

RCCG CHRIST THE LORD PARISH

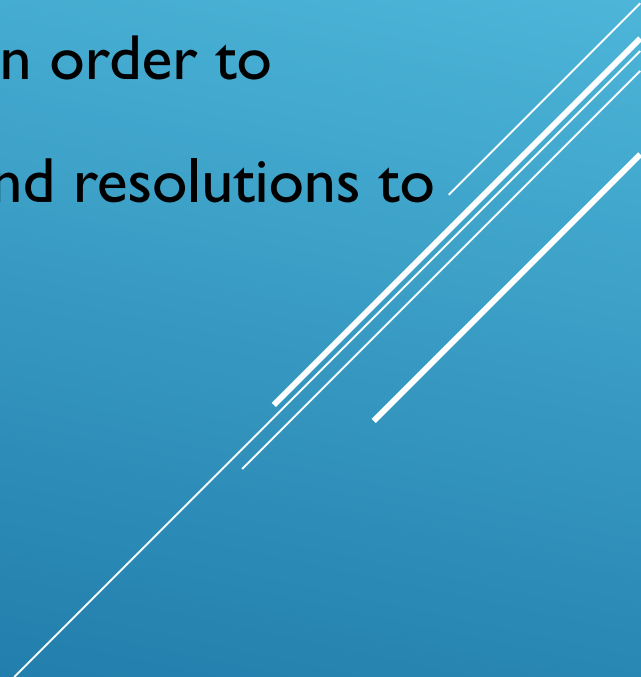
MORNING DEW

COPING MECHANISMS FOR COUPLES/FAMILIES

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DEFINITIONS

- ▶ To Cope: is to deal with something, particularly highly stressful situations in order to overcome problems and difficulties in life.
 - ▶ A family: is a group of one or more parents and their children living together as a unit.
 - ▶ Coping mechanism for families: strategies or behaviours families use in order to strengthen family relationships, maintain the family's well-being, and find resolutions to stressors and family hardships.
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

WHAT THEN?

How do we cope with each other?

What causes internal stress in the home?

THE COUPLE: HUSBAND AND WIFE

ESSENTIALS

Emotional support

- ▶ The place of marital vows. How serious do we take these vows? There are no specific marriage vows mentioned in the Bible.
- ▶ Submit one to the other. **Eph 5.21**

Financial Support

- ▶ The husband has the duty to provide the needs of the family **1 Tim 5.8**.
- ▶ The wife has the duty to submit.
- ▶ “Head” does not mean male dominance. It is a partnership. **1 Cor 11.3 Eph 5.22-23**

Gen 2.18

- ▶ The wife is the helpmeet.

Social Support

- ▶ Spend quality family time together.
- ▶ Imposing emergency friendship on each other in the days of empty nest hardly works.

THE CHILDREN

ESSENTIALS

- ▶ Who is a Child? Child's Right Act 2003. A child is a person who has not attained the age of 18 years.
- ▶ Who is a Teenager? Can be classified as a child if still under 18, and an adult, if 19 years old.
- ▶ Who is an Adolescent? The phase of life between childhood and adulthood. The age of adolescence in Nigeria is 10-19 years.

What is the place of Adult children living in the family home?

SALIENT FACTS:

- ▶ If we cannot cope in our own family unit, we cannot cope as individuals out there.
- ▶ Each individual member of the family has their individual personalities. Each family has its family dynamics.
- ▶ What is the nature of the relationship that the father has with each child as an individual?
- ▶ What is the nature of the relationship that the mother has with each child as an individual?
- ▶ Having a favourite child who is obviously treated differently is a ticking time bomb. **Gen 37.3.**

CHILDREN CONTD.

Emotional support

- ▶ Too much negative influence.
- ▶ Some are undergoing bullying and personal difficulties.
- ▶ Need to understand the needs and insecurities of the individual child and guide them through their struggles.
- ▶ Remind them of Christian values and the family values.

Financial support

- ▶ Parents are expected to cover the feeding, maintenance, educational, accommodation, medical expenses of their children until their attain reasonable maturity and are in a position to fend for themselves.

Social Support

- ▶ Children should intentionally plan to spend time with their parents and siblings.
- ▶ Children must not focus on friends alone and hibernating in their bedrooms.
- ▶ Once the children leave home, it is too late to recover memories that should have been made.

WHAT THEN ARE THESE COPING MECHANISMS?

- ▶ Pray for each other as individuals. Each member has his/her peculiar prayer point.
- ▶ Pray for the family unit.
- ▶ Emotional support for each other.
- ▶ Hold on to your family values. You do not have to be the Jones'.
- ▶ Financial planning as a family. Live within your means. Social interaction and spending quality family time together.
- ▶ Are we typically on the same page or always in opposition?

SUMMARY

- ▶ Pressure reduces when members of the family intentionally work to appreciate each other, they do not victimize each other, they do not compare. **2 Cor 10.12** Every member of the family must feel confident and comfortable to face the outside world as an indivisible unit.

Thank you for listening

