

Family Counseling for Troubled Times Sunday AM 04/05/20

Introduction:

What will be some last results from the quarantine? In business there may be more home offices, telecommunication increase. Some people may decide to leave big cities and move to smaller towns. How about in our families and homes? If it is like the winter of 1978 there will be an increase in babies around the end of this year. Let me suggest another result can be family problems and increase in divorces. Why?

I) Reasons for families being stressed out.

A) **Uncertainty of the situation**

1. How long will this last? April, May, etc.
2. People are like the stock market; they don't like uncertainty. We tend to worry at times of uncertainty.

B) **Financial concerns**

1. Families are doing without paychecks or drawing unemployment.
2. Some will have trouble making payments on the house/rent, car, utilities, food, etc.
3. Number one cause of divorce, even in good times, is financial problems.

C) **Drastic change in routines**

1. Funerals have changed, social gatherings, going to worship at the church building, my Sunday's have really changed.
2. People not going to work may sound good but eventually

we get bored and need some kind of routine.

D) Families not used to being at home with each other

1. Husbands/wives around each other too much and get on each other's nerves
2. Not used to actually feeding and teaching their own children. Someone said, "Now parents are realizing what the teachers have been saying about their child is correct."
3. Many houses are not homes but simply places where we sleep.

E) Too much time on our hands

1. We become like the children of Israel in the wilderness, complainers.
2. They complained about not having water, then the manna, Moses' leadership, the priesthood.
3. Idleness is the devil's workshop.

F) Not enough space mixed in with social isolation

1. We get where everything gets on our nerves.
2. Even the smallest things become big.

II) Solutions to family problems like these

A) Uncertainty replaced with trust and faith in God.

1. **Matthew 6:32** *"For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 "Therefore do not worry about tomorrow, for tomorrow*

will worry about its own things. Sufficient for the day is its own trouble.

2. There were times in the Bible when trials lasted a long time.
 - a. Israel was in exile for 70 years, **Jeremiah 29.10**
 - b. Syria came and besieged Samaria **2 Kings 6** people were eating the dung of doves, and even one case of a woman eating her own child, **v. 25-28**.
 - c. **2 Kings 7:1** *Then Elisha said, "Hear the word of the LORD. Thus says the LORD: 'Tomorrow about this time a seah of fine flour shall be sold for a shekel, and two seahs of barley for a shekel, at the gate of Samaria.'"*
 - d. That night the Syrian army retreated because they thought the King of Israel had hired the Hittite and Egyptian armies and those armies was upon them.
2 Kings 7:6 *For the Lord had caused the army of the Syrians to hear the noise of chariots and the noise of horses-the noise of a great army; so they said to one another, "Look, the king of Israel has hired against us the kings of the Hittites and the kings of the Egyptians to attack us!" 7 Therefore they arose and fled at twilight, and left the camp intact-their tents, their horses, and their donkeys-and they fled for their lives.*
3. The fact is we don't know what will happen tomorrow. Life is uncertain. Someone said the only things in life that is certain is death and taxes.

B) Financial problems/stay calm and trust in God

1. Some families are facing troubling financial problems.
2. God knows what you need. ***Psalms 37:25*** *I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread.*
3. As Christians we are to help others, especially those of the household of God. ***Galatians 6.10.***
4. Those with families often have those who can help them. **1 *Timothy 5.4*** *But if any widow has children or grandchildren, let them first learn to show piety at home and to repay their parents; for this is good and acceptable before God.*
5. Eventually we will get through this and then families need to look at how they are spending and saving their money.

C) Drastic changes in routines/don't panic, stay calm and establish a new routine

1. It takes time for a new routine to become comfortable.
2. Routine of reading your Bible, calling others, doing those things you used to say "I just don't have the time for..."
3. We have to be able to adapt to our situation in life.
4. ***Philippians 4:11*** *Not that I speak in regard to need, for I have learned in whatever state I am, to be content:*
5. ***Philippians 4:13*** *I can do all things through Christ who strengthens me.*

D) Families being too close together/stay calm and use the closeness to build upon your relationships.

1. **1 *Peter 3:7*** *Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker*

vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

2. Parents are to train their children, **2 Timothy 1:5** *when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also.*
3. **Proverbs 22:6** *Train up a child in the way he should go, And when he is old he will not depart from it.*
4. Training takes time, patience, consistency, and love.
5. Communicate without grumbling, nagging, or complaining.

E) Too much time/stay calm and use it wisely, **James 4.17**

1. Think about others, reach out. **James 1:27** *Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.*
2. More time to study your Bible, pray, etc.

F) Not enough space/ stay calm and try to give each other personal space

1. I have spent time listening to other preachers.
2. Working out, taking long walks, etc.

Conclusion:

There are a lot of things we don't know for certain, when this virus and quarantine will end, what our nation will be like later on, how long it will take for our economy to recover, etc. There are things we do know for certain. We know Jesus is the Son of God (**Matthew 17:5** *While he was still speaking, behold, a bright cloud overshadowed them; and suddenly a voice came out*

of the cloud, saying, "This is My beloved Son, in whom I am well pleased. Hear Him!") We know we have all sinned against God and the result of sin is death. We know we need God's grace and forgiveness which is in Christ Jesus. We all need to obey His Gospel- Believe, Repent, Confess Jesus as the Son of God, and be baptized for the remission of our sins, **Acts 2.38**. If I can help you in becoming a Christian let me know.