

Strengthening Family Relationships during Social Distancing

7 Tips

Tip 1 for the couple: The 6 - Minute Prayer



Tip 1: The 6-Minute Prayer

What: Pray with your spouse for at least 6 minutes daily

Why: Praying together as a couple keep marriages together.

“One of the outcomes of that study led to the National Association of Marriage Enhancement, in Phoenix, Arizona (www.nameonline.net) to report that when couples prayed together on a daily basis, less than 1% of those couples would end up getting a divorce. The numbers were 1 out of 1156. Pretty amazing when the divorce rate in the general population is reportedly around 50%.”

The 6 minute prayer

Matt 18:19-20

1. Appreciation (2 minutes - 1 min per person):

Pray a prayer of thanksgiving to God for the things that you appreciate in your spouse. Declare in your prayers the good qualities of character and the actions of your spouse, and thank God for him/her.

2. Confession and repentance (2 minutes - 1 min per person):

Keep short accounts each day. Confess and repent of anything you did which might have wounded or offended your spouse. Look straight into your spouse's eyes when you confess and demonstrate your repentance.

3. Blessing (2 minutes - 1 min per person):

Pray a prayer of acceptance, approval and honour over her/him. You could pray "Numbers 6:23-26" over your spouse.

**Tip 2 for husbands
when your wife is upset**

Resolving Relational Conflict: for Him

Don't try to answer your wife's question when she is upset! Instead answer with this:

1. "By the tone of your voice, I sense that I have hurt you. Is that true?" (wait for wife to respond).
2. "Please share with me: how did I make you feel?" (wait for wife to respond)
3. "At that time, I didn't realize that I made you feel....., but now I can see that is exactly what I did. I'm so sorry. Will you please forgive me? (wait for wife to respond)



Resolving Relational Conflict: for Him

4. Here you will want to ask forgiveness for the specific ways she has shared that you made her feel not loved, uncared for, or not listened to.
5. “I love you and the last thing I would ever want to do is hurt you or make you feel like I don’t love you or care about you.



**Tip 3 for wives
when your husband is upset**

Resolving Relational Conflict: for Her

Don't accuse your husband! Instead, ask him these questions:

1. "I sense that I've made you feel like you are not acceptable in my sight and I don't appreciate your efforts. Is that true?" (wait for husband to respond)
2. "Please share with me: how did I make you feel?" (wait for husband to respond)
3. "At that time, I didn't realise that I make you feel falsely accused and unappreciated, but now I can see that is exactly what I did. I'm sorry. Will you please forgive me?" (wait for husband to respond)



Resolving Relational Conflict: for Her

4. Here you will want to ask forgiveness for the specific ways he has shared that you made him feel criticized, rejected, accused or unappreciated, whichever is most pertinent in the current situation.
5. “Thank you so much for all you do for me and our family. You are an awesome husband. (Thank him for the specific things he has done to love and care for you)



Tip 4:
Bless your child weekly

Definition of Blessing:

In the Hebrew language, the verb to bless is
“BARUCH.”

One of the primary meanings of this word is
“TO EMPOWER TO PROSPER



5 Elements of a Blessing

1. Appropriate meaningful touch
2. A spoken word
3. Attach high value to the one being blessed
4. Picture a special future for the one being blessed
5. Express an active commitment to fulfill the blessing



Capture the Blessing

Begins with you capturing your blessing in words in just three short paragraphs.



Paragraph 1

Think of ONE or TWO things that you are thankful for about your child. Pen it down.



Those would include character qualities and things that you admire in your child.

For example: If you have a daughter who is full of joy and loves life. Make reference to that in the first paragraph.

Mention the things that are in your heart towards that child.



Paragraph 2

Pick ONE CHALLENGE that your child has faced or may be facing in his or her life this year.

Again, like you're writing out a prayer, you capture words that can help them "see" (or in this case, to hear) your "spoken words" that "attach high value." You want them to see "beyond" this challenge, you're also helping them see a "special future"

Use words like - I see how you have handled this situation and I admire how you faced that challenge...and you inspire me

Paragraph 3: Focus on Genuine Commitment

Do you know what the best thing you can do for your child is?
To stay committed to each other and stay committed to blessing them daily.
In this paragraph you want to express your commitment to be with them and for them during their journey through life.





That's it!

Three short paragraphs
and you've written out
your Blessing!

Look into your child's eyes
and bless him.

Tip 5:
Encourage your family member to take turns to bless each other every week.

**Tip 6: Bless someone
outside your family virtually**

Bless another person virtually

Once you give the blessing to your family...

As a family, we're asking you to prayerfully pick one person who won't get the blessing unless your family gives it to him or her –and then give them a blessing virtually



**Tip 7: Have a meaningful
fun family activity**

Five easy steps to plan this Fun Fun Activity: Family 'Coat of Arms' Activity"

Design and make a Family Coat of Arms for your family."

1. You will need to prepare some craft items for this family project. Use whatever you have around the house – material, cardboard, felt, etc. You will also need a glue gun or some glue.
2. Together, as a family, research the history of your family surname. This will make for interesting conversation.
3. Together create a list of your family's core values.
4. Have different family members contribute ideas for what should go on the crest. These ideas would come from the collective discovery of the history of your family and your own family core values.
5. Together build your family crest using the materials you have collected, and the ideas presented by your family [members.This](#) is a great opportunity to hear the hearts of your family regarding how they view their family of origin and what they see as core values of their family.

Five easy steps to plan this Fun Fun Activity: Family 'Coat of Arms' Activity"

This is also a great opportunity to repent for any iniquities passed on through the family line. (For example: Irish people are know for their tempers; Scottish people are know for being cheap; pray together, as a family, and ask God to show you if there is any generational iniquity is in your family [line. Close](#) those doors that were opened over your family by forgiving and releasing past generations for opening those doors and then closing the door by applying the blood of Jesus and His finished work on the cross to those areas. Then pray a blessing forward towards your children and future generations. Speak those things over your children that you want to see manifested in their lives (the opposite of what may have been passed through the generational line.)

"May the LORD bless you and keep you;

May the LORD make his face to shine upon you and be gracious to you;

May the LORD lift up his countenance upon you and give you Shalom - peace."

Numbers 6:24-26

God bless you and your
family! Shalom