

A Healthy Family is... One that spends quantity and quality time together.

Recently, I read a book titled *Family to Family: Leaving a Lasting Legacy*. I would love to share some excerpts from it.

“A healthy family cannot exist without time together. We must explode the myth that ‘We have quality time, not quantity time.’ It takes time to invest in your children, and if they see more of their dance teacher or baseball coach than they do of you, then the dance teacher and baseball coach have the greatest influences.”

In a study conducted by Dr. Blake Bowden at Cincinnati Children’s Hospital (and cited in *Focus on the Family* magazine), he and his team found that adolescents whose parents ate dinner with them five times per week or more were the least likely to be on drugs, to be depressed, or to be in trouble with the law. They were more likely to be doing well in school and to be surrounded by a supportive circle of friends. Surprisingly, the benefit was seen even for families that ate in fast-food restaurants.

“This does not mean that there is something magical about sitting down together over a meal. It does show that adolescents do far better in school and in life when their parents are involved with them, when they have time for them, and specifically, when they get together almost every day for conversation and interaction.”

Proverbs 22:6: “Train up a child in the way he should go, and when he is old he will not depart from it.”

Deuteronomy 6:6-9: “And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up.”

These verses (Proverbs 22:6 and Deuteronomy 6:6-9) are clear mandates for parents to shepherd their children. We must be intentional and make plain to our children and to others around us, what, and in Whom, we believe.