



Happy Family

Study Guide 4

Five Secrets for a Happy Family

People everywhere wish to live in a happy family. So what are the secrets? Let's take a look at the world's first family before sin contaminated this planet and see what secrets we can discover.

1. In the beginning, how was the father of the human race created?

Genesis 1:24; 2:7. Choose the right words: spoke, breathed, formed, cells

- (a) For everything else, God _____, and it came into existence.
- (b) But for humans, God stooped and _____ the body Himself.
- (c) Then He bent over and _____ life, and it became a living being.
- (d) All systems, all organs, and trillions of body _____ started to function!

2. The human body is awesome! Just think of the activity of one cell.

- Within the nucleus of each cell, its DNA has genetic instruction.
- If laid end to end, your DNA strands would measure 31 million miles!
- Encoding the DNA of just one cell would give 1,000,000 pages of print!
- If you were to read all that information 24/7, it would take 100 years!
- But the microscopic cell "reads" it all and follows all those instructions!

3. So the first secret of a happy family is: Love God! Why should we?

Psalms 139:14. Because we are "fearfully and wonderfully made."

4. Then God proceeded to make Eve. And when Adam saw her, he became ecstatic! And he broke out into poetry!

Genesis 2:23. He said: This is _____ of my bone and _____ of my flesh.

Genesis 2:24. God said: You are joined and have become _____ flesh.





5. So secret two is: Love your spouse passionately! True or False?

- ☐ ☐ 1. Like Adam, we should nurture and express our love for each other.
☐ ☐ 2. God said, “one flesh.” This refers to the sexual relationship.
☐ ☐ 3. Whether we are married or not, sexual activity is sinful.
☐ ☐ 4. Within marriage sex is sacred. It can help us have a happy family.

6. What awesome statement did God make about this couple?

Genesis 1:28. “So God created man in _____ own _____; in the image of God he created him; male and _____. He created them.”

- The “image of God” includes the ability to create and to make choices.
- The “image of God” was reproduced in both the man and the woman.

7. Here’s an important question: How was Eve created?

Genesis 2:21, 22. True or False?

- ☐ ☐ 1. She was made with a bone from Adam’s head to rule over him.
☐ ☐ 2. She was formed with a bone from Adam’s foot to be ruled by him.
☐ ☐ 3. She was created with a bone from Adam’s side to be his equal.

8. Therefore the third secret of a happy family is: Respect your spouse.

Ephesians 5:21. Choose the right words: heart, equal, head, abuse.

- (a) The wife should respect her husband. He is the _____ of the home.
(b) The husband should respect his wife. She is the _____ of the home.
(c) Neither one should coerce, command, or _____ the other.
(d) Each should submit to the other because they are _____ partners.

9. Secret number four is: Do things together.

Genesis 2:15. What did the first couple do? _____.

10. Group Activity. We all have busy schedules. (a) How can partners make time to spend together? (b) What are some meaningful things we can do together? (c) What are the benefits of together time?

11. Now for the final secret: Worship Together.

When God created the first couple, what plan did He devise!

Genesis 2:1-3. Choose: Adam, Sabbath, happy, whole.

- (a) God gave them the _____ day as a special time to worship together.
(b) The Sabbath didn't start with Moses at Sinai, but with _____ in Eden.
(c) It was given to the first family for the _____ human family.
(d) So this was one of the secrets to their having a _____ family.

12. About 2,500 years later, God placed His love on a chosen people and reminded them of His special day. What was His first word?

Exodus 20:8. The word is _____.

13. When Jesus came to earth, did He change His Sabbath day?

Matthew 5:17, 18. True or False?

- T ☐ F ☐ 1. He said: Do not even think that I came to destroy the Law.
T ☐ F ☐ 2. He didn't; but I can! I can choose my own day to worship Him.
T ☐ F ☐ 3. Till heaven and earth pass away, His word cannot be changed.

14. Rather than change it, Jesus kept it!

Luke 4:16. "So He came to Nazareth, where He had been brought up. And as His _____ was, He went into the synagogue on the Sabbath day"

15. Today, how can we be sure which day is God's Sabbath day?

Group Activity. Let's look at the three days of the first Easter weekend.

Luke 23:53 to 24:1.

- (a) The day Jesus was crucified:
We call it Good Friday. What does the Bible call it?
(b) The day He rested in the tomb:
We call it Saturday. What does the Bible call it?
(c) The day He was resurrected: We call it
Easter Sunday. What does the Bible call it?

So the Sabbath is the day between Good _____ and Easter _____.



16. Why could the Sabbath be one of the secrets to a happy family?

Choose: honeymoon, married, bind, arms.

- (a) The first lovers, Adam and Eve, were made and _____ on Friday.
(b) So Friday night, Sabbath eve, was the first night of their _____!
(c) Sabbath was the first full day they were in the _____ of each other.
(d) God designed this day to _____ you to the heart of your human lover.



17. *More than that! It can bind you to the heart of your Divine Lover!*

Psalms 100:4. “Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.”

18. *In the Bible, Jesus is called the Bridegroom and His people His Bride. Soon He is coming back for His beloved! What special time would we spend together?*

Isaiah 66:23. “‘It shall come to pass that from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me,’ says the Lord of Hosts.”

19. *Then together with Jesus, we will be a happy family – for all eternity!*

Revelation 22:4. “And they shall see His face, and His name shall be on their foreheads.” Yes! I want to be there! Don’t you?

My Choice.

- ☐ I will love God, then love and respect my spouse as my equal partner.
- ☐ I will worship my Savior each Sabbath on earth, then in heaven forever.

Check Your Answers. 5. 1T, 2T, 3F, 4T. 7. 1F, 2F, 3T. 13. 1T, 2F, 3T. **Graphics:** Pages 1-3: Arnol Jimenez; P 4: Dreamstime.

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