



Life Group Sermon Study Notes

“Relationships: Family”

Ps. Bryson Breakey - November 24, 2019

Warm Up (10-15 minutes)

Choose a question below to answer, or ask another. No right or wrong answers.

- What was your favorite childhood food?
- What is your most memorable moment with your family?
- If you were to start your own holiday tradition what would it be?

Word (10-15 minutes)

Sermons can be heard online at www.bethelworld.org

Ephesians 6: 1-4

Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise— ³ “so that it may go well with you and that you may enjoy long life on the earth.” ⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

God’s standard for loving our family

When the idea of loving our family comes to mind, various emotions and expectations come with it. Yet as believers God has set standards for us to navigate our relationships as children and parents. The standards are listed in the passage above with explanations of the benefits of following them. Beginning in Ephesians 5, Paul listed ways of living that do and don’t imitate God. Ephesians 6 is a continuation of how to live a life worthy of a call to salvation. We are to walk in love as Christ loves us, and sacrificially gave himself for us.

Obeying and honoring parents

Obeying our parents is parallel with learning to obey God. It's not the same, but through it we can be trained to value authority. The ultimate authority we come to value is that of God as Lord of our lives. Both children and adults are commanded to honor their parents. Paul demonstrated how important honoring parents is to God, by including the fact that it's the first commandment with a promise. God promises long life and prosperity when we honor our parents (Deuteronomy 5:16).

Don't exasperate children

Scientific research shows that if you are in your early twenties or younger, you probably make decisions based on the short-term emotional implications through the amygdala region of the brain. Around twenty-five years old the prefrontal cortex region of the brain is fully developed and you begin to act based on the long-term implications of decisions. The differences should be accounted for when parenting. One way is not necessarily better, but both stages in life are to be valued. God teaches us things about him at all stages of life. Therefore, a divine blend of grace and guidelines should be used when parenting.

Reference the two links below if you would like more details on how decisions are processed differently for adults and children.

Discussion (10-15 minutes)

Choose one of the points below, and discuss how the lesson applies to our lives.

- What is your parenting style? Why?
- What actions do you take to honor your parents?
- How can you imitate the love of God with your family?

Prayer (10-15 minutes)

Pray for any of the following, as well as other requests you may have.

- Ask for forgiveness for not honoring our parents and exasperating our children.
- Thank God for grace to love others the way he has loved us.
- Ask God for wisdom in navigating relationships with parents and children.

Below are resources referenced in the sermon by Ps. Bryson Breakey.

Amygdala: <https://bit.ly/35Dq0Yr> (25 years and older decision-making process)

Prefrontal Cortex: <https://bit.ly/37t1Pxz> (25 years and younger decision-making process)

Books on Parenting Teenagers: Family (Andy Crouch), Alongside (Drew Hill), Gen Z (The Barna Group)