

## Where's the Health? || Relational Health - Part 2

### Small Group Notes

#### INTRODUCTION

This weekend, we talked about how our influence as parents is very important in our kids' lives. In Mark 1:11, we saw the encouraging statement from God (the Father) to Jesus (His Son) that stated "He was well pleased" with Him. What a great example for us to follow as we love and lead our kids to help them understand they belong, are loved, and are special!

#### CONVERSATION STARTERS

1. What do you appreciate most about your childhood?
2. If you could change anything about your childhood, what would it be?

#### SERMON NOTES REVIEW

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you, or confused you?

#### WATCH THE VIDEO

<https://youtu.be/KXbfYAFmEYM>

#### GROUP DISCUSSION

1. Has there ever been a time in your life when someone made you feel like you belonged, were loved, and were special?
2. How have you helped your kids feel...
  - a. They belonged?
  - b. They were loved?
  - c. They were special?
2. What could you do differently to help your kids feel they belong, are loved, and are special?
3. In Ephesians 6:4, it states "Fathers, don't stir up anger in your children, but bring them up in the training and instruction of the Lord." Describe a time you provoked your kid to anger? What should have you done differently?
4. At the end of Ephesians 6:4, it says to "bring up our kids in the "training and instruction" of God." What does that mean to you?
5. One of our guest dads in the video this past weekend made this statement, "I'm going to be there for my kids my whole life." How do you envision your relationship with your adult kids? If you already have adult kids, what is your relationship like and why do you think that is?

#### PRAYER

God: As we observe Father's Day, I lift up all the fathers of our nation to You with adoration and love. Fathers play an integral role in the lives of our children: as mentors, providers, caregivers, and so much more. They also provide a firm foundation on which our kids stand. God, we also ask You to be with those hurting on Father's Day. Many of us struggle on Father's Day because

our dad isn't here anymore or because our earthly father let us down. We ask for You to bring peace during this time. Amen.

#### **ANNOUNCEMENTS**

- Dads: Check out this great article from *All Pro Dads* - [10 Things Scripture Says about Being a Father](#)
- Register for the free marriage retreat: <http://marriage.sv.cc>
- To hear the latest on our regathering plan, visit <https://www.sunvalleycc.com/updates/>