

Lifestyle choices of the christian family



**ASSIGN
BUSTER**

The family is the basic unit of society but much pressure has been placed on the structure by society itself. The Christian family, although, it strives to be a moral voice and example is no different.

In order to preserve traditional beliefs the family has to set limits and communicate healthy lifestyles choices to their children. One of the most effective ways of doing this is by communication and positive relationship. Parents must never be too busy to spend quality time with their children. They need to know their interests, activities and desires. Communication should take place in a parent to child role and give mutual respect. A parent should never assume the role of peer. Parents also need to communicate with children about basic facts such as choice of friends, and healthy activities to engage themselves in. The family should be a cohesive unit where communication flows both ways. Qualities such as love, honesty, tolerance should be enforced so that children will be free to communicate any misunderstandings or changes to family members.

Another effective way of setting limits and communicating healthy lifestyle choices is in the examples set by parents. The old adage, ' children live what they learn' should not be taken lightly. It is easier and more practical for children in today's society to abide by the rules and limits set out by the family when they realize that others are also living according to those rules and boundaries.

The church community has a moral responsibility in providing support and limits in our current culture. The current culture tends to hold the church up to ridicule by indicating that their Christian ideas and values are archaic. To rise above this view the church needs to implement programs that will give support to families in different areas of their lives. There are many needs

that the society is not able to satisfy adequately. The church community needs to be strong and purposeful and present themselves as a viable alternative in the mix of culture that exists in today's society. They also need to have a welcoming atmosphere (Edgell, 2005). In spite of the media and other influences many persons still believe that the church has a major role. Although it would appear at times that the family is losing the battle as the strongest influence in their child's lives, it is not as widespread and as damaging as it appears. Other institutions in the society such as schools and other civic clubs and organizations tend to work together with the family in influencing the children. Families that are together, and that have clearly formulated goals and objectives still have the major influence in the lives of their children. They still play a major role regardless of the other influences that are present in the society.

One must also bear in mind, however, that there are many different family structures and different types of families in today's societies than what existed centuries ago. Different circumstances and societal changes have created opportunities for the evolvement of the different types. They too, nevertheless, in their own way strive to have a major influence on the lives of their children.

The community can be a successful part of the socialization process of today's children if they have common goals and objectives with parents and other groups in the society that are helping to have a positive impact on children. If children realize that the community is on the same side as their parents, sharing the same views and values, it is less likely that will deviate. The norm would have been fully established if the community works together with other agents of socialization.

Edgell, P. (2005). Religion and Family in a Changing Society(Princeton Studies in Cultural Sociology). Princeton: Princeton University Press.