

“THE BENEFITS OF SPENDING FAMILY TIME TOGETHER”

GENESIS 6-8

INTRODUCTION: On Last week we started our two part series on “**Family Time**”. Our first lesson was on “The Importance of Family Time” Deuteronomy 6:6-9, 11:18-20. Tonight we want to continue our lesson on part 2 “**The Benefits of Spending Time Together.**” From Chapters 6-8 we see Noah and family entering into the Ark. Chapter 6 informs us why Noah, his family and the selective animals were to enter the Ark (6:11-12) because:

1. Vss. 5-7 God saw the Wickedness of man’s Heart and Thoughts.
2. V.11 the Earth was Corrupt and filled with Violence.
3. V.12 all Flesh was Corrupt.

So, now we find Noah and his family **ISOLATED** together in the Ark because God is going to destroy the earth and all flesh with the flood. Chapter 8 tells us that the family was in the Ark for **150 DAYS**. Can you imagine being in the Ark with your wife, your three sons, their wives and all the animals, birds, fishes and the list goes on and on. That would drive many of us mad, being **Cooped-Up** together for so long. I’m pretty sure that Noah and his family experienced the same things that we are going through right now. I believe that Noah and his family discovered somethings about themselves in the ark that we are discovering about ourselves with the “**Stay-At-Home**” order. For those who still doubt the importance of family time, let me share with you 10 benefits of families spending time together. Spending time together:

1. Builds a STRONGER BOND with your Family.

The main reason why family time is important is because you need to develop ties and bond with your family.

1. Husband and Wife Bonding.

a. Adam and Eve - Genesis 2:24 Mark 10:6-9.

b. Builds a strong Love relationship – Ephesians 5:25; Titus 2:4

While you are Isolated together take the time to bond together by: Exercising, Praying and Studying, Working on a family project etc.

b. Eccl. 4:9-12

2. Parent and Children Bonding.

a. Deuteronomy 6:4-9, Proverbs 22:6

b. Timothy - II Timothy 1:5

Your kids need a sense of belonging and security, as they need to feel they have someone they can turn and look up to, for anything. Spending family time together ensures that a deep, strong, family bond develops.

2. **Helps us to TALK and LISTEN to each other.**

Another good benefit of spending time with our families directly relates to the need to share, talk, and listen to each other as a family. How we talk to each other in real families matters because it reveals what is in our hearts. The biting sarcasm, lying, anger, yelling, and self-centeredness in how characters talk to each other in sitcoms has no place in our homes. We need to learn how to talk to each other in a way that is pure and life-affirming. God designed the family, and he has given us the principles of communication we need both to honor him in our speech and to have the awesome family he intends for us to be. In talking and listening to each other, note the following:

- Acknowledge the problem (Proverbs 18:21; James 3:5–8; 4:1)
- Check your attitude before you speak (Matthew 12:34-37; Galatians 5:22–23)
- Listen more; talk less (Proverbs 10:19; 18:2, 13; 21:23; James 1:19)
- Choose your words carefully and watch your non-verbals (Proverbs 15:1–2; 25:11–12; Colossians 4:6)
- Keep it pure and life-affirming (Proverbs 12:18; Ephesians 4:15, 29)

3. **Helps to teach your children important lessons of life**

Although children have to learn a few things on their own, it's important to have family time for discussions, where you can put forth problems or situations in front of them, and then talk about them with your children, seek their opinion, and discuss on the matter. This would help them understand the situations of life in a better way (Deuteronomy 6:6-9).

4. **Show affection, appreciation, and encouragement.**

Family time is important so that everyone in the family has a way of showing affection to each other, maybe by giving hugs, holding hands, being thoughtful and kind.

Affection: John 13:34-35

Appreciation: Colossians 3:16; Hebrews 3:13

Encouragement: I Thessalonians 5:11

5. Instills family values in your children

Spending family time together will build a sense of worth and instill **positive family values** in your children (Ephesians 6:1-3)

6. Helps to keep family rituals and traditions.

Daily rituals or the little things that you do daily and on special occasions, helps to build a sense of belonging, contentedness, and inner security within the family. Daily rituals like the way you greet each other, or say goodbye, what you do at mealtimes or bedtimes, can all be something to share within your family time. Families benefit from coming together to celebrate occasions like birthdays, anniversaries, or festivals like Christmas, etc., where they learn the traditions about what happens at these times.

7. Helps to accept the differences in each other

Family time is essential to appreciate, encourage, and value the differences in each family member, knowing that everyone is special in their own way. Allow each family member to be excited about their personal interests, and show respect and tolerance towards them. Don't pressure your family members to **be like you, or hide their feelings and differences**. Instead, let them feel proud to be themselves (Ephesians 4:2-3; I Cor. 12).

8. To share the chores

Family time is important to teach younger children, by giving them chance to do things for themselves, under your supervision. Use adult power wisely, and keep control through humor and encouragement, not with punishments or threats. By spending time with family together, a very special relationship of trust and intimacy develops that helps build a healthy family. Especially when children have a real say in what happens and where everyone feels their views are heard.

9. Builds and Develops a strong devotional life

a. Acts 2:41-47