

# Unit 4

## Family Relationships

This contract needs to be viewed with great flexibility by the teacher. The diversity of family backgrounds will require that you really personalize this contract to the needs of each student.

- If the student is married, then the primary focus of this contract can deal with this husband-wife relationship.
- If the student is a teenager and living at home, or may be living there again in the future, then the primary focus could be on developing clear lines of communication between this teen and the parents.
- If the student comes from a fine family background, with no major conflicts affecting their relationships, then you may want to focus the contract on how this person can create a solid Christian family in the future when he or she marries.
- If the student comes from a background of physical or sexual abuse, or some other serious family problem, you will need to exercise great care in designing this contract. It is extremely important what you maintain confidentiality with the information this student shares with you. Don't try to solve all the problems of the past with this one contract. Try to determine what problems from the past are affecting the student today. Strive to lay a solid foundation on how Christ can build a new life for this person. They do not have to be a slave to their past. Healing will come, but for now, focus on discovering what is God's plan for a loving Christian family. We cannot change the past, but we can choose the future.

Do not push for a quick restitution of family relationships with the one who was abusing the child. Let the Holy Spirit be the one to direct the student in that difficult area. This may be the time for restitution, but with others, you may have to help that person become more deeply established in their relationship with God before full healing and restitution will come.

Before you begin writing the contract for this unit, have the student complete Project 305, *"Biography of My Family."* Have the student identify the areas of his or her family life that are strong and those areas where there are weaknesses. Have them finish the statement, "If there was one thing I would like to change in my family, it would be. . ."

This contract is not just for learning facts about the Christian family. When you choose the different learning activities for this contract, try to include special projects that will require the students to use some of the information they are learning about family relationships. Try to design projects they can use when they have visits, phone calls, or letters from their family.

This lesson can provide helpful insights as the student works on this contract. We highly recommend that you have the student complete Lesson 109 in Unit 1 or Unit 2, rather than waiting until Unit 4. The content of that lesson is very basic. It also helps to introduce very early to the new Christian some of the basic principles of the Christian family. Too often this issue is left in the background for several months after the person becomes a Christian. By the time students get to Unit 4 on Family Relationships, they have already formed some clear opinions regarding their family and what they intend to do in their future relationships with these people. Lesson 109 is one attempt to get their thinking directed towards God's plan for their family.

If the student has not completed Lesson 109, then make that one of his first lessons to work on for this contract.

If the student has already completed this lesson before you start this contract, then take time to review their answers, especially the ones which deal with their own family members. You may want to require the student to read over this lesson again before you sit down to decide what materials to include in this contract.

# Basic Requirements for Unit Four

**Theme:** Family Relationships

## Purpose Statement

The main purpose of this unit is to explore how a Christian should relate to the different members of his or her family. Where needed, we need to begin restoration of broken family relationships.

## Scope Areas

Family - major

Community relationships - minor

Friendships - minor

## Goals

Here are some of the areas you can cover when you write goals for this contract.

Parent-child relationships  
Child-parent relationships  
Husband-wife relationships  
Brother-sister relationships

Relationship with fiancée  
Restoring broken family relationships  
Witnessing to family  
Establishing a Christian family

Before you begin working on this contract, you may want to look at the student's work on Lesson 109, "God's Plan for the Family." If your student has not done this lesson yet, then make this one of the first activities in this contract. Hopefully Lesson 109 will provide some clear insights on where the student needs to grow in his family relationships. Some of the projects at the end of that lesson could easily be used again in this contract.

Here are some goals that teachers have used in writing contracts for this unit.

1. I will ask my parents to forgive me for my past ingratitude and rebellion.
2. I will begin to develop a more respectful and submissive attitude toward my parents. I will try to think of their needs more.
3. I will try to gain a deeper appreciation of myself as God's child and His special creation (in whom He delights).
4. I will repair a bitter relationship with a carefully arranged phone call.
5. I will identify major hurts from my past which have hindered my ability to trust.
6. Do a study on the necessity of forgiveness. In doing this I will understand the necessity of forgiveness.

7. I will understand what causes loneliness.
8. I will make the first steps towards reconciling my relationship with my father.
9. I will begin to develop a quiet attitude.
10. I will look for the good points in my parents (or other family members), not their bad points. (One activity to do is to look for the good points in those I presently live with, if not living at home.)
11. Talk with others about the good points you see in them.
12. Look for ways to work out a good budget.
13. Learn how to respond to bad language from others.
14. Learn how to show my parents that I am happy and willing to do my work.
15. Learn how to do my job better, no matter how I may feel at the moment.
16. Find ways to deal with my children through study of books, manuals, and daily experiences.
17. Learn how God wants me to improve my relationship with my family.
18. Discover God's guidance on how I can get rid of bad memories from the past.
19. Learn what love is so I can show love to my family members.
20. Learn what to do when a conflict arises.
21. Learn how to go about being a good friend.
22. Develop a character that will help in handling family responsibilities.
23. Discover ways to improving my father role by being a good example.
24. Learn how to become a good spiritual leader in my home.
  - A. Study the seven basic needs of my wife.
  - B. Establish a strong relationship with my child.
  - C. Develop spiritual convictions for my family.
  - D. Learn the key qualities that mark a man of God.

### ***Lessons***

Lesson 109, “God’s Plan for the Family,” provides a basic foundation for the Biblical principles related to family. If your student has not completed this lesson yet, then make that one of the first requirements of this contract. If the student has already completed it in Unit 1 or Unit 2, then have the student read over it again. Many of the projects at the end of Lesson 109 can be repeated again in this contract.

When you write this contract, you will need to choose special projects which relate to the specific needs of the student and his or her family. The following books are either workbooks with questions to fill in (coded WB), or books that have questions at the end of each chapter (coded Q). Books with a separate study guide available are coded B-SG.

1. *After Every Wedding Comes a Marriage*, (B-SG), Florence Littauer (Harvest House), 207 pages, study guide is 112 pages.
2. *After You Say “I Do”*, (WB), Wes & Judy Roberts and H. Norman Wright (Harvest House), 80 pages. A marriage manual for couples.
3. *Before You Say “I Do”*, (WB), Wes Roberts and H. Norman Wright (Harvest House), 80 pages. A marriage preparation manual for couples.
4. *The Bible in Counseling*, (WB), Waylon Ward (Moody Press).  
Restoring Lost Love, p. 119  
Understanding Your Responsibility as a Husband, P. 135  
Understanding Your Responsibility as a Wife, p. 139  
Understanding Your Role as a Mate, p. 141  
What About Divorce? p. 149  
I Peter 3:1-6, p. 77  
I Peter 3:7, p. 79
5. *The Christian Couple*, (B-SG), Larry & Nordis Christenson (Bethany House Pub.), 185 pages, study guide 48 pages. This book is addressed to husbands and wives.
6. *The Christian Family*, (B-SG), Larry Christenson (Bethany House Pub.), 216 pages, study guide 63 pages. A classic book on God’s plan for the family.
7. *Communication: Key to Your Marriage*, (Q), H. Norman Wright (Regal Books), 194 pages. Includes methods for reducing friction and conflict. Also gives guidelines for enriching your marriage
8. *Communication: Key to Your Parents*, (Q), Rex Johnson (Harvest House), 143 pages. A teacher’s guide is available for this book entitled *Building Positive Parent-Teen Relationships*.
9. *Discussion Manual for Student Relationships*, Volume 1, (WB), Dan Webster & Dawson McAllister (Roper Press), Chapter 5, “The Importance of Understanding Parents,” pages 89-97.

10. *A Homework Manual for Biblical Counseling*, Volume 1 and 2, (WB), Wayne Mack (Presbyterian & Reformed Pub.). These books contain a wide variety of Bible studies. Once you purchase the book, you are free to photocopy the studies for your own ministry. In Volume 2 all the projects deal with family and marital relationships. Several studies in Volume 1 also relate to family relationships.
11. *Marriage Takes More Than Love*, (B-SG), Jack Mayhall and Carole Mayhall (NavPress), book is 239 pages, study guide is 80 pages. Presents practical, biblical solutions for dealing with troubled marriage relationships as well as suggestions for making good marriages better.
12. *More Communication Keys for Your Marriage*, (Q), H. Norman Wright (Regal Books), 194 pages. The author deals with servanthood, listening skills, and emotions in relationship to communicating with your marriage partner.
13. *The Pillars of Marriage*, (Q), H. Norman Wright (Regal Books), 173 pages. Eight key areas of marriage are discussed – goals, expectations, needs, change in crisis, decisions, conflict, forgiveness, and prayer. A leader's guide is available.
14. *Preparing for Parenthood*, (Q), H. Norman Wright and Marvin N. Inmon (Regal Books), 192 pages. A leader's guide is available.
15. *Strike the Original Match*, (B-SG), Charles Swindoll (Multnomah Press), book is 196 pages, study guide is 64 pages. The book is on rekindling and preserving the warmth within your marriage.
16. *Together Forever*, (B-SG), Anne Kristin Carroll (Zondervan), book is 251 pages, study guide is 95 pages. Author emphasizes that if just one of the parties to the impending divorce will make the necessary spiritual changes, there is a good chance to save the marriage. She also tells the intimate story of her own divorce and remarriage to the same partner.

Additional books to read are listed under the Personal Reading Class section.

### **Scripture Memorization Class**

Minimum of 3 verses.

The student needs to complete the Scripture Memory Class Worksheet and the Scripture Memory Class Final Test form with each verse. On at least one of these verses, complete a special project from the student manual for the Scripture Memorization Class.

Suggested list to choose from:

- A. Ephesians 6: 1-3
- B. Ephesians 5: 25, 28
- C. Ephesians 5: 31

- D. Proverbs 5: 15-23
- E. Proverbs 1: 8-9

**Character Qualities Class**

1–2 minimum

Do one special project with one character quality.

**Personal Reading Class**

Minimum of 1 book.

See also the books listed under the “Lessons” section of this unit for books that have study guides and questions. The following books do not have study guides.

1. *An Answer to Parent-Teen Relationships*, Norman Wright (Harvest House), 62 pages. Very practical.
2. *An Answer to Submission and Decision-Making*, Norman Wright (Harvest House), 57 pages. Discusses these two issues within the context of the marriage relationship.
3. *Bring Your Loved Ones to Christ*, Don Wilkerson (Revell), 121 pages.
4. *Building Respect, Responsibility & Spiritual Values in Your Child*, Mike Phillips (Bethany House Pub.), 138 pages.
5. *Can I Hope Again?* Hazel Goddard (RN Haynes Pub.), 128 pages. This book deals with ways to heal personal and family relationships.
6. *The Christ-centered Family*, Raymond Brock (Gospel Publishing House), 124 pages. A leader’s guide is available.
7. *Christian Living in the Home*, Jay Adams (Presbyterian & Reformed), 143 pages.
8. *The Family that Listens*, H. Norman Wright (Victor Books), 142 pages. A leader’s guide is available.
9. *For Better or Best*, Gary Smalley (Zondervan), 169 pages. A guide to knowing, understanding, and loving your husband. Very practical. A companion to *If Only He Knew*.
10. *Helping Children of Divorce*, Judson Swihart & Steven Brigham (InterVarsity Press), 125 pages.
11. *How to Raise Good Kids*, Barbara Cook (Bethany House), 187 pages.
12. *How to Really Love Your Teenager*, Ross Campbell (Victor Books), 132 pages.

13. *How to Repair the Wrong You've Done*, Ken Wison (Servant Books), 87 pages. Gives steps to restoring relationships.
14. *How To Treat Your Family As Well As You Treat Your Friends*, Judson Swihart (Regal Books), 159 pages.
15. *The Hurting Parent*, Margie M. Lewis (Zondervan), 144 pages. How parents can find help when their children rebel and get in trouble.
16. *I Married You*, Walter Trobisch (Harper & Row) and (Quiet Waters Publications), 135 pages. Very practical book which shows how to find God's plan in intimacy and marriage.
17. *If Only He Knew*, Gary Smalley (Zondervan), 161 pages. A guide to knowing, understanding, and loving your wife. A companion to *For Better or Best*.
18. *Intended for Pleasure*, Ed and Gaye Wheat (Revell), 256 pages. This is a reference book on sexual intimacy in marriage, presented within the framework of the Bible's teaching.
19. *The Marriage Builder*, Lawrence J. Crabb, Jr. (Zondervan), 143 pages. A book for counselors and couples, it deals with the goal of oneness in marriage, and more.
20. *The Myth of the Greener Grass*, J. Allan Peterson (Tyndale), 222 pages. This book deals with extramarital affairs and offers both preventive and healing measures.
21. *Raising Your Children Toward Emotional and Spiritual Maturity*, Joy Wilt (Word), 201 pages.
22. *Too Big to Spank*, Jay Kesler (Regal Books), 159 pages. A practical help for parents of teenagers.
23. *The Trouble with Parents*, Tim Stafford (Zondervan), 159 pages. The subtitle is "How to make peace with yours." Written to teenagers.
24. *What Wives Wish Their Husbands Knew About Women*, James Dobson (Tyndale), 189 pages.
25. *When the Man You Love is an Alcoholic*, T. Klewin (Abbey Press).
26. *When the Woman You Love is an Alcoholic*, Joan Curlee-Salisbury (Abbey Press), 96 pages.
27. *Why Children Misbehave*, Bruce Narramore (Zondervan), 150 pages.



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28. *Your Family: A Love & Maintenance Manual for People with Parents & Other Relatives*, Jim Conway, Walter Trobisch & others (InterVarsity Press), 129 pages.

**Bible Reading Class**

Matthew, Romans, minimum.

**Individual Requirements**

(Whatever special projects you feel the student needs.)

Feel free to use or adapt any of the activities given at the end of Lesson 109, “God’s Plan for the Family.”

# Personal Growth Contract

The Personal Growth Contract can be used in several different ways. Some students will have problems that are not directly covered in the first four contracts. This contract can be used to challenge students in these special situations.

## **In an induction center**

If a student completes the first four contracts before graduation, and still has at least a week or more before graduation, then you may want to use this contract. This contract is designed to make their last days and weeks a meaningful time for growth.

It can also be used earlier with some students if this is what you feel would help him or her the most. However, it should be the rare exception to use this ahead of the first three units. One situation where it might be helpful to use this special contract early would be with a student that was in the PSNC classes before, left your ministry has now returned to complete the program again.

## **In churches, schools, and long term residential ministries**

Some ministries use the PSNC curriculum with students on a long term basis. You may want to use this contract more than one time over a one year period. This could be especially helpful in preparing students to do contracts on their own after they are no longer in your PSNC classes.

# **Basic Requirements for Personal Growth Contract**

**Theme:** Personal Growth (you specify in what area.)

## **Purpose Statement**

1. Determine those areas of your life where you have made significant growth since coming here.
2. Determine specific areas of your life where you still need God's help to grow. (Identify problems in your life.)
3. Learn how to set reasonable goals for personal growth.
4. Develop skills in measuring personal growth.

## **Introducing the Personal Growth Contract to the student**

On the following page are several activities which the student can complete before the two of you write this contract.

1. Sit down with the student and explain what you hope this contract will do in the life of the student. Carefully discuss the purpose of this contract, using the four ideas listed under the purpose statement.
2. Explain what you want the student to do before you actually write the contract. You can photocopy the information on the next page and give it to the student. These are the activities they need to complete in preparation for writing this contract.
3. If the students do not have anything to write down for activity #2, or if you feel their list leaves out several major problems, then you may want to have them complete activity #5, where they interview staff, family members, or other students they live with.
4. Additional instructions are given on page 3 of this article for writing this contract.

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## Basic Requirements for Personal Growth Contract Student Copy

### What we hope to accomplish with this contract

1. Determine those areas of your life where you have made significant growth since coming here.
  2. Determine specific areas of your life where you still need God's help to grow. (Identify problems in your life.)
  3. Learn how to set reasonable goals for personal growth.
  4. Develop skills in measuring personal growth.
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1. Make a list of the areas where you have already made significant growth since coming here. Please give one or two paragraphs to describe each area of growth. You may also include examples from your life to illustrate how you have grown.
  2. Make a list of the areas in your life where you still feel a need to grow. In one or two paragraphs explain what you feel are the specific problems that still need to be resolved. For example, if you are still having a difficult time resisting temptations to sin, make a list of the kinds of temptations that are still the most difficult for you.
  3. Write down any ideas you have on Bible studies, scripture verses to memorize, character qualities, or other projects you could do to become a more successful Christian in these areas of your life.
  4. Make a list of any other topics you are interested in studying. These do not need to be problem areas in your life.
  5. Go to two or three staff and explain to them what you are doing for this contract. Ask them to discuss with you the areas of your life where they have seen you make real growth. Ask them to also explain to you the areas where they feel you still need to grow. If you are presently in an induction center, and will soon be transferring to a training center, look especially for things that you need to work on so your time at the training center will be successful. Write a short report of your talk with each person. Include their suggestions even if you disagree with them.

You may also want to ask your family these same questions, and get their feedback. If you are a student in a program, you may want to ask some of the students for their ideas.

It would be best if you did not interview your teacher for this project. He or she will be working with you when you actually write the contract. Your teacher can give you his/her ideas when you discuss what learning activities to include in the contract.

### Designing the learning activities for the Personal Growth Contract

After the student has completed the written assignments in preparation for this contract, schedule a time when you can meet with this person in private and go over the information s/he has gathered.

1. Discuss with the student the different problems he has listed, and together agree on which ones to work on in this contract. Write this on the Student Learning Contract Worksheet.
2. Discuss, then put down in writing on the Contract Worksheet, the specific learning activities s/he will do for this contract. This could include:
  - A. Bible study projects that you write on your own or take from books such as The Bible in Counseling, A Homework Manual for Biblical Counseling, or the series of Discussion Manual for Student Relationships.
  - B. Verses to memorize with special projects from the *Scripture Memorization Class* student manual.
  - C. Character qualities with special projects from the *Character Qualities Class* student manual.
  - D. Books to read with a list of specific questions to answer for the book report.

Make sure the learning activities include plenty of personal application opportunities. The projects should go beyond mastering information. Try to get the students involved in designing and choosing learning activities for their own personal growth. This kind of a contract can be excellent preparation for those who will soon be leaving your PSNC classes. We want them to develop the skill of writing contracts for personal growth.