



laden

PARTICIPLE PASSIVE

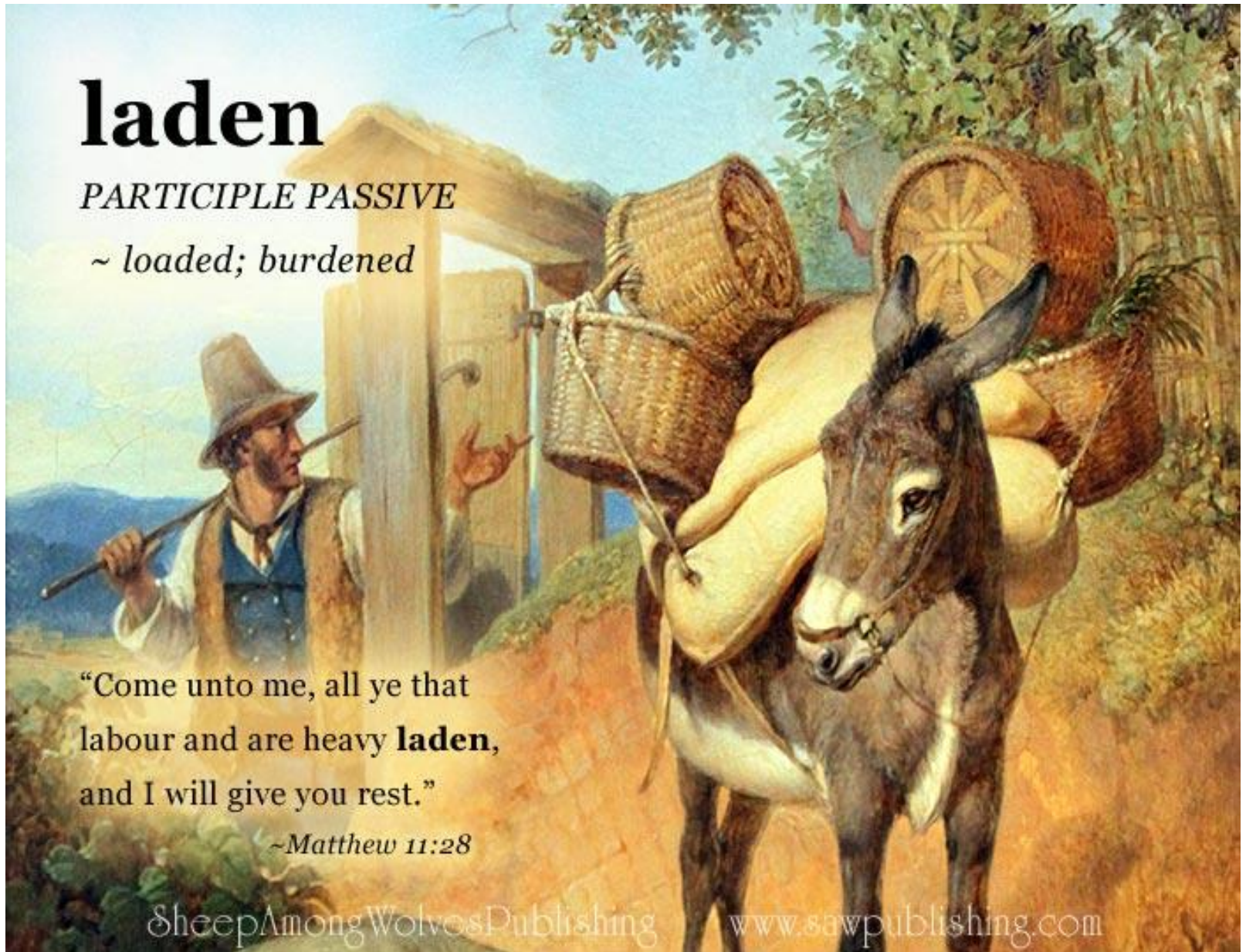
~ loaded; burdened

“Come unto me, all ye that
labour and are heavy **laden**,
and I will give you rest.”

~Matthew 11:28

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ክርስቲያን ቤተሰብ



Prepared By: Saba Berhane

አጀንዳAgenda

- ክርስቲያን ቤተሰብ
- ናይ ሰብኣይን ሰበይትን ርክብ Husband and Wife Relationship
- ኣብ መንጎ ወሊድን ውሉድን ዘሎ ርክብ Parents and Children Relationship
- መዛዘሚ Summary

ክርስቲያን ቤተሰብ ማለት

- ሰብአይን ሰበይትን?
- ሰብአይ፣ ሰበይትን ደቆምን?
- ሰብአይ፣ ሰበይቲ፣ ደቆም፣ ሐማት፣ ሐሙ፣ ደቂ ሐፍቲ፣ ደቂ ሐዊ፣ አም፣ ሐትኖ፣ ሐወቦን አኮን?
- ሰብአይ፣ ሰበይቲ፣ ደቆም፣ ነይ ርሑቕ ቤተሰብን ዓርኪ መሐዛ?

አብ ቤተሰብና ቅዳምነት ዝዋሃቦ መን እዩ ?

- ብመጀመርያ እግዝአብሔር Deuteronomy 6:7
- ቅዱሱ ሰበይትካ ወይ ሰብአይካ Ephesians 5:25
- ቅዱሱ ደቕካ ምሳሌ 22:6, Ephesians 6:4
- ቅዱሱ አቦናን ኣዴናን Deuteronomy 5:16
- ቅዱሱ ዝተረፉ ቤተሰብና 1 Timothy 5:8
- ቅዱሱ ናይ ርሑቕ አዝማድና Romans 14 and 1 Corinthians **ጳውሎስ ዝሃቦ መምርሒ ቤተክርስቲያን ከመይ ንራ ብፍቕሬ ከምትነብር።** Ephesians 4:32
“Serve one another in love”

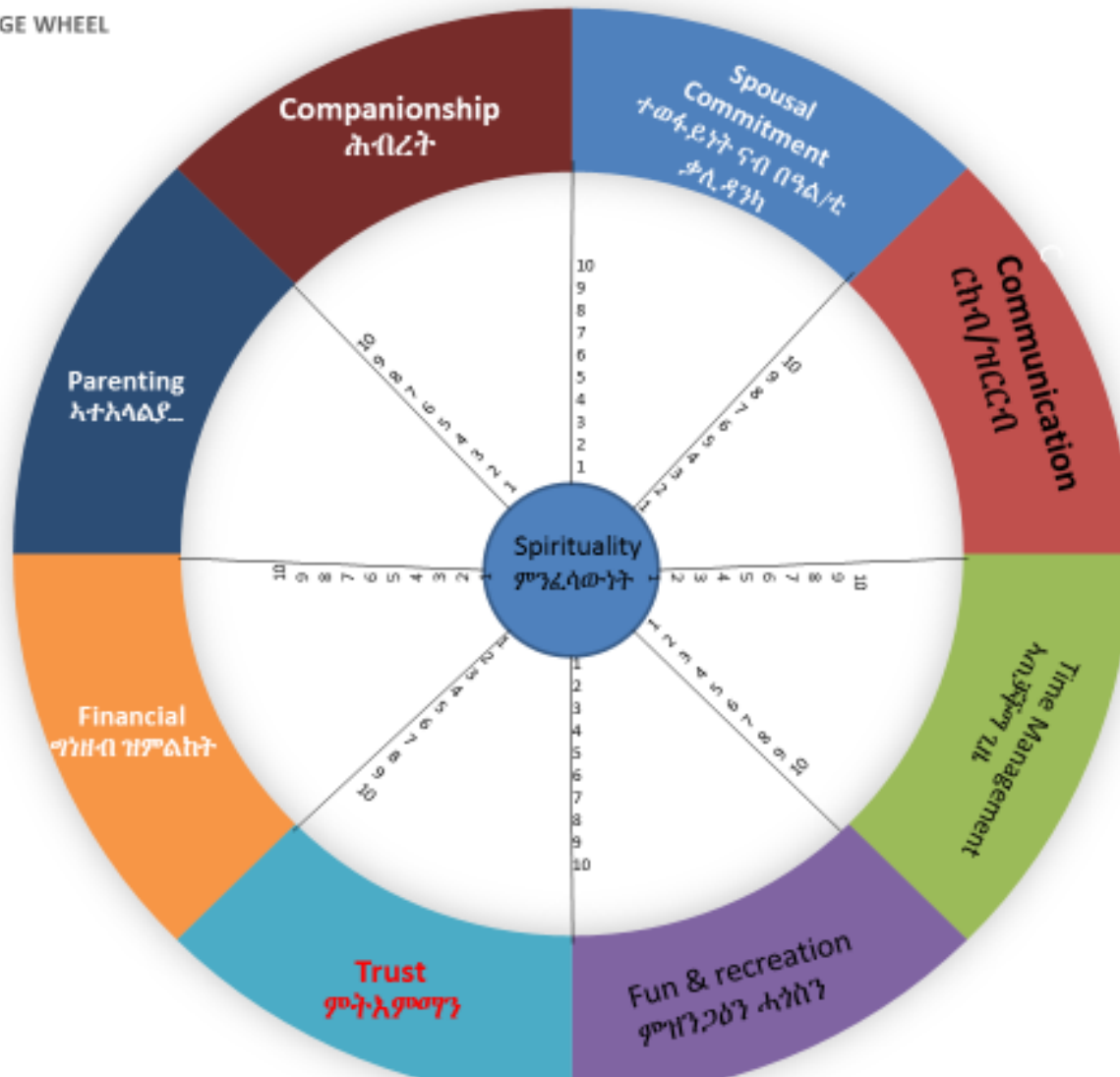
ክርስቲያን ቤተሰብ Christian Family

- መግልጽ ናይ ጸሎት ጊዜ ፣ናይ መጸሓፍ ችዳስ ንባብ፣ ችዳሴ ምክፋል፣ ኣምላኽ ዝህበካ ጊደ ወይ ሓላፍነት ምምላእ Serves others. *Ephesians 5:5 and 1 John 2:3; 3:6, 9*
- ኣብ ሓደ ሰብኣይ፡ ሓንቲ ሰበይቲ፡ ምስ ደቆም
- ኣብ ማዕርነት ናይ ሰብኣይን ሰበይትን ኣብ ችድሚ ኣምላኽ ምእማን Believes a man and a woman are equal in dignity.

ክርስቲያን ቤተሰብ ይቆጠራል.....

- አብ ናይ ሕይወት ለውጥታት ቤተሰብ ብሓደ ብሓባር ክነብር መስዋእቲ ምኽፋል Strives and perseveres to keep the family together through changing of season of life” (Malachi 2:16)
- ብቐሊሉ ተስፋ ዘይምቐራፅ Does not easily discouraged or frustrated.
- ንደቕኻ ምምዕድን አብነት ምኳን? Ephesians 6:4
- ንደቕኻ ዘይምብስጫው and not ridicule their children

CHRISTIAN MARRIAGE WHEEL



By Saba Berhane

The **PERMA** Model of Well-Being

Positive Emotion

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

Relationships

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

Accomplishment

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

Engagement

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

Meaning

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011

Wheel of Well-Being (PERMA)



By Martin Seligman

Christian Family Tools

- **Love**
 - Passion – Eros
 - Intimacy/Friendship = Phileo
 - **Agape**
- **Respect**
- **Communication**
- **Show appreciation**
- **Nurture family relationship**
- **Be coachable**
- **Have Fun**

Make the home a center of family life

- Develop range of tasks and activities in the home to bring parents and children together.
- Make your home a place where family members experience love, warmth, support and encouragement.

ስነስርዓት ናይ ገዛኻ

Structure in the Home

- ኩሉ ጊዜ ሓዳ ዓይነት ይኾን? **Consistency** – doing the same thing every time
- ትፅቢታዊ ይኾን? **Predictability** – expecting or knowing what is going to happen
- ሳዕቤኑ ፍሉጥ ይኾን? **Follow-through** – enforcing the consequence

Interact with Christian families

- Parents must work actively to train and form their children in Christian faith and character.
- The ultimate goal of raising and guiding our children is **not to make them what we want them to be**, but to help them fulfill their **God-given destiny**.

Family Traditions

- Go to the Museum once a month.
- Family tradition brings family unity.
- Have family gather/reunion and play game

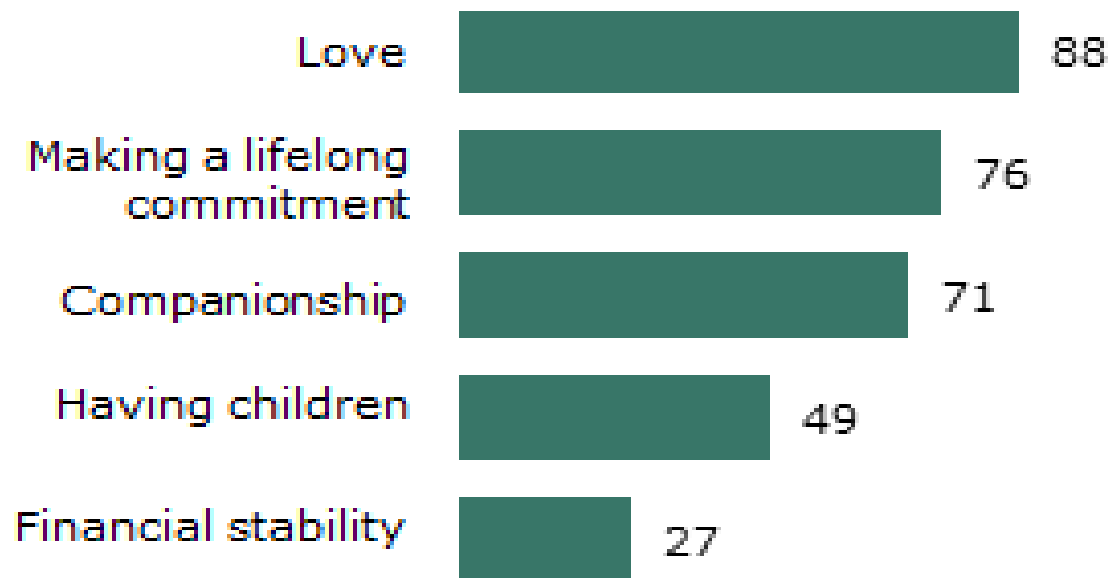
Family Chores

What are the importance of family chores.

- Make their bed.
- Straighten their room.
- Take the garbage can out
- Wash the dishes
- Clear their place at the table.
- Clean up spills with a towel or sponge.
- Prepare their own snacks.

Why Marry?

% saying this is a “very important” reason



Note: Based on ages 18-29, n=536.

PEW RESEARCH CENTER

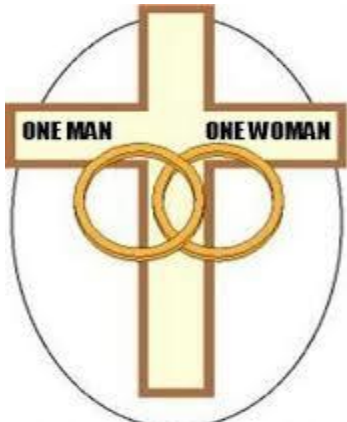
Adults who are 65 years or older, 60% think that having children is reason for getting married, and (40%) consider financial stability very important.

አብዚ ጊዜ እዚ ክርስቲያን ቤተሰብ እንታይ ዕድላት
ኣለዎ?

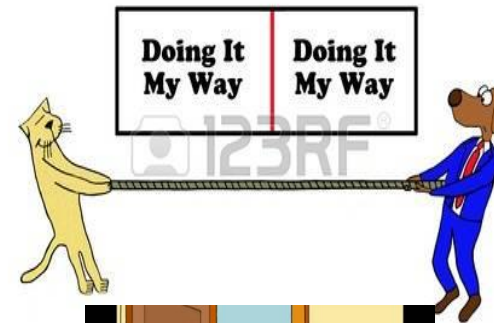
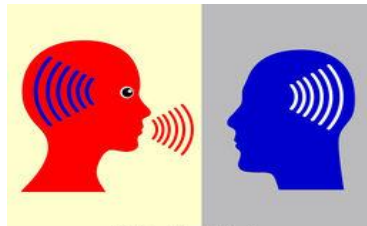
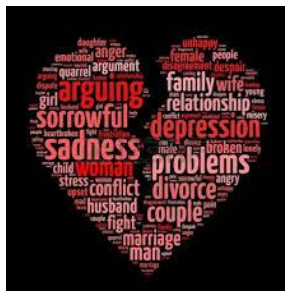
**What are the Most Common
Opportunities Christian Families have
Today?**

Can you think of your husband or wife practiced two of the characteristics

- Love is patient and kind.
- Love is not jealous or boastful or proud or rude.
- Love is not irritable, and it keeps no record of when it has be wronged.
- Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.



Sacrament of Marriage



"Always strive to give your spouse the very best of yourself; not what's left over after you have given your best to everyone else."
DaveWillis.org



a lack of boundaries invites a lack of respect.



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Andy Chase Landiff

Strategies Which May be Harmful in Solving Family Problems

- **Denying or avoiding problems**
- **Not expressing one's frustrations**
- **Keeping one's feelings inside**

Slow to anger and forgiving one another

- **Colossians 3:12-19**
- **It is ok disagree BUT it doesn't have to WAR**
- **They say that love isn't love until you give it away. Give to your closest family first.**

Based on a 10-year study of **4,000 men and women** in Framingham, Massachusetts, **women, specifically, who hold onto anger or unresolved feelings during a fight are four times more at risk of dying than women who can express themselves.**

ናብ ፍትሕ ዘብጽሑና

- ወቐላ=ንሰኻ/ንሰኺ ኩሉ ግዜ፣ ንሰኻ/ንሰኺ ፈጊምኪ/ፈጊምካ
Criticism – Attack “You always” “You Never”
- ፀርፊ፣ምፅዋግ፣ምንእኣሰ Contempt - Mocking, rolling eyes,
name-calling
- ግብረመልሲ ምሃብ፣ሓላፍነትካ ዘይምስካም Defensiveness –
Counterattacks, avoid taking responsibilities
- ዘይምዝራብ፣ምትዕፅፃው Stonewalling - Listener not
interested to be engaged to talk

ዘይምስምማዕ ሰብኣይን ሰባይትን ዘምፅኦ ሳዕቤን

ሳዕቤን ናብ ሰብ ሓዳር

- ፍትሕ Divorce
- ናይ ኣእምሮ ፀገም Emotional Damages and depression
- ናይ ገንዘብ ሸግር Financial Hardship
- ካብ ሕብረተሰብ ምንፃል Social withdrawal
- Quality of Parenting Decreases

ሳዕቤን ናብ ቆሉዑ

- Anxiety and Depression
- ናይ ኣእምሮ ፀገምን ጠባይ ምብልሻውን
- ካብ ሕብረተሰብ ምንፃል Social withdrawal
- ኣብ ትምህርቲ ምድካም Lower academic achievement
- ርእሰተኣማንነት ምጥፋእ Lower self-esteem
- Drug and Alcohol

ናይ ሰብኣይን ሰብይትን ርክብ
**Husband and Wife
Relationship**



ክርስቲያን ሰብአዊን ሰበይትን ናብ ሓዳሮም እንታይ ሓዘም ይመጡ?

- ✓ ናይ ሰበይትን ሰብአዊን ጠባይ Women and Men Behavior
- ናይ ባዕላቶም ጠባይ Personality/Behavior Style
- ናይቲ ዝዐበይሉ ከባቢ ጠባይ Upbringing and culture
- ናይቲ ዝዐበይሉ ሓዳር ዐይነት Marriage Relationship Style
- ናይቲ ዝዐበይሉ Parenting Style

Discovery Insight



http://www.discoveryreport.com/DiscoveryReportForm_quick.php

ዓይነት ስብሐዳር Types of Couples

- ባእሰ ዘይፈቱ Conflict-Avoiding
- ዝካባበሩ ቤተሰብ Validating
- ተባእሰቲ ቤተሰብ Volatile
- ተቆያየምቲ ቤተሰብ Hostile
- ተቆያየምቲ ዘይራከቡ ቤተሰብ Hostile - Detached

Conflict Avoiding Couples

- **ሰብአካይን ሰበይትን ድሌታቸው ዘይገልፁ** Husband and wife avoid expressing what they need from one another.
- **አብቲ ዘሰማምዖም ጥራይ ዝሃረቡ** They stress areas of common ground.
- **አብቲ ዘሰማምዖም** They keep balance between independence and interdependence.
- **አብ ናብረኡም ደረት ዘለዎም** They have clear boundaries.

Volatile Couples

- **ምስሐቕ ዘብሑ** Debates by a lot of laughter, shared amusement, and humor. **ብጣዕሚ ስሚዒታውያን** Intensely emotional.
- **ክርክር ይፈትዉ ግን ብምክብባር ብዘይጸርፊ** They love debate and argue, but they are not disrespectful and insulting.
- **ሕርቅኖም ይገልጹ ግን አይቆየሙን** Express anger and feelings of insecurity, but **no contempt**.
- **ደረት የብሎምን** They have **no clear boundaries** around individual worlds.
- **ዋላኩ ይካትዱ እምበር አብ ሓቂ ዝተመሰረተ እዩ** While they have to argue a great deal about their roles, they emphasize connection and honesty in their communication.

Validating Couples

- ረጊክም ሃዲክም ይዛራረቡ Interaction is characterized by **ease and calm**.
- ድሌቶም አፀባቢዎቻቸውም አይገልፁን ግን Somewhat **expressive**, but mostly **neutral**.
- ናይ ብፃዮም ሓሳብ የአንግድዎ ይደግፍዎ Supports and understands their partner's point of view.
- ዘባእሶም ክብርትዕ ከሎ የዝሕልዎ Escalating conflict will occur between **two validators** but then **one of them will back down**.
- They pick and choose topics they want to confront their differences.
- They are between **avoiders** and **volatile** couples.

Hostile Couples

- Similar to **validators**, except there are high levels of defensiveness on the part of **both** partners.
- According Dr. Gottman's lab, the **husband was usually the validator and the wife was the avoider**.
- Lots of **criticism** “you always” and “you never” statements, and whining.
- **No support or understanding** was offered for either person's point of view..
- **Stayed unhappily married**.

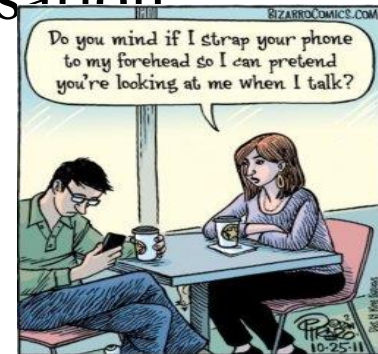
Hostile Detached Couples

- ንሐድሕዶም They **attack** at one another during conflict.
- A validator husband with volatile wife.
- **Volatile** will not let the **validator** withdraw.
- ነቲ ፍልልዮም ስለዘይገወሩ መጨረሻትኩ ይፋትሉ Eventually divorce because they don't regulate their negativity.

ሐላፍነት ሰብአዊ ሕገሰ ቤተሰብ ንምፍጣር

Husbands Responsibilities to Create Harmonious home

- ናይ አመራርሓካ ዓይነት ምፍላጥ፣ፅቡቕ አመራርሓ ምልምማድ Practice and be aware of your **leadership Style**.
- ሓልዮት አርእያ Show her **affection**“ Ephesians 5:28-29
- ናይ ፍቕሪ ዝርርብ ይሃሉኻ Have **intimate** conversation
- ርእሰኻ ምቕፅፃር ምኽኣል Have **self control**.
- (Stay away from Emotional and physical abuse).
- አድንቆትካ ምግላፅ Communicate your admiration and **LOVE** and she will blossom.
- ይቕረ ምባል፣ይቕረ ምባል **LET GO!! FORGIVE HIM**



ሐላፍነት ሰበይቲ ሕጉስ ቦተሰብ ንምፍጣር Wife's Responsibilities to Create Harmonious home

- ንሰብአይኪ ኣኸብሮት ምሃብ ዝለኣዓለ ይኩኹን Praise and Honor you husband's greatest need. **Ephesian 5:22**, Psalm 100.4
- ክጋገ ከምዝኸእል ምፍላጥ Allow him to fail.



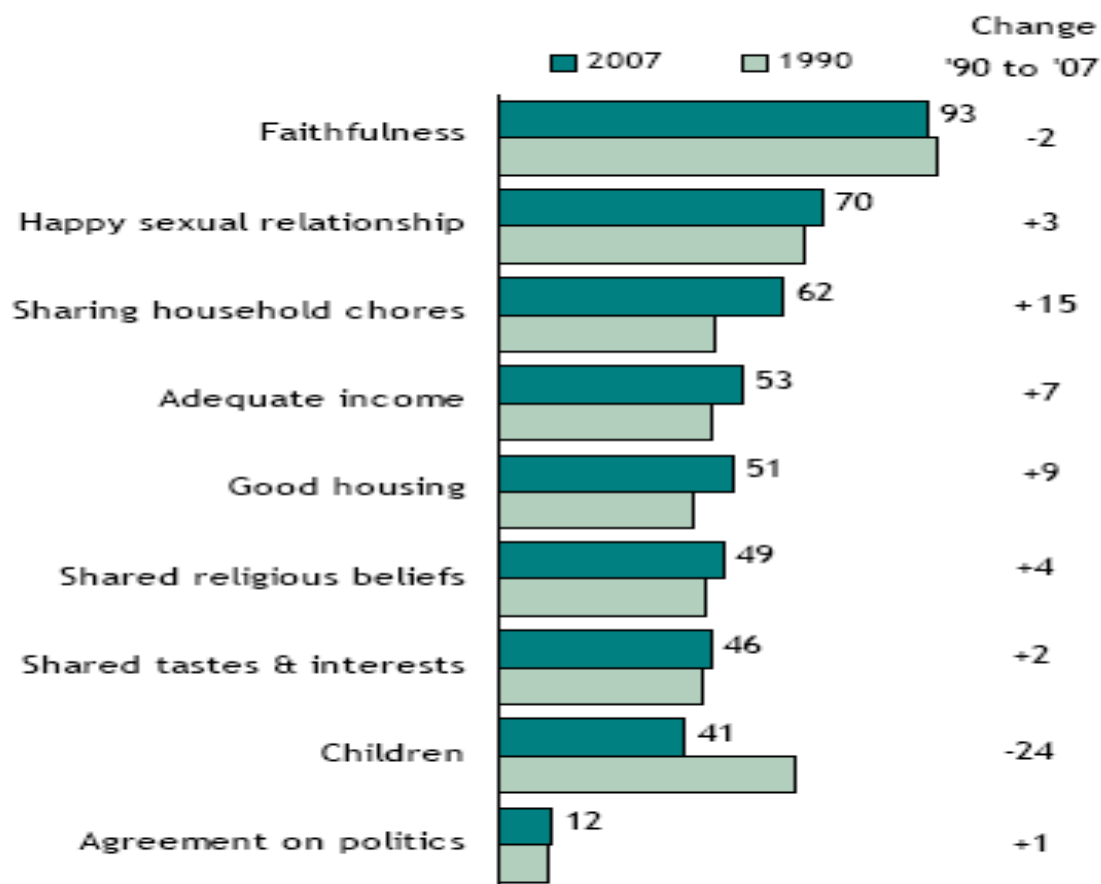
They had a combustible relationship.

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- ዘይምጭቕጭቕ Do not **“NAG”** Your Husband 😊 Instead **NURTURE**.
- ንገዛኺ ናይ ሓገስ ቦታ ምግባር ምኸንያቱ ንሰብአይ ገዝኡ ናይ ክብሩን ዕጋብት ዝረኽቡሉን ቦታ እዩ። Make your **home a joyful place**. **“A man's home is his castle”** He finds honor and fulfillment.
- ይቕረ ምባል፣ይቕረ ምባል፣ይቕረ ምባል **LET GO!! FORGIVE HIM**

What Makes a Marriage Work?

Percent saying each is very important for a successful marriage



Question wording: Here is a list of things which some people think make for a successful marriage. Please tell me, for each one, whether you think it is very important, rather important, or not very important.

Source: 1990 survey by World Values; 2007 survey by Pew Research Center.

ናይ ወሊድን ቆልዑን ርክብ

Parent and Child Relationship

Children Have 5 Critical Need Essential for their Emotional Health

- **Feel Respected**
- **Feel Important**
- **Feel Accepted**
- **Feel Included**
- **Feel Secure**

What our Children Don't Like?

- **Rudeness, belittling and Yelling**
- **Lying**
- **Demeaning Behavior**
- **Interrupting/Ignoring/Half-Listening**
- **Talking Too Much/Not Listening**

ሐላፍነት ወለዲ Parents Role

- ምክሪ ምሃብ Provide and give Guidance.
- አብነታውያን ምካን Be a good Role Model.
- ዝተፈላለዩ ደረጃ ዕብየት ምርዳእ Understand development of children
- አብቲ ዝደልዩካ ክትርከበሎም ምኻል፣ፅቡቕ ግዜ ናስ ደቕካ ምሕላፍ Be Present/in the moment and Spend quality time with children.

ዐይነታት አተዐጣብያብ ቆልዑ

TYPES OF PARENTING

- **Authoritarian – Unloving and Restrictive**
- ኩሉ ዝፈቐድ/ፈቐር Permissive/Indulgent – Loving
- ዘይግዱስ/Uninvolved/Indifferent - Neglectful
- **Authoritative/Democratic – Loving and Restrictive**

Authoritarian

- **Authoritarian parents tend to be very demanding, but not responsive.**
- **ፍቅር ምግላፅ and Violent behavior in families**
- **ብዙረመግለፂ ዝቻፅዑ** They utilize punishments with little or no explanation.
- **ንደቕም ምርጫ ወይ ዕድል ዘይህቡ** They don't give children choices or options.
- **እዞም ወለዲ ንደቕም ፅቡቕ ክገብሩ ከምዝከእሉ ኣይኣምንዎምን እዮም**
Authoritarian parents don't trust their children to make good choices.
- **ንደቕም የሕፍርዎም** They may shame their children to force them to behave.
-

ውሉድ ናይ ቆፅዐት ወለዲ

The Children of Authoritarian Parents

- ካብ ገዛ ወፃኢ ሕማቕ ጠባይ የርእዩ Some children display more aggressive behavior outside the home.
- ፈርሓት ወይ ሓፋራት ይኮኑ They may act fearful or overly shy around others.
- ርእሰ ተአማንነት የጥፍኡ Have lower self-esteem.
- ኣብ ሕብረተሰብ ፀገም ይህንዎም Have difficulty in social situations due to a lack of social competence.
- ንዝኮነ ነገር ቐንጢፎም ይሰማምዑ Children raised by authoritarian parents tend to conform easily, yet may also suffer from **depression** and anxiety.
- ረብሻቲ ይኮኑ Lack self-discipline.
- ልክዎም እይፈልጡን They don't know how to set their own limits and personal standards.

ኩሉ ዝፈቓዱ ወለዲ

PERMISSIVE/INDULGENT

- ንደቓም ዘይቐፅዑ ብዙሕ ትፅቢት ዘይብሎም.
- **They are more responsive than they are demanding.**
- **They lenient, allow considerable self-regulation, and avoid confrontation."**
- እዞም ወለዲ ዐይነት ኣዝዮም ፈቓራት ምስ ደቓም ይዋዘዩ ፣የዕሩኩቶም

The Children of Permissive Parents

The Permissive or Indulgent Parenting Style
lots of love and attention, few limits and constraints



Positive consequences

good self-esteem, free, creative,
open and rarely prone to depression



Negative consequences

weak/average high school results,
less responsible and independent,
lack self-control

ዘይግዲሳት ወለዲ

Uninvolved/Neglectful

- ብዛዕባ ደቕም ዘይግዲሱ ግዚኡም ኣብ ካልእ መዳይ ሂወቶም ዝፅመዱ Caught up in their busy lives and overwhelmed by their own problems to deal with their children.
- ብስምዒቶም ካብ ደቕም ኣዝዮም ዝርሕቑ Are emotionally distant from their children.
- ንደቕም ብዙሕ ክትትል ዘይገብሩ
- ብዙሕ ፍቕሪ ዘየርእዩ
- ብዙሕ ትፅቢት ዘይብሎም
- ኣብ ናይደቕም በትምርቲ ዘይዋሰኡ።

ዘይግዱሳት ወለዲ ዘዕብይዎም ውሉድ

Children of Uninvolved/Neglectful Parents

- **ርእሶም ክዕንግሉ ግድን ይኮኖም.**
- **ኣብ ጉብዝና ሂወቶም ብጣዕሚ ተነቕፍቲ ይኮኑ** Tend to exhibit more delinquency during adolescence.
- **ብሰንኪ ሓገዝ ናይ ወለዲ ዘይምርካ ፍርሒ፣ ጭንቕት፣ የጥርዩ** Feel fear, anxiety, or stress due to the lack of family support, Fear becoming dependent on other people
- **ወልፊ የጥቕዎም /ብኩሉ ሸነኩ ሂወቶም ድኩም ሂወት ይርእዮም**

Authoritative/Democratic

- **ንደቕም ዝኩተልዎ ሕግን ስርአትን ይገብሩሎም.**
- **ንደቕም ይሰምዕዎም ርእሶም ከኩእሉ የበራታትዕዎም** Listen to their children and **encourage independence.**
- **ኣብ ጠባይ ደቕም ፣ትፅቢት፣ሳዕበን የቐምጡ** Place limits, consequences, and expectations on their children's behavior.
- **ርትዕዊ ዝኮነ መቐጻዕቲ የቐምጡ** Fair and consistent discipline.
- **ፍቕሮም ይገልፁሎም** Express warmth and love and nurturance.
- **ንደቕም ኣሳቦም ከገልፁ ይፈቕዱሎም** Allow children to express opinions and options.utilize reasoning and work independently, but they also have high expectations for their children.

Children of Authoritative/Democratic

- **ሕገስ ህይወት የሕልፋ.**
- **ስምዒቶም ፅቡቅ ምቹፅፃር ይከፈሉ** Have good emotional control and regulation.
- **ፅቡቅ ምቹርራብ ምስ ሰባት የማዕብሉ** Develop good social skills.
- **ርእሰ ተአማንነት ይህልዎም ሓድሽ ነገር ከመሃሩ አይሸገሩን** Are self-confident about their abilities to learn new skills.
- **ባዕላቶም ነገራት ከቻንዑ ተክእሎ አለዎም** They are capable of accomplishing things on their own.

Best Practices for Christian Family

- **Include God in your Marriage.**
- **Love your spouse and your children**
- **Improve your communication skills**
- **Respect & Appreciate each other**
- **Have a “Spiritual and Earthly Goal” for your marriage and Family**
- **Do not let others come between you & your spouse.**
- **Choose your friends.**
- **Encourage each other and your children to grow together**

Resources

- ናይ ንስሓ ኣቦ Confession Father
- ኣሚኒስትራሽን Counselors
- መምህር Educators
- ኣሙናቲዎች የዕሩክ Friends
- Community resources found every States

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