



## Calm in the Chaos

**2 Corinthians 1:3,4** *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

- First, go to the Father.
- Secondly, comfort one another.

**2 Corinthians 1:9,10** *Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.*

**10** *He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us...*

- He Has delivered us
- He Will deliver us
- He Will Continue to deliver us

## The ABC's of a Healthy Household

### A - Affirmation

- Even Jesus, the Son of God needed to hear Affirmation from His Father.

**Matthew 3:17** *"... a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."*

**Matthew 17:5** *While he (Peter) was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!"*

- Your spouse needs affirmation.

- Kids need some affirmation.
  - They are loved by God
  - God has a plan for their life
  - We can pray and trust God

## B - Balance

**1 Thessalonians 5:23 MSG** *May God himself, the God who makes everything holy and whole, make you **holy and whole, put you together—spirit, soul, and body—and keep you fit** for the coming of our Master, Jesus Christ.*

### 3 Areas to Balance

1. Spiritually Fit
2. Emotionally Fit

**Philippians 4:6-8 NLT** *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

3. Physically Fit

**1 Corinthians 6:19,20 NLT** *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.*

- Get yourself and the kids on a balanced schedule.
- Children function better with rhythm. CLICK: [\*\*CL Kids Daily Schedule.\*\*](#)
- Teach them a new project every couple of days.
- Spend some time each day speaking into their spiritual life.

## C - Communication

*James 1:19,20 TPT My dearest brothers and sisters, take this to heart: Be quick to listen, but slow to speak. And be slow to become angry, 20 for human anger is never a legitimate tool to promote God's righteous purpose.*

### 3 Principles of Good Communication

1. Lead with your ears.
2. Slow down and think before you talk.
3. Never use angry words.