our self- judge self harshly while acting superior.

4. MOST DON'T KNOW THIS; BUT I AM THE PERSON. IS THERE ANY HELP FOR ME? YES YES YES YES YES!

- A. Be assured, God really has a _____ for me- Jer 29:11
 B. You are not _____ - 1 Cor 10:13
 C. Without sounding overly simple, follow the seven-fold plan
 1. Trust Christ for _____, all things new- 2 Cor 5:17
 2. Be _____ with Lord, self and others- Eph 4:15
 3. Specifically _____ sinful patterns- Eph 4:17
 4. Think and live _____ - Eph 4:23
 5. _____ the "put-off and put-on" principle- 4:22- 24
 6. Let your past, _____-Phil 3:13.
 7. Daily allow Holy Spirit to _____ His fruit- Gal 5:22-23

Additional Notes

10 Really Smart Things Wise Parents Do. (That's why they're "wise.")

1. They personally love the Lord Jesus.
2. They daily lead in personal and family worship times.
3. They guard their words as well as the tone and volume of their voice.
4. They say "I love you" to each of their household members at least once a day.
5. They make their home a happy place by insisting on kindness being the law.
6. They ask forgiveness when they are wrong.
7. They do not bring up past failures.
8. They do not compare child with child.
9. They are consistent with discipline.
10. They understand being a parent is more important than being a "buddy."

What is physical abuse?

According to the Federal Child Abuse Prevention and Treatment Act, physical abuse is defined as, "The infliction of physical injuries such as bruises, burns, welts, cuts, bone or skull fracture, caused by kicking, punching, biting, beating, knifing, strapping, paddling, etc."

Uncle Mike's Bible Quiz

Homes found in the Bible-Who am I?

1. My dad was harsh and unreasonable. _____
2. Though in the ministry, I was too permissive and passive. _____
3. Had a father who was not involved in my life _____
4. I had an abusive home by siblings _____
5. My parents gave me back to the Lord _____

Answers:

- | |
|--------------------------|
| 1. Jonathan- 1 Sam 20:33 |
| 2. Eli- 1 Sam 3:13 |
| 3. Timothy- 2 Tim 1:5 |
| 4. Joseph- Gen 50:20 |
| 5. Samuel- 1 Sam 1 |

