

Characteristics of Healthy Christian Families

Drs. Bev and Tom Rodgers

God is first and the center of the family unit.

The parents love each other and always work toward a healthy marital relationship.

Each member works toward a healthy self-esteem.

They are open and honest with themselves and each other.

They are open to growth and seek help (marital, individual, family therapy, pastor etc). They are not too prideful to ask for help.

The members are free to share feelings.

They have empathy and compassion.

They are not defensive in communication hearing only what they want to hear.

They give themselves to each other not out of codependency or unhealthy guilt or pity.

They don't repress or magnify feelings.

They don't favor one person over the other and do not compare themselves to each other.

They don't identify themselves with what they own.

They are free of control and manipulation

They have honest, deep personal relationships with themselves and each other.

They rely on the Holy Spirit's help and strength to accomplish the above goals.

