



House of Peace Outlines

# THE HEALTHY FAMILY AND THE PROCESS OF GRIEF

September 2017

Eagles Christian Family Center

## HOW TO RETURN TO YOUR NORMAL LIFE AFTER A LOSS

*“12 Dear Friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you” (1 Peter 4:12 NIV).*

<p><b><u>Weekly Announcements:</u></b></p> <ul style="list-style-type: none"> <li>• Reviving the Fire: September 8-10</li> <li>• Welcome Celebration: September 16th</li> <li>• Retreat “3 Days of Power” adults: Sept. 22-24</li> <li>• Youth Retreat “3 Formation”: Sept. 29<sup>th</sup>- Oct. 1st</li> </ul>	<p><b><u>Objetivos:</u></b></p> <ul style="list-style-type: none"> <li>• Reconocer que todos pasamos o pasaremos por tiempos difíciles.</li> <li>• Aprender el proceso de la pérdida o el duelo.</li> <li>• Aprender a cómo salir del duelo y recuperar la vida.</li> </ul>
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**Illustration:** Psalm 137:1-4 The **Israelites** were taken captive to Babylon because they had stopped following the Lord. *Their enemies were dedicated to insulting them, they also demanded them to be happy and sing. It was a martyrdom because they only knew and could sing worship from Zion. Being far away from their land saddened them because they had lost what they most loved. By the rivers of **Babylon**, we sat and wept when we remembered Zion. There on the poplars we hung our harp, for there our captors asked us for songs, our **tormentors demanded songs of joy**; they said, “**Sing us one of the songs of Zion!**” How can we sing the songs of the LORD while in a foreign land?*

**Introduction:** Times of loss are inevitable. When we talk about loss we’re not only talking about losing a loved one, but also about any sudden change that comes into our life causing us to go into a crisis, for example: the loss of a job, loss of savings, problems in marriage, loss of a family member or a friend, a dream, etc. Times of loss are part of life and we shouldn’t be surprised when they come our way, for they test our trust in the Lord. Times of loss are a process. **How do you get over the grieving process?**

### 1. RECOGNIZE THE REAL SITUATION:

- A. The Israelites had to recognize that they were no longer in Israel and if they went back, things wouldn’t be the same (Psalm 137:1-4).
- B. What is your reality? What things won’t be the same? What changes are you living? It’s time to recognize and accept it. Did you lose your house? Did your spouse betray you? Did a loved one pass away? We need to admit it and not neglect the situation.
- C. We must recognize our reality, but also understand that our reality doesn’t mean that that is the truth for our lives. Instead, the Word of God contains the truth for your life.

### 2. WE HAVE TO MAKE TIME TO CRY: Psalm 137:1-4

- A. The Israelites couldn’t hold back their tears, because they were far from their land. Their enemies wanted them to sing, but they couldn’t because they were sad. How can we sing or be happy when we are grieving, if we lost our job, our friends, our spouse, or a family member?
- B. It’s not bad to cry when we go through loss. You might feel angry, disappointed, or betrayed by God, by a co-worker, a friend, your parents, or your spouse. If you feel this way take some time to cry.

C. During tough times, many people use their job as an escape thinking that it'll help them get over their pain, but the moment they stop working they go right back to their grief. They question, "Why is this happening to me?". They say things like, "They betrayed me? They abandoned me?". Recognize what's happening and if you need to cry, do it.

D. **Remember the good things that happened in the past but don't live in the past.** Psalms 137:5 Don't think about the damage that has been done to you, instead remember the good things you have learned from others.

### 3. LOS TIEMPOS DE DOLOR Y PERDIDA NO DURAN PARA SIEMPRE Juan 16:33

A. Suffering and loss will not last forever... Psalm 23:4-5.

B. Even when I walk through the darkest valley I will not be afraid: remember that it's not forever, even if you can't see clearly, don't fear for the Lord is with you.

C. Despite what you lost, recover your faith and your hope because your pain is not eternal, you will move on and one day this grief will be a part of your past. Don't stay in depression or bitterness, face your hurt.

D. Don't separate yourself from God during times of crisis, don't allow the spirit of depression, bitterness, or anger control your life; instead declare the following Word:

<sup>35</sup>*Can anything ever separates us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? Romans 8:35*

**Conclusion:** *One day you will sing again, one day your happiness will return, perhaps you won't recover everything that you lost, but God will bring new things into your life. Go through this process, do not stay in your current reality, walk toward the truth found in God's Word. Receive Christ as your Lord and Savior in your life, and He will help you come out of your pain.*

#### **Practical Application:**

- As a House of Peace spend quality time with all families of each HOP member and have significant conversations.

#### **Interactive Questions:**

- Are you or have you delayed a painful loss?
- Is it possible to recover from a loss?
- How can we overcome it?

#### **SALVATION PRAYER**

*Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and Personal Savior, amen.*

## RECONCILING THE RELATIONSHIP BETWEEN PARENTS AND CHILDREN

*“He will turn the hearts of the parents to their children, and the hearts of the children to their parents; or else I will come and strike the land with total destruction” (Malachi 4:6 NIV).*

<p><b><u>Weekly Announcements:</u></b></p> <ul style="list-style-type: none"> <li>• Welcome Celebration: September 16th</li> <li>• Retreat “3 Days of Power” adults: Sept. 22-24</li> <li>• Youth Retreat “3 Formation”: Sept. 29<sup>th</sup>- Oct. 1st</li> </ul>	<p><b><u>Objectives:</u></b></p> <ul style="list-style-type: none"> <li>• Recognize that problems distance families</li> <li>• Reconcile the relationship between parents and children</li> <li>• Make changes to return to the original state of family relationships</li> </ul>
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**Illustration:** Copy the link and project “Historia Reflexiva” [www.youtube.com/watch?v=CV6ygzsgjMQ](http://www.youtube.com/watch?v=CV6ygzsgjMQ)

**Introduction:** God’s original plan is for families to have close relationships. God gave us children so we could understand His heart. We were created according to His image meaning everything we feel for our children, God feels for us. At one point those hearts became distant, losing the original design for which they were created, one heart turned on the other. The **parent’s love diverted, the children’s honor ceased** and the relationships that were meant to be healthy, wonderful, and comprehensive began to fall apart. The parents and children’s hearts lost their way.

1. **REASONS THAT HEARTS BECOME DISTANT:** Today there are many relationships that have turned against each other:

- A. **Work:** There are parents who work too much and have focused their hearts on money rather than their children.
- B. **Abandonment:** There are parents who abandon their spouse and children.
- C. **Lack of quality time:** There are parents who do not give their children quality time.

2. **HOW TO RECONCILE WITH OUR CHILDREN.**

A. **Establishing priorities in an educated way:** 1. God 2. Family 3. Ministry 4. Work

- **Work** cannot take the first place in our lives.
- **Ministry** should also not take the time that is for our children. Take at least one day to dedicate to your family. Take advantage of those free times to read a book, pray with your children, watch a movie, play, and talk.
- **Problems:** sometimes we focus so much on our problems that they become a priority. Conflicts rob our focus causing us to neglect our children. How many children have lost themselves in drugs or gangs because as parents we don’t pay attention to our children?

B. **Exercise the role that corresponds you** “Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord” (Ephesians 6:4).

- Giving respect: We should not punish through abuse, insults, or embarrassment.

- Educating them in the Word of God: (*Deuteronomy 6:4-7*) Parents are responsible for instructing our children *constantly* in the Word of God with the right values.
- Disciplining in love and promising time: “*Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them*” (*Proverbs 14:24*).
- Do not spoil your children excessively: There are parents that tell their children to do something ten times and ten times the children disobey and nothing happens. *Be careful with holding back correction or else your little angels will become little devils* because you let them be disrespectful, or because instead of correcting them for throwing a fit in the store you tolerated it by buying what they wanted, yet didn’t need, and you spent your money when you didn’t even have the money to do so.
- Do not be extremely violent or aggressive: There are parents that embarrass their children in public. Others hit, curse, and treat their children with profanities; and that is abuse of authority and incorrect before God.

### C. Repenting and forgiving.

- As parents, we should **repent before** God for all our wrong actions, example, abuse, and sin we have shown our children. We should look for a form to recover the place we abandoned in our hearts and reconcile with our children.
- As parents, we should also **forgive the offense** we have received from our children due to their rebellion, disrespect, and disobedience. Let’s choose to forgive our children today.

**Conclusion:** We, as parents, must be the first ones to make the call, give a hug, say “I love you” and ask for forgiveness. Today God wants to return our hearts to our children. He wants to take you back to when all your attention was on them and they saw you as their superhero, when you both loved each other above anything else. It is a good time to return to the heavenly Father, and this can only be done through Jesus Christ, the way, the truth, and life who helps us re-connect to the Father.

**Prayer:** Father in the name of Jesus, we ask for reconciliation in the families and generations. We ask for unity, for what was dead to come back to life, and what was dry to become green again. Restore marriages and the relationships between parents and their children so that they return to their original state.

#### Interactive Questions:

*Are your priorities in order? What area do you need to adjust for there to be a good relationship with your children? What changes do you need to make to have a good relationship or reconcile your heart with the heart of your children?*

#### Practical Application:

*Parents make quality time with your children by participating in an activity that you both know you like to do in order to reconcile your relationship.*

#### SALVATION PRAYER

*Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and Personal Savior, amen.*

## RECONCILING THE RELATIONSHIP BETWEEN CHILDREN AND PARENTS

*“He will turn the hearts of the parents to their children, and the hearts of the children to their parents; or else I will come and strike the land with total destruction” (Malachi 4:6 NIV).*

<p><b><u>Weekly Announcements:</u></b></p> <ul style="list-style-type: none"> <li>• Retreat “3 Days of Power” adults: Sept. 22-24</li> <li>• Youth Retreat “3 Formation”: Sept. 29<sup>th</sup>- Oct. 1<sup>st</sup></li> <li>• Massive Baptisms: Sept. 24<sup>th</sup></li> <li>• Tabernacle: Monday’s at 7PM</li> </ul>	<p><b><u>Objectives:</u></b></p> <ul style="list-style-type: none"> <li>• Learn how to recover the relationship between sons/daughter and parents.</li> <li>• Discover the reasons as to why the sons/daughter’s hearts drift from their parents.</li> </ul>
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Ilustración: Copia el link y proyecta esta Historia reflexiva <https://youtu.be/Li7vpzLA9uw>

**Introduction:** *God’s original design is for families to have **close** relationships. However, the hearts in the families drifted apart, they loss the original design for which they were created, and they turned against each other. **The parent’s love was diverted**, and the sons and daughters ceased to honor them, thus the relationship began to break apart, though this relationship should be the healthiest, most beautiful, and comprehensive one of all... the hearts were diverted.*

### 1. REASONS AS TO WHY THE CHILDREN’S HEARTS DRIFT APART.

- A. Disrespect and disobedience. There are children who harden their hearts and disrespect, curse, hate and take vengeance on their parents. They give themselves up to vices and sex.
- B. They disobey the rules and choose to do things in their own way, because their hearts are diverted.

### 2. HOW TO RECONCILE WITH OUR PARENTS.

#### A. Honor your parents:

“Children, obey your parents in the Lord, for this is right. ‘Honor your father and mother’—which is the first commandment with a promise—<sup>3</sup>“so that it may go well with you and that you may enjoy long life on the earth” (Ephesians 6:1-3 NIV).

- The word honor means to show respect and consideration toward a person. This means that we shouldn’t despise, curse, beat or do wrong to our parents.
- Honoring your parents determines how much you will receive and how the rest of your life will go. If you think your parents do not love you, offer them your love.
- Our Lord Jesus Christ is the best example of honor and obedience. He said, “Father, if you are willing, take this cup from me; yet not my will, but yours be done” (Luke 22:42 NIV). Jesus humbled himself and was obedient to God the Father and He exalted Him.
- This commandment DOES NOT say: honor your parents if they are good, and if they are bad be rebellious. No! It says, “honor your father and your mother” period. Maybe your parents haven’t set the best example, but it’s not up to you to judge them or mistreat them.

**B. Respect them:** The Word of God says, “... Honor your father and mother... Anyone who curses their father or mother is to be put to death” (Mark 7:10 NIV).

- What is respect? It is to recognize, accept, appreciate, and value the qualities in our parents. When sons or daughters curse their parents, it brings physical and spiritual death unto their lives.
- Repent and forgive: It doesn't matter how many mistakes your parents have made, forgive them, it's not up to you to take vengeance, God knows it all. He knows your need, and He is here to heal you, restore you and turn your heart back to your parents.
- We are called to honor, respect, and obey our parents.

**Conclusion:** Today God wants to turn your heart back to the time when your parents were your super heroes, when you loved them more than anyone else. Today is the time to reconcile, the day to return to the original state of love and forgiveness. It is a good time to return to the Heavenly Father, and this can only be done through Jesus Christ, who is the way, the truth and life that will lead us back to the Father.

**Prayer:** Father, in the name of Jesus, we ask that you reconcile the families and generations. We pray for unity, that whatever was dead resurrects and that whatever was dry, comes back to life. We pray for restoration in marriages and the relationships between sons, daughters, and parents to return to their original state.

**Practical Application:**

- Sons, daughters and parents take time to reconnect and bond this week.
- As a House of Peace watch a movie that will help strengthen each member's relationship with their families.

**Interactive Questions:**

Are your priorities in order? What area do you need to adjust to improve your relationship with your parents? What changes do you need to make to reconcile your heart with your parents' hearts? What do you understand by the words respect, honor, and obedience?

**SALVATION PRAYER**

*Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and Personal Savior, amen.*

## HOW TO FACE BAD NEWS

*“After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat. Some people came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Dead Sea... (2 Chronicles 20:1-2 NIV).*

<p><b><u>Weekly Announcements:</u></b></p> <ul style="list-style-type: none"> <li>• Youth Retreat “3 Formation”: Sept. 29<sup>th</sup>- Oct. 1st</li> <li>• Tabernacle: Monday’s at 7PM</li> <li>• Youth Services: Friday’s at 7PM</li> </ul>	<p><b><u>Objetivos:</u></b></p> <ul style="list-style-type: none"> <li>• Understand that God’s methods are not human or natural methods.</li> <li>• Learn to move in faith in the midst of a crisis or loss.</li> <li>• Learn to use the spiritual weapons (prayer, fasting, and praise) to face bad news.</li> </ul>
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**Illustration:** Jehoshaphat was the king of Israel. He lived during the same time king Ahab and Jezebel did. However, Jehoshaphat was a good king, therefore, the people of Israel enjoyed a good life during his reign. One day, some messengers told Jehoshaphat that an army from Moab, Ammon, and Mount Seir were going to attack him. Immediately, many Israelites gathered in Jerusalem to seek the Lord’s help. They went to the temple and there Jehoshaphat prayed, “Oh Lord, my God, I don’t know what to do. We can do nothing against this great army. Help us”. The Lord heard him and gave him the following direction, “This battle isn’t yours, it’s mine. You will not have to fight. Just watch and see how I save you”. God gave them the victory without them having to use their swords, and their enemies were defeated through their praise.

**Introduction:** We have all received bad news, such as losing a job, a loved one, experiencing health problems, financial issues or breaking an important relationship. Suddenly, it seems like the stability and success we achieved collapsed and like our enemies are coming against us with all their force. ***What do we do when get bad news?*** King Jehoshaphat was afraid because of the bad news he received, but he didn’t allow the threats to paralyze him, instead he humbled himself before God, acted, and received the victory. ***Let’s view the following actions he took:***

### 1. HE CONSULTED GOD IN PRAYER AND FASTING (2 Chronicles 20:3).

- **What would your reaction be if you heard that there was an army waging war against the country and that it was inevitable?** Jehoshaphat was full of fear. The first thing he did was consult with God and start to fast. He ran to the only One who had the power to help him come out this difficult situation. The Almighty God!
- **When you hear bad news run to God:** don’t run to Facebook, your friends, or vices for help. Run to the Lord because you will find the answer and solution in Him. When our strength ceases, His strength takes over (2 Chronicles 20:15, 17).
- **Without prayer, there is no power:** little prayer little power, a lot of prayer, a lot of power. Jehoshaphat and the people cried out to God asking Him for help. If you are going through problems pray to God, seek His face and cry out because He will surely answer you.

## 2. HE REMINDED GOD OF HIS PROMISES

- **His prayer was not a complaint:** Jehoshaphat called unto God so that He would show His power, His greatness and His promises unto His people (2 Chronicles 20:5-9).
- **Why is this happening to me?** This is what most people reproach when they are going through a crisis, but this is not necessarily what helps the most.
- **During a crisis, we need to remember and proclaim God's promises.** As we recognize who we are and who our Heavenly Father is we will receive the strength to go forward and remind our enemies we are not alone.

## 3. HE WAITED ON GOD (2 Chronicles 20:17).

- **Do not be afraid:** God gave the prophet a word in order to motivate the king and the people not to fear the bad news so that they wouldn't give up, nor be intimidated, but instead be encouraged to do their best knowing God would do the rest.
- **Do not give up:** If you have received bad news, whether it is because of a sickness, you lost your job, someone spoke bad about you, you were denied a permit, a request, or a scholarship, don't give up. Knock on the door again, do your best and God will do the rest.

## 4. HE PRAISED AND THANKED GOD FOR ANSWERING (2 Chronicles 20:18-22).

- **The victory came through praise:** They didn't have to fight with physical weapons, instead they only had to use their spiritual weapons and God would give them the victory through praise and worship.
- **Praise and worship are powerful spiritual weapons,** which cause the enemies who call war against us to be confused and defeated.
- When you start to sing, something happens in the spiritual world. Satan and his plans get confused and suddenly bad news changes and miracles happen.
- **When you praise God, He fights for you:** Stop complaining about the problems. If the devil wants to destroy your marriage, the moment you start to praise, he will be confused and all bondages will be cut off.

**Conclusion:** *If you received bad news, if an army is waging war against you, if the problems are getting worst, then it's not a time to cry or be afraid, it is time to pray, fast, worship and praise God. **Though you are going through a hard situation, accept the challenge and choose a day out of the week to fast** and seek God. Start by receiving Christ as your Savior.*

### Interactive Questions:

Have you ever received bad news?  
How do you react when you get bad news or when you are facing problems?

### Practical Application:

- As a House of Peace ask one another what new activity you all would like to do as a House of Peace this week in order to strengthen your relationships.

### SALVATION PRAYER

*Lord Jesus, I recognize that I have sinned and that you died for me.  
Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and Personal Savior, amen.*