

9-13-26 Family - The Nuclear Family - Kid's Study Guide

Overview

Last week we talked about being in **God's family**. This week we talk about the family who lives in your house—mom, dad, brothers, sisters, or whoever takes care of you.

People call that a **nuclear family**. “Nuclear” is a big word. It can mean power that lights up a whole city. It can also mean a huge explosion that wrecks everything. Families work the same way.

You get to help decide: **Will I help my family, or will I hurt my family?**

That shows up in three ways:

1. What you **want** in your heart (intentions)
2. What you **say** with your mouth (words)
3. What you **do** with your hands and feet (actions)

God's plan for your family is good. He wants you to want the best for them too.

Philippians 2:3–4 (easy idea): Don't just think about yourself. Think about what is good for other people too.

Big Ideas

1. What's in your heart can help or hurt.

Judas started out following Jesus, but he got mad when Jesus wasn't the kind of King he wanted. His heart changed, and he ended up hurting Jesus.

Peter made lots of mistakes too. He argued. He got scared. He even said he didn't know Jesus. But Peter kept coming back to Jesus, so his heart stayed in the right place.

Sometimes we get mad at family when they don't do what we wanted. Then our heart starts keeping score: “They did this, so I don't have to be kind.” That is how a home starts to feel like a fight instead of a team.

God's heart toward you is good. He saved you because He loves you, not because you earned it.

2 Timothy 1:9 (easy idea): God saved us and called us because of His love and His plan—not because we were already perfect.

2. Words can help or hurt.

Your tongue is small, but it is powerful—like a tiny match that can start a big fire. Words can make someone feel safe. Words can also make someone feel small. When you are upset, do you let anything fly out of your mouth? God says every word matters. Words come from what is already in your heart. If mean words keep coming out, Jesus wants to clean your heart first.

Proverbs 18:21 (easy idea): Your words can bring life or they can bring hurt.

Matthew 12:34 (easy idea): What comes out of your mouth shows what is in your heart.

If you feel like nobody says kind things to you, listen to God. He says: “I am with you. I love you. You are Mine.”

3. What you do can help or hurt.

What you think leads to what you believe. What you believe leads to what you do.

If you yell, slam a door, or ignore someone, there is usually a thought underneath—like “Nobody listens to me” or “This isn’t fair.” Jesus wants to change that thought so the next action can be different.

You cannot always control what happens to you. You *can* choose how you act back. You can choose faith instead of fear. You can point your family to Jesus instead of making a big mess bigger.

Psalms 51:10 (easy idea): God, make my heart clean and help me want what You want.

Fun Questions to Think About

1. When your house feels yucky or loud, what usually starts it?
2. This week, did you help your family more... or hurt your family more?
3. Is there something you wished a family member would do—and you got grumpy when they didn’t?
4. When you get mad, what words usually come out first?
5. Can you remember one choice this month that made someone at home sad? What were you thinking right before you did it?
6. Is there a bad habit in your family that you want to be the one who stops?

Things You Can Do This Week

- Draw a heart. Inside it, write one hope you have for someone in your family. Ask Jesus to help that hope stay kind, not bossy.
- Pick one person at home. Every day this week, tell them one true, kind thing. Not “you’re the best ever.” Something real: “Thanks for making breakfast.” “I like playing with you.”
- When you mess up, stop and ask: “What was I thinking?” Then tell Jesus that thought and ask Him to help you think a better one.
- If you have never asked Jesus to be your Savior, you can do that. You cannot fill your family with love if your heart is empty.
- If you said something mean or did something unkind, say you’re sorry. Ask them to forgive you. Ask Jesus to forgive you too.

A prayer you can say:

Jesus, You are Lord. You died and came back to life. I’m sorry for my sin. Please save me. Make my heart clean. Help me help my family, not hurt it. Amen.

Fun Group or Family Talk Ideas

1. If your family was a power station, would it be lighting people up... or blowing up? Why?
2. When someone at home doesn’t do what you wanted, what happens in your heart?
3. Read Philippians 2:3–4 together (or the easy idea). What would look different at dinner, bedtime, or in the car if everyone thought of others first?
4. Which is hardest for you: a kind heart, kind words, or kind actions?
5. What has been filling your heart lately—Jesus, worry, anger, or something else? How does that leak out at home?
6. As a family, pick **one** “cycle stopper” for this week (no yelling back, no name-calling, say sorry fast). Pray for it. Check on each other.
7. God does not keep score with you. He gives grace. How can that help you give grace when somebody at home messes up?