

3 Building Our Value Of Fun
Building Our Family Values: 3 of 6

Sermon Notes

Cornerstone Church of Poway
Pastor Ed Turley
April 28, 2024

Big Idea: In our marriage we strive to continue to move closer to oneness with our spouse as we reflect our Savior's love and mercy. We welcome our children as additional members of our family, but not the center of it. As parents we choose to raise our kids to become mature adults who love God and others respectfully.

A little extra sleep, a little more slumber, a little folding of the hands to rest—
¹¹ then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber. **Proverbs 6:10-11 (NLT2)**

So I commend the **enjoyment of life**, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun. **Ecclesiastes 8:15 (NIV)**

As the _____ family, we will build our value of fun when we:

1 . Divert Daily – Everyday we'll do something we enjoy.

Do not be anxious about anything, but in everything, by **prayer** and **petition**, with **thanksgiving, present your requests to God.** ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me--put it into **practice**. And the God of peace will be with you.

Philippians 4:6-9 (NIV)

- Our kid's hear everything, see everything and repeat everything.

"Being cheerful keeps you healthy. It is a slow death to be gloomy all the time."
Proverbs 17:22 (TEV)

- Play the game High, Low, and Grow
- Play a game - Would You Rather?
- Shoot hoops, play catch
- Enjoy a meal together
- To start meaningful discussions, ask open-ended questions.
- Watch something together
- Go for a walk together

Notes: _____

2 . **Withdraw Weekly** – We will unplug one day a week.

“Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.”¹⁴ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.¹⁵ Instead, you ought to say, “If it is the **Lord's will**, we will live and do this or that.” **James 4:13-15 (NIV)**

Don't wear yourself out trying to get rich. Be wise enough to know when to quit.

⁵ In the blink of an eye wealth disappears, for it will sprout wings and fly away like an eagle. **Proverbs 23:4-5 (NLT2)**

- Date your spouse weekly [dinner, breakfast, kayaking, cycling, hiking, beach...]
- Go on a picture scavenger hunt
- Develop common interests together [pickleball, fishing, games, cycling, camping...]
- Taco Tuesday, Pancake Breakfast, Netflix & Popcorn, go on a hike
- Unplug at least once weekly from personal devices.
- Learn to enjoy what others enjoy because you enjoy them.
- Begin to evaluate what you do as either “Oh Yeah!” or “Maybe not”.

Notes: _____

3. **Abandon Annually** – Get away for an extended time with your family.

“Be very careful, then, how you live--not as unwise but as wise,¹⁶ making the most of every opportunity, because the days are evil.¹⁷ Therefore do not be foolish, but understand what the Lord's will is.” **Ephesians 5:15-17 (NIV)**

Unless the LORD **builds** the house, its builders **labor in vain**. Unless the LORD watches over the city, the watchmen **stand guard in vain**.² In vain you **rise early and stay up late, toiling for food** to eat-- for He grants sleep to those he loves. **Psalms 127:1-2 (NIV)**

- Put it on the calendar
 - Go camping
 - Road trip
 - Travel
 - Budget it so you can afford it because you cannot afford not to.
- How will we improve our family value of fun?

My next right step, I will:

- [] Do something I enjoy daily: _____
- [] Unplug one day a week: _____
- [] Get away for an extended time annually: _____
- [] Download FamilyLife Today® podcast
- [] Accept Jesus as my Lord and Savior



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Talk It Over

Open in Prayer:

Start talking. Find a conversation starter for your group.

Start thinking. Choose and ask questions to get your group thinking.

Big Idea: In our marriage we strive to continue to move closer to oneness with our spouse as we reflect our Savior’s love and mercy. We welcome our children as additional members of our family, but not the center of it. As parents we choose to raise our kids to become mature adults who love God and others respectfully.

Icebreaker:

Growing up, was there something that your parents did that seemed to provoke you? What was it?

Psalm 127:1-2

What is something we do or can do to help our family draw closer to the Lord?

Ecclesiastes 8:15

What wisdom is given here?

How will this help you have more joy in your work?

As the _____ family, we will build our value of fun when we:

1 . Divert Daily – Everyday we’ll do something we enjoy.

Reade Philippians 4:6-9

What are you most anxious about? Money? Health? Relationships? Future?

Write out a prayer for your situation: _____

What are some things you can you give thanks for?

How has God brought you peace?

What are some positive things you can focus on this week?

What can you model for your family this week?

Which of these activities would you like to try?

- Play the game High, Low, and Grow
- Play a game - Would You Rather?
- Shoot hoops, play catch
- Enjoy a meal together
- To start meaningful discussions, ask open-ended questions.
- Watch something together
- Go for a walk together

Is there something else you can try to find enjoyment?

2 . Withdraw Weekly – We will unplug one day a week.

James 4:13-15

What are some failed attempts you have tried to make money?

What wisdom is James giving here?

Proverbs 23:4-5

What principle does this proverb teach us?

Which of these activities sound good to your family?

- Date your spouse weekly [dinner, breakfast, kayaking, cycling, hiking, beach...]
- Go on a picture scavenger hunt
- Develop common interests together [pickleball, fishing, games, cycling, camping...]
- Taco Tuesday, Pancake Breakfast, Netflix & Popcorn, go on a hike
- Unplug at least once weekly from personal devices.
- Learn to enjoy what others enjoy because you enjoy them.
- Enjoy church together. Talk about your takeaway.
- Begin to evaluate what you do as either “Oh Yeah!” or “Maybe not”.

What are some other ideas you would like to try?

3. Abandon Annually – Get away for an extended time with your family.

Ephesians 5:15-17

Why do you think it could be wise to plan on an annual vacation?

Where do you want to go on your next vacation as a family?

What can you do to make the most of your next vacation?

Close in prayer: _____