

From the Family Room

Creekwood Church of Christ
Mobile, AL

21 October, 2018

APPRECIATION!



Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all." Proverbs 31:28-29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29

Let us therefore make every effort to do what leads to peace and to mutual edification. Romans 14:19

On a television game show recently, contestants were asked "What is a phrase that your spouse does not say often enough?" The responses reveal much about some marriages. What they had not heard was "I love you." "Thank you." "You were right." "You are beautiful/look good." Those phrases are vital to a happy and healthy marriage.

Since 1974 Dr. Nick Stinnett has dedicated much of his work to studying positive family models to discover what healthy families are like. The results of this worldwide study have revealed and continue to reveal six common qualities that stood out repeatedly. One of those qualities is that strong families expressed a great deal of appreciation and built each other up constantly.

The husband referred to in Proverbs 31:29 verbalized his appreciation of his wife. Paul told the church in Ephesus to avoid using unwholesome (rotten) words that hurt others, but rather speak only those words that build up others. This is a beneficial practice for our physical families and for our spiritual family.

We can do this with the spoken word or the written word. After dinner you might say, "Thanks for the great meal." When your children work hard on a school project or a job at home, a comment like "Great job! That took a lot of work!" would be very meaningful. If your spouse takes time to drive the children to practice, a comment like "Thanks for taking the children today." would be edifying.

Expressions of appreciation build up the receiver. They create a bond of caring between the recipient and the giver. A few simple words can yield great dividends.

So today on the way home or at home, why not tell members of your family how much you appreciate them?

Why not tell a member of your church family how much you appreciate their service, their prayer, a song they led, a class they taught, etc? Why not send a written card that expresses your appreciation for the work they do to build up the Creekwood congregation? This is a great way to bring about peace and edification.

A strong family expresses their appreciation for each other. I pray that your physical family will be strong. I pray that our spiritual family at Creekwood will be strong. I pray that the responses to the question recently asked on the television game show can never be said of our families.

RICKY