

THE SECRET INGREDIENT IN THE FAMILY

*Let your eyes look straight ahead; fix your gaze directly before you.
(Proverbs 4:25 NIV)*

INTRODUCTION: Friendship is the ingredient that makes marriage and home fun. The problem with marriages is that we have taken away the fun and sometimes it has become just an obligation, and that's why children don't want to be at home, because the fun is gone. Friendship is needed.

1. HOW TO CULTIVATE FRIENDSHIP AND TRULY BECOME FRIENDS AT HOME?

There is no friendship without communication. The amount of communication is relative to the amount of friendship, for example, if there is a lot of communication, logically there is a lot of friendship; On the contrary, if there is little communication, there will be little friendship.

The problem with marriages is that it starts with a lot of communication and over the years it decreases and little by little they grow apart.

Sometimes children have more communication with their friends than with their parents.

2. WHAT TO DO IN ORDER TO CULTIVATE COMMUNICATION?

- **Lend me your eyes.** "When you speak to me, look me in the eyes". (Don't look at the phone or television, etc.)
- **Lend me your ears.** "Listen to me when you talk to me." Speaking before

listening is a lack of wisdom and disrespect.

Anyone who doesn't listen is a foolish person. When we listen, we give the other person the opportunity to vent, but when we don't listen, we make people, our spouse, children, etc. feel bad. *"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath". (James 1:19 NKJV)*
(Proverbs 18:13)

- **Lend me your brain.** "Pay attention to me when we talk."

3. TIPS TO HAVE GOOD COMMUNICATION:

- **Have honest communication.** Don't share what they tell you in private, they are sensitive and vulnerable things for the person who confided it to you.
- **Don't jump to conclusions from what they tell you.**

4. THINGS THAT CUT OFF COMMUNICATION:

- Avoid ultimatums, don't threaten, keep talking.
- Never use the words: "always", "never", "everyone", "no one".
- Never compare your spouse or children to other people.

- Don't keep a record of your partner's mistakes.
- Don't become a person who is impossible to please. Only God can fill your voids. Don't hold your spouse responsible for doing it.

5. THINGS WE SHOULD KNOW ABOUT OUR SPOUSE:

- **Know what your spouse's temperament is.** (Sanguine, choleric, phlegmatic, melancholic)
- **Know your spouses calling.** You can't ruin God's plan by being petty. By knowing it, it will help you mature and not focus on yourself, but on fulfilling God's purpose.
- **Know your spouse's love language.** (Quality time, words of affirmation, gifts, physical touch, and acts of service) some like shopping, watching a movie, watching sports, gifts, being hugged, etc.

CONCLUSION:

Who wants a boring marriage or family? children want to leave the house because they already consider it boring. If we don't work on communication and friendship with our children and our spouse, little by little we will find ourselves estranged.

Encourage communication between all members of your family and you will see that friendship will increase at the same time.

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 life and my heart so that you can be my Lord and Personal Savior, amen.*

INTERACTIVE QUESTIONS:

- How is communication in your family, with your children and with your spouse?
- What could you do this week to improve communication with your loved ones?
- What do you plan to do to improve communication with your spouse?

PRACTICAL APPLICATION:

- Take a few minutes to discuss some signs or symptoms of lack of communication in marriage and between parents and children.
- Suggest doing some family activities that help you improve communication with each other.