



Family Strong Study: Built By The Spirit

Main Scriptures:

-  *John 5:19* – The Son does only what He sees the Father doing
-  *Genesis 3:1–13* – The first attack was on family unity and trust in the Father’s voice
-  *John 16:13* – The Holy Spirit reveals truth and leads us forward
-  *Galatians 5:16–26* – The fruit of the Spirit versus the desires of the flesh

Opening Thought:

God designed families to be formed and led by the Holy Spirit, producing restoration, identity, and legacy.

FAMILY BIG IDEA:

Family is not a side project to faith—it’s central. God formed the first family, and He’s still forming families today through His Spirit. Healthy family doesn’t happen by accident—it’s the result of spiritual formation.

Discussion Starter:

-  *What’s a funny or meaningful trait you’ve inherited from your family?*
-  *How would you describe the “voice” that shapes our home—stressful, peaceful, critical, encouraging?*

Key Truths:



Family is Foundational

God created family as a spiritual greenhouse—where we are shaped emotionally, relationally, and spiritually.



Every Family Has Flaws

None of us come from perfect homes. But the Holy Spirit specializes in rebuilding what was broken.



The Spirit Builds What the World Breaks

Willpower alone can't fix what only the Spirit can heal. If we want restoration, we need the Spirit's presence.



The Father's Voice Leads

Even Jesus only did what He saw the Father doing (John 5:19). If our homes are going to reflect heaven, we must stay connected to the Father's voice.



Legacy Matters

What we model today becomes the blueprint for the next generation. Kids may not copy what we say—but they will carry what we live.

FAMILY ACTIVITY:

Fruit of the Spirit Family Check-In

Read *Galatians 5:22–23* together and ask:

“Which fruit do we see in our family?”

“Which fruit do we want to grow more of?”

Choose one fruit (e.g., patience or kindness) and make it your family's focus this week.

Family Prayer Prompt:

“Holy Spirit, thank You for choosing to build our family from the inside out. Help us reflect the Father's voice in our home. Show us where healing is needed, and give us the courage to follow You into it. Grow love, joy, peace, and all Your fruit in our relationships. Amen.”

Optional: Reflection Questions for Parents

1. What patterns or reactions in me are leftovers from how I was raised?

2. Where am I resisting feedback or correction from those closest to me?
3. How might our home shift if we invited the Spirit to speak before we respond?
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