

# Growing Healthy Kids

"It takes wisdom to have a good family,  
and it takes understanding to make it strong."  
(Proverbs 24:3)

1. \_\_\_\_\_ **YOUR KIDS FOR** \_\_\_\_\_

"Jesus grew in wisdom and in stature, and in favor with God and with man." (Luke 2:52)

"You must teach these commandments to your children and talk about them when you are at home or out for a walk; at bedtime and first thing in the morning." (Deuteronomy 6:7)

*Self-evaluation: 1-2-3-4-5-6-7-8-9-10*

2. \_\_\_\_\_ **WITH YOUR KIDS FOR** \_\_\_\_\_

"Your children are a gift from God." (Psalm 127:3-5)

"Celebrate with your whole family..." (Deuteronomy 16:11)

"People ought to enjoy every day of their lives, no matter how long they live." (Ecclesiastes 11:8)

*Self-evaluation: 1-2-3-4-5-6-7-8-9-10*

3. \_\_\_\_\_ **YOUR KIDS TO** \_\_\_\_\_

“Fathers...bring up your children in the training and instruction of the Lord.” (Ephesians 6:4)

“Knowing God results in every other kind of understanding.”  
(Proverbs 9:10)

“Everything else is worthless compared with the priceless gain of knowing Christ Jesus my Lord.” (Philippians 3:8)

*Self-evaluation: 1-2-3-4-5-6-7-8-9-10*

**Bringing Out the Best in Our Family!**

Part 1 - Building a Strong Family

Part 2 - Growing Healthy Kids

Part 3 - Shaping Positive Teens

Part 4 - Enjoying a Great Marriage

**Don't Miss a Single Week!**