

Family - Taking Care of Your Loved Ones

You are members of God's family. Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself....carefully joined together in him Ephesians 2:20-21

What is Family Balance?

Family Balance is about nurturing and strengthening individuals within the walls of our own homes so that the family unit will be productive in shaping our society. We, the very backbone of society, must continue to build upon marriage and family, reflect God's character, glorify Him in our relationships and pass on His values from generation to generation.

Factors for Consideration

On a scale of 1-5, with 1 being an area needing much improvement and 5 being an area needing no improvement, rate yourself on these aspects. These are the 'key factors' in the "goal-setting" areas of your life. If the factor does not apply to you, simply write N/A (non applicable) in this space provided. Based on your response to these factors you are now ready to further rate yourself in the Family spoke on your [Wheel of Life](#).

- _____ listening
- _____ good role model
- _____ principled but flexible
- _____ forgiving
- _____ build self esteem of others
- _____ express love and respect
- _____ meals together
- _____ family relationships
- _____ dealing with disagreements
- _____ time together

Strategies to enhance Family Balance

Make time to enjoy events and activities with your family

Turn off your cell phone and put away your laptop computer when with your family

Make conversation a priority in the home in relation to TV, radio, computer, etc.

Respect the thoughts and feelings of each family member

Nurture your relationship with your spouse by taking time to be alone

Forgive yourself when things don't get done

Covenant Church Resources

Covenant Marriage Class

Pre-Marital Coaching

Family and Married Life Teams

Legendary Youth

Children's Ministry Service

Special Events Teams