

Becoming A Spiritually Healthy Family

Avoiding the 6 Dysfunctional Parenting Styles

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6 Dysfunctions of Parenting

Sin changed everything in our world including the family. We live in an imperfect world with imperfect people. Dysfunction in a family comes from living in a home with imperfect people too. The biggest dysfunction comes when we take over the director seat from God and seek to write our own script to an abundant family life.

1. The Double Minded Parent

“Double minded” parents seek all that God has to offer for themselves and their family, while also trying to enjoy everything that world has to offer as well. Even in their approach to their family and having children, it all part of their own personal dream perspective.

“Double minded” parenting is overcome when parents seek to choose the better above the just the good. Following the example of Christ’s in the wilderness, parents need to attack the enemy head on rejecting his temptations of this world and instead accepting God’s truth of life.

2. The I-Can’t Say No Parent

The world is such a negative place to live and raise a family. The “I-Can-Say-No” parents choose to make their home a positive place by answering “yes” to everything. They want everyone to be happy and be their child’s best friend. The “I-Can-Say-No” parent hate conflict and just want to keep the peace. These parents soon discover that their child will in the end grow up to quickly and inevitably choose peer friendships over parent friendship leaving parents with little respect or spiritual authority in the home.

“I-Can-Say-No” parents find the answer to what they are truly seeking the true freedom in Christ that comes only through salvation in him. The understanding of that freedom, is an understanding of law and grace. Peace and happiness can only come for a parent, child, and home in the perspective of



God our heavenly father that does say “no” to our selfishness and sin, while also offering us his “yes” to grace and love.

3. The Driver Parent

“Driver” parents are driven. They are driven to see their children succeed, be the best, and be going somewhere with their life. While this may be seen in our overachieving culture as a good thing, it is however not always a God thing. Most often in academics and athletics these parents push their child to win at any cost, even at the cost of mental, emotional and spiritual health.

“Driver” parenting changes when the modern perspective of success intersects with God’s ideal of perfection. Only God our father is perfect and only he can redeem our imperfections and shortcomings. “Driver” parents need to see the lower story we live with our family are always part of the upper story of God’s agenda.

4. The Micro-Managing Parent

“Micro-Managers” are well-meaning parents that desire the best for their kids. Rather than allow a child to make decisions for themselves and learn, they control every decision to insure that the best choice is made. “Micro-Managing” parents through their own insecurities need to be in control and live in fear of the wrong choice being made by or for their child.

For the “Micro-Managing” mom and dad it is time to let go of the control in faith. Resting in the fact that in all reality God is the only one that truly in charge, “Micro-managing” families can embrace the broken and ugly with full confidence in Him.

5. The Criticizing Parent

The “Criticizing Parent” is the one who cannot help but point out the obvious things that are wrong. To them they see the apparent problems and know that it is their role to make sure it called out and corrected. These kind of families experience dysfunction through the lack of emotion and a tough attitude to life. These parents hide the past disappointments and hurts through creating hard shell for themselves and their children.

Instead of criticizing, choosing blessing will change around the home that is marked by constant criticism. Parents should choose to bless instead of curse their children through things like: 1. Meaning touch 2. Spoken words 3. Attaching high value 4. Picturing the future and 5. Actively committing to blessing.

6. The Absentee Parent

Absent from day to day life of their child, “Absentee” parents sacrifice the big moments of the present for the opportunity make a better life for their family.

Characterized by long work hours and high success in career to provide the best for the family while spending little

time with the family. What families like this may lack in relationships, they try to make up for it with material things.

Getting back to being a family again that is present for each other, may take a re-prioritizing of life. It will also take a courageous choice to create a family mission and prepare to live life on God's terms not their own.

Spiritually Healthy Families

Spiritually health families in the end are those that go beyond just good behavior but rather choice to discipleship. Discipleship of the family comes in two distinct yet different models: Christian education and spiritual formation. While these two are not at odds with each other each is different and important to understand.

Spiritually healthy families also remember and celebrate the abundant life through rites of passage practices. These practices embrace family faith by passing down faith from generation to generation in powerful ways. The abundant life that a family can live should be marked by tradition and milestones of faith, not remember the past dysfunctions.



