

FAMILY GUIDE - 4 WEEKS

THE ART OF RELATIONSHIPS





© Copyright 2026. Unless otherwise noted, all Scripture quotations taken from The Holy Bible, New International Version® NIV® Copyright © 1973 1978 1984 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved.

tynyuk/Shutterstock

TABLE OF CONTENTS!



WEEK 1

The Art of Relationships **4**



WEEK 2

The Art of Marriage **6**



WEEK 3

The Art of Parenting **8**



WEEK 4

The Art of Work **10**

THE ART OF RELATIONSHIPS



Start Talking:

Read the definition of "relationship".

1. the way in which two or more things, people, groups, countries are connected: the state of being
2. one's feelings or behavior towards something that one deals with regularly
3. the state of being in the same family

Name some relationships that you have.

Big Idea:

When we believe in Jesus, it shapes how we live in relationship to others.

Key Verses:

Ephesians 5:1-2 (GNT)

Since you are God's dear children, you must try to be like him. Your life must be controlled by love, just as Christ loved us and gave his life for us as a sweet-smelling offering and sacrifice that pleases God.



Ephesians 5:8-10

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.

Ephesians 5:15 (GNT)

So be careful how you live. Don't live like ignorant people, but like wise people.

Start Sharing:

1. Think about the relationships that are the closest to you. Who are they?
2. Think about relationships that are more distant. Who are they?
3. Think about a Bible story that you know about Jesus. What happened in the story? How did He treat people?
4. When you do your homework on paper, do you like to work in the dark, or in the light?
 - What happens when you

work in the dark?

- What happens when you work in the light?

5. If you do your homework on the computer, what would it be like if the screen was always black and didn't have any light?

Start Doing:

ACTIVITY 1: When we get to know Jesus better, we know how to follow Him and become more like Him.

Get out some paper and write "Jesus Is..." at the top. Have everyone come up with ways to complete that sentence and make a list.

Let kids get creative as to who Jesus is to them. To get you started, some ideas could be:

Jesus Is...

God, My King, Super Amazing, My Friend, Strong, God's Son, Miracle Worker, Invisible but also here, A Healer

ACTIVITY 2: Read Ephesians 5:8-10 again. This activity relates to these verses.

- Go to the darkest room in your house (a closet, a room with no windows, etc.). Give everyone a piece of paper and a pencil. Tell them to all draw the same thing (a flower, a smiley face, a boat... whatever).
- Turn on the light and see what everyone drew!
- Now flip the paper over and draw the same thing in the light and share your drawings.

It's so much easier to draw in the light – Since we know Jesus, we are all living in the light now. He's given us an example of how to treat people, now we must try to be like Him. (Ephesians 5:1) It's like drawing in the light – it's more clear... and we can tell what it is!

Start Praying:

Dear God, please give us the strength to be like you! Sometimes it's hard to be like you when others are not. Thank you for teaching us in your Bible! Help us to follow you and be in the light. In Jesus' name, amen.

THE ART OF MARRIAGE



NOTE TO PARENTS:

If you are a parent without a spouse for any reason, you can still teach your children about God's creation of humans as male and female, and how God designed a man and woman to come together in marriage to form a family. You can also find healthy role models and families in your extended family, church, and/or community to show your children how men and women are different and how they parent differently. Speak well of the opposite sex, so your children grow up understanding that both men and women are good and valuable, but different from each other. Be bold and have courage as you instill a scriptural world view in your children remembering that marriage is what God says it is, not what the world has created it to be.

Start Talking:

Every family looks different. Name all the people in your immediate family.

Big Idea:

God created marriage.

Key Verses:

Ephesians 5:21

Submit to one another out of reverence for Christ.

Ephesians 5:33

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Genesis 2:20-22

So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam no suitable helper was found. So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.



Start Sharing:

1. Read Genesis 2:20-22. Who were the first people ever made and married? (Adam and Eve)
2. Even in the first marriage, there were things that went wrong. Do you remember their story in Genesis 2-3? What went wrong for them? (They both sinned and God punished them)
3. Marriage is a great thing, but sometimes, it can be a hard thing between people. Do you always get along with everyone? That can happen in a marriage, too. However, God wants us to do what he says in Ephesians 5:21 and 5:23. Read those verses again!
4. What are some ways Moms and Dads are similar and different?

Start Doing:

Talk about differences and similarities.

Use this activity to talk about what kind of attributes a good man or woman might have. Discuss how your children are currently practicing the qualities that will make them good men or women someday.

On a paper, either draw or write some qualities of a good person (if your child is a male, have him consider the qualities of a good man). If your child is a female, have her consider the qualities of a good woman. Then have them think about the opposite gender.

For an extra challenge, flip through some magazines and talk about the family images that you see. Or watch a show and talk about all the marriages you see and how they treat one another – use the commercials and ads as well.

Children's book resource:

What Mommies Do Best/ What Daddies Do Best, by Laura Numeroff



This is one book that reads from front to back and back to front. It shows mommies and daddies doing the exact same things, but doing them differently.

Start Praying:

Dear God, thank you for my family. Thank you for creating marriage. Help me to become more like you every day. In Jesus' name, amen.

THE ART OF PARENTING



Start Talking:

- Who are the parents in our house?
- Who are your parent's parents?
- Do your grandparents have parents?
- Does everyone have parents?

Big Idea:

Parenting is a gift from God – and being a child is, too!

Key Verses:

Ephesians 6:1-4

Children, obey your parents in the Lord, for this is right.

"Honor your father and mother"—which is the first commandment with a promise— "so that it may go well with you and that you may enjoy long life on the earth."
Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Start Sharing:

Read over the key verse for this week (Ephesians 6:1-4) and

break it down. What do the following phrases in the verse mean? Give kids a chance to think about their answers.

1. "Honor your father and mother"
it's more than just obeying but treating them like important people with love & respect
2. "...commandment with a promise..."
it's the first of the 10 Commandments that comes with a specific promise from God, there is a reward if you do this right
3. "...go well with you..."
that God will help your life work out better, not perfect but much better than it would be if you did not obey
4. "... fathers do not exasperate your children..."
parents (mothers and fathers) need to lead their kids in the way that God wants them to lead

Start Doing: **AGREE / DISAGREE TEST**

Have children respond as a group to the following questions. If the statement is right they should stand up, if it's wrong they should stay seated and cross their arms.

Disobeying is okay if you know your parents will say NO	disagree
---	----------

Since your parents put the school in charge of you, to honor your parents means to obey your teachers too	agree
---	-------

Once you disobey, you are a bad kid forever	disagree
---	----------

When Jesus was a child, he always obeyed his human parents because he was the only human who was perfect	agree
--	-------

God says it's ok to have a bad attitude when we obey	disagree
--	----------

God promised a better life for those who obey	agree
---	-------

If you always obey your parents, your life will always be perfect	disagree
---	----------

It's not really disobeying if you just obey part of the way	disagree
---	----------

When Jesus was a grown-up, he always obeyed his Father in Heaven	agree
--	-------

God wants us to obey our parents so that things will go well for us	agree
---	-------

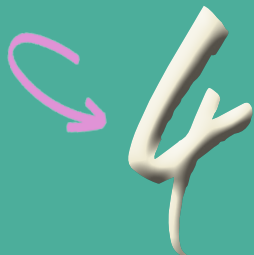
God knows what is best for us even if we sometimes want to disagree with God	agree
--	-------

Start Praying:

Dear God, thank you for our parents. Help us to have a heart that wants to obey our parents. Help our parents to love and treat kids the way you want them to. Thank you that you always keep your promises. In Jesus' name, amen.



THE ART OF WORK



Start Talking:

Think about all the chores we do around the house. Which ones are you okay with doing?

Big Idea:

Serve the Lord in everything we do.

Key Verses:

Ephesians 6:7-8

Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.

Colossians 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

1 Timothy 6:18-19

Command [people] to do good, to be rich in good deeds, and to be generous and willing to

share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.

Start Sharing:

Read through all of the key scripture verses. Let's talk about what service is:

1. What does the word "serve" mean?
The dictionary says that "serve" has more than twenty meanings! The word "serve" can mean to offer food, to help, to spend time, to work, to give honor, and to be obedient.
2. Who do you serve in your life?
3. What do you do to serve others?
4. What do you think of when you think of work?
5. How can we use our work to serve others?

The Bible says we all have special gifts or talents we can use to serve others.

6. Which kinds of gifts do you

see in your family members or friends?

7. What gifts do you have that you could use to serve others?
8. In our 1 Timothy verse, what kinds of things does God ask us to do with our time?
(to do good, to be rich in good deeds, and to be generous and willing to share)
9. What does God promise will happen if we live our lives that way?

Start Doing: **ATTITUDE EXPERIMENT**

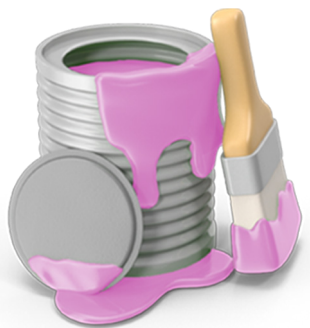
Say: I think a cheerful person is more pleasant to be around than a grumpy person. Let's do an experiment to see if that's true.

You need two helpers. One will be the Sunny Servant, and one will be the Grumpy Griper. Ask each person to do a simple task such as getting a book from across the room. Have the Grumpy Griper sigh, complain, drag his or her feet, and whine. Next have the Sunny Servant do the same task quickly and cheerfully. Do the experiment multiple times and have kids each take a turn being Sunny and Grumpy, all be Sunny, and/or all be Grumpy.

- Wouldn't it be awful if everyone in our lives were grumpy and unwilling to help?
- What would it be like if everyone acted Sunny when accomplishing work?
- Even though Grumpy Gripers are finishing a task, do you think they are serving God as well?
- How can you be a Sunny willing servant at home? With your friends?
- How can a person's attitude with their actions make a difference?

Start Praying:

Dear God, we know that serving you is the most important thing we can do. Help us to be rich in good deeds, and to be generous and willing to share. Help us to honor you in everything we do. In Jesus' name, amen.





SUNNYBROOK
community church

5601 Sunnybrook Drive
Sioux City, Iowa 51106
www.sunnybrookchurch.org