

BUILDING RELATIONSHIPS THAT TRANSFORM FAMILIES

SIX STEPS TO A LOVING FAMILY RELATIONSHIP

1. AFFIRMATION

“When others are happy, be happy with them. If they are sad, share their sorrow. Romans 12:15 NLT

One of the most effective ways to identifying with your children, even when you don't fully understand them, is to affirm their feelings. To affirm means to “validate or confirm.”

When we affirm the feelings of our young people, we give them a sense of authenticity.

Affirming their feelings tells them that they are great individuals with valid feelings. When we identify with their feelings of excitement or disappointment, we let them know they are understood for whom they really are - authentic human beings.

2. ACCEPTANCE

“So, accept each other just as Christ has accepted you; then God will be glorified.” Romans 15:7 NLT

Your acceptance helps your kids know that you will still love them no matter what happens.

When we accept young people for who they are, we give them a sense of security.

Acceptance is embracing people for who they are rather than for what they do.

When your young people feel accepted by you, they are more likely to be vulnerable and transparent, opening up greater trust between you.

3. APPRECIATION

“And a voice from heaven said, “This is my beloved Son, and I am fully pleased with him.” Matt. 3:17 NLT

While acceptance is the foundation for a secure relationship, appreciation can be considered a cornerstone.

When we express appreciation to young people, we give them a sense of significance.

While acceptance of young people tells them that their being matters, expressing our appreciation to them says that their doing matters too.

Our appreciation conveys to young people that they are valued and that their accomplishments do make a difference to someone.

4. AVAILABILITY

*“The Lord is close to all who call on him, yes, to all who call on him sincerely.”
Psalm 145:18 NLT*

Expressing affirmation, acceptance, appreciation, and affection to our kids is critical, but we can only do that if we make ourselves available to them.

When we make ourselves available to young people, we give them a sense of importance.

And when we're not available, we are saying in essence, “Yes, I love you, but other things still come ahead of you.”

Being there when your young people need you will not only tell them they are important to you, it will keep you relationally connected to them.

5. AFFECTION

“Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is born of God and knows God.” 1 John 4:7 NLT

Expressing affection to our kids through loving words and appropriate touch communicates that they are worth loving.

When we show affection to young people, we give them a sense of lovability.

Every expression of care and closeness provides emotional reinforcement, helping kids.

6 “Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.” 1 Corinthians 13:4-7

APPROACH YOUR CHILDREN’S WORLD