



Family Strong Study: Family Values by Design, Not Default

Main Theme:

Every family is shaped by something. If you don't define your values on purpose, culture will do it for you—and culture doesn't care about your soul.

KEY SCRIPTURES

📖 *Exodus 20:1–17* – The Ten Commandments as a framework for family values

📖 *Deuteronomy 6:6–7* – Teach them to your children...when you sit, walk, lie down, and rise

📖 *Genesis 1–2* – God's character revealed in the creation story

📖 *Colossians 3:15* – Let the peace of Christ rule in your hearts

📖 *Philippians 4:6–7* – Do not be anxious about anything

📖 *1 Corinthians 13:4–7* – What honest love sounds like

📖 *Joshua 24:15* – As for me and my house, we will serve the Lord

FAMILY BIG IDEA:

Family culture isn't neutral.

Your home already has values—spoken or unspoken. But if they aren't grounded in God's Word, they'll be shaped by pace, pressure, and performance.

God's design for your family is different: it's built on His values, lived out daily, and passed down generationally.

Discussion Starter:

? *If someone filmed our family for one week, what would they learn about our values?*

? *What do you want our home to feel like when people walk in—and are we living that out?*

Key Truths:



Your Family Is a Culture

Every home has a way things work. A way people talk. A way conflict gets handled—or avoided. Whether you realize it or not, your family is being shaped.



God Is a God of Values

From Genesis to Revelation, God doesn't leave values up for interpretation. He models them in creation, the law, the life of Jesus, and the Spirit-led early Church.



Behavior Is a Language

What you tolerate, repeat, and reward becomes your real family values—not what you write down, but what you live out.



The Ten Commandments Aren't Just Rules—They're Values

Exodus 20 reveals:

- Loyalty to God
- Worship in Spirit and Truth
- Reverence for His name
- Rest
- Honor and Legacy
- Sanctity of Life
- Faithfulness and Covenant
- Respect for Others
- Honesty
- Contentment



Values Aren't Just Taught—They're Caught

Kids absorb what we model: how we speak, how we handle stress, how we apologize, and how we prioritize. If we say one thing but live another, they'll live the latter.



You Need to Choose the Values You'll Fight For

Every day, your home is becoming something. If you don't define your values, the world will define them for you.

FAMILY ACTIVITY:

Values Discovery Challenge

Sit down together and answer:

1. What do we already value—based on how we live?
2. What values do we want to build around Jesus?
3. What do we want to be known for as a family?

Then write 3–5 core values you want to protect, prioritize, and pass down.

Example: *Faith, Kindness, Rest, Connection, Hospitality*

Post them somewhere visible. Let them guide your decisions.

Family Prayer Prompt:

“God, help us to lead our home with clarity and conviction. Show us the values You want to grow in our family, and give us courage to confront the ones we’ve tolerated for too long. May our rhythms reflect Your nature—peaceful, purposeful, and full of grace. Amen.”

Optional: Reflection Questions for Parents

1. What unspoken rules or behaviors are currently shaping our family culture?
2. What do we reward and praise the most in our home—and what does that reveal?
3. Is our version of “peace” real, or just silence that avoids conflict?
4. Where do we need to repent, reset, or rebuild our habits to reflect God’s heart?