

Secrets of Strong Families

by Nick Stinnett

Strong families share six major qualities, says author Nick Stinnett. They are:

1. **COMMITMENT:** Members of strong families are dedicated to promoting each other's welfare and happiness. They value unity of the family.
2. **APPRECIATION:** They show a great deal of appreciation for each other.
3. **COMMUNICATION:** They have good communication skills and spend a lot of time talking with each other.
4. **TIME:** They spend quality time in large quantities with each other.
5. **SPIRITUAL WELLNESS:** Whether they go to formal religious services or not, strong family members have a sense of a greater good or power in life and that belief gives them strength and purpose.
6. **COPING ABILITY:** They are able to view stress or crisis as an opportunity to grow.

-- *Secrets of Strong Families*

Editor's Note: Obviously, point #5 is not exactly according to God's Word (see Acts 2:47; 1 Cor. 12:12-13) but allowing for this correction on "spiritual wellness," we can then recommend these six points to you. Many families today want to have strong families but do not always know how to go about it. These points can serve as a general guideline or as practical expressions for those who are trying to strengthen their families. Furthermore, it should be more than evident to the readers of this bulletin that the BIBLE is the ultimate, absolute guide book for families!
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