



EFFECTIVE FAMILY MINISTRIES IN YOUR LOCAL CHURCH

FAMILY MINISTRIES LEADERS'
CERTIFICATION RETREAT

5-7 AUGUST 2025

WHO IS A FAMILY?

- A single parent with children
- A retired couple
- A blended family
- Single adults sharing an apartment
- A childless couple
- Two parents with children
- Two or three generations under one roof



CHALLENGES FACING FAMILIES TODAY

- **ECONOMIC PRESSURES**
- **BALANCING WORK AND FAMILY**
- **CHANGING SEX ROLES**
- **INTERRACIAL MARRIAGES RISING**
- **THE HIGH DIVORCE RATE**
- **CHEMICAL DEPENDENCY**
- **CHANGING VALUES**
- **WELFARE POLICIES**
- **IMMIGRATION CHALLENGES**



WHY FAMILY MINISTRY

- “The family is the first and most important ministry. It is where we first experience love, forgiveness, and grace. If we can nurture healthy families, we can transform communities”





THE IMPORTANCE OF FAMILY

- WE BEGIN LIFE IN A FAMILY WE END LIFE IN A FAMILY. FROM BEGINNING TO THE END – IT'S FAMILY.
- THE 7 HABITS OF HIGHLY EFFECTIVE FAMILIES



STEVEN COVEY
THE 7 HABITS OF
HIGHLY EFFECTIVE
FAMILIES, 2

- I AM CONVINCED THAT IF WE AS A SOCIETY WORK DILIGENTLY IN EVERY OTHER AREA OF LIFE AND NEGLECT THE FAMILY, IT WOULD BE ANALOGOUS TO STRAIGHTENING DECK CHAIRS ON THE TITANIC.

ESSENTIAL FEATURES OF FAMILY MINISTRIES

SEES PEOPLE IN CONTEXT OF
RELATIONSHIPS

LOOKS AT NEEDS OF THE
FAMILY AT DIFFERENT
STAGES OF DEVELOPMENT

STRENGTHENS EXISTING
RELATIONSHIPS AND BUILDS
NEW ONES

PROMOTES
UNDERSTANDING



ESSENTIAL FEATURES OF FAMILY MINISTRIES

RECOGNIZES THAT STRONG FAMILIES
BUILD UP KINGDOM OF GOD

PROMOTES RECONCILIATION AND
HEALING

OFFERS RESTORATION AND WHOLENESS
TO ABUSE VICTIMS

TEACHES COMPETENCE IN
INTERPERSONAL SKILLS

INCLUDES THREE PHASES: EDUCATION,
ENRICHMENT, COUNSELLING



THE ENEMY IS INTENTIONAL ABOUT DESTROYING THE FAMILY

IT IS SATAN'S STUDIED EFFORT TO PERVERT THE MARRIAGE INSTITUTION, TO WEAKEN ITS OBLIGATIONS AND LESSON ITS SACREDNESS; FOR IN NO SURER WAY COULD HE DEFACE THE IMAGE OF GOD IN MAN AND OPEN THE DOOR TO MISERY AND VICE.



PATRIARCHS & PROPHETS, 338



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THE FAMILY MINISTRIES COMMITTEE



- A LEADERSHIP TEAM THAT IS COMMITTED TO THIS EFFORT FOR A SUSTAINED PERIOD OF TIME.
- WHO IS ON IT?
 - THE COORDINATOR
 - SABBATH SCHOOL SUPERINTENDENT
 - HOME AND SCHOOL LEADER
 - COMMUNITY SERVICES LEADER
 - MEN'S MINISTRIES LEADER
 - SINGLE ADULT MINISTRIES LEADER
 - WOMEN'S MINISTRIES LEADER
 - AT LEAST ONE MARRIED COUPLE
 - AT LEAST ONE DIVORCED PERSON
 - A GOOD CROSS-SECTION OF AGES

FAMILY & COMMUNITY SURVEY

DEVELOP	DEVELOP A FAMILY LIFE PROFILE OF YOUR CHURCH.
USE	USE DIRECT FEEDBACK FROM EXPERTS, CHURCH FAMILIES AND YOUR FM COMMITTEE.
DEVELOP	DEVELOP A FAMILY LIFE PROFILE OF YOUR COMMUNITY TO KNOW ABOUT THEIR NEEDS AND INTERESTS.
WORK	WORK WITH OTHER NGO'S





PLANNING FAMILY MINISTRIES IN YOUR LOCAL CHURCH

- DEVELOPING OBJECTIVES
 - TARGET AUDIENCE
 - NATURE OF THE PROGRAM
 - TIME FRAME FOR THE PROGRAM
 - SPECIFIC SKILLS, EXPERIENCES AND INFORMATION TO BE COMMUNICATED
- FINDING LEADERS AND HELPERS
- FINDING MATERIAL RESOURCES
- DECIDING ON THE TIME, PLACE, FEES AND OTHER DETAILS

THE FOUNDATION OF SOCIETY

- FAMILY IS THE MOST IMPORTANT, FUNDAMENTAL ORGANIZATION IN THE WORLD, THE LITERAL BUILDING BLOCK OF SOCIETY. NO CIVILIZATION HAS EVER SURVIVED ITS BREAKUP. NO OTHER INSTITUTION CAN FULFIL ITS ESSENTIAL PURPOSE.



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SUICIDE IN CANADA: KEY STATISTICS

- Approximately 12 people die by suicide each day
- Approximately 4,500 deaths by suicide per year
- Suicide rates are approximately 3 times higher among men compared to women
- Suicide is the second leading cause of death among youth and young adults (15-34 years)



MENTAL HEALTH VS MENTAL ILLNESS

- **MENTAL HEALTH IS SIMILAR PHYSICAL HEALTH:** IT REFERS TO A STATE OF WELL-BEING. OUR MENTAL HEALTH IS A PRODUCT OF OUR EXPERIENCES, EMOTIONS, THOUGHTS, MEMORIES, INTERACTIONS WITH AND FEELINGS OF CONNECTION TO OTHERS, AND OUR LIFE CIRCUMSTANCES. WHEN WE HAVE GOOD MENTAL HEALTH, WE'RE BETTER ABLE TO RESPOND TO LIFE'S STRESSES.
 - **MENTAL ILLNESSES ARE CHANGES IN WHAT SOMEONE THINKS, SAYS, FEELS, AND/OR DOES DURING SIGNIFICANT DISTRESS AND CAN MAKE DAY-TO-DAY FUNCTIONS DIFFICULT.** SYMPTOMS OF MENTAL ILLNESSES MAY COME AND GO AND CAN SHOW UP IN DIFFERENT WAYS FOR DIFFERENT PEOPLE.
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MENTAL ILLNESS

- A MENTAL ILLNESS DIAGNOSIS ISN'T ALWAYS A PREDICTOR OF GOOD OR POOR MENTAL HEALTH. SOMEONE WITHOUT A MENTAL ILLNESS CAN HAVE POOR MENTAL HEALTH WHILE SOMEONE WITH A MENTAL ILLNESS CAN HAVE EXCELLENT MENTAL HEALTH.

MENTAL
ILLNESSES
INCLUDE:

MOOD DISORDERS
SUCH AS MAJOR
DEPRESSIVE AND
BIPOLAR
DISORDER

ANXIETY
DISORDERS

SCHIZOPHRENIA
AND OTHER
PSYCHOTIC
DISORDERS

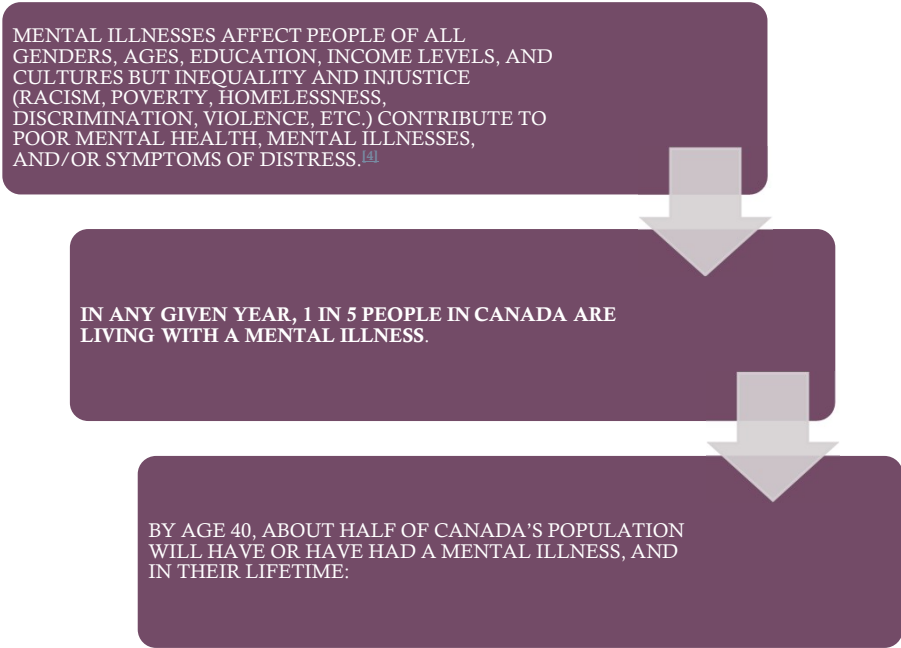
PERSONALITY
DISORDERS

EATING
DISORDERS AND

SUBSTANCE USE
DISORDERS.

CRITICAL STATISTICS

MENTAL ILLNESSES AFFECT PEOPLE OF ALL GENDERS, AGES, EDUCATION, INCOME LEVELS, AND CULTURES BUT INEQUALITY AND INJUSTICE (RACISM, POVERTY, HOMELESSNESS, DISCRIMINATION, VIOLENCE, ETC.) CONTRIBUTE TO POOR MENTAL HEALTH, MENTAL ILLNESSES, AND/OR SYMPTOMS OF DISTRESS.^[4]



IN ANY GIVEN YEAR, 1 IN 5 PEOPLE IN CANADA ARE LIVING WITH A MENTAL ILLNESS.

BY AGE 40, ABOUT HALF OF CANADA'S POPULATION WILL HAVE OR HAVE HAD A MENTAL ILLNESS, AND IN THEIR LIFETIME:

- 14% OF PEOPLE IN CANADA WILL EXPERIENCE MAJOR DEPRESSIVE DISORDER.
 - 13.3% OF PEOPLE IN CANADA WILL EXPERIENCE GENERAL ANXIETY DISORDER.
 - 3.4% OF PEOPLE IN CANADA WILL EXPERIENCE BIPOLAR DISORDER.
 - ABOUT 21.6% OF CANADIANS (SIX MILLION PEOPLE) WILL EXPERIENCE A SUBSTANCE USE DISORDER. THIS INCLUDES USING ALCOHOL, CANNABIS AND OTHER DRUGS.
 - EATING DISORDERS AFFECT ABOUT ONE MILLION CANADIANS (BETWEEN 0.3-1% OF THE POPULATION). THEY IMPACT WOMEN AT A RATE TEN TIMES THAT OF MEN AND HAVE THE HIGHEST RATE OF MORTALITY OF ANY MENTAL ILLNESS.
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CRITICAL STATISTICS

ABOUT 4,500 CANADIANS DIE BY SUICIDE EVERY YEAR IN CANADA; THIS IS ALMOST 12 SUICIDES EACH DAY.



THE SUICIDE RATE AMONG MEN IS THREE TIMES HIGHER THAN AMONG WOMEN.

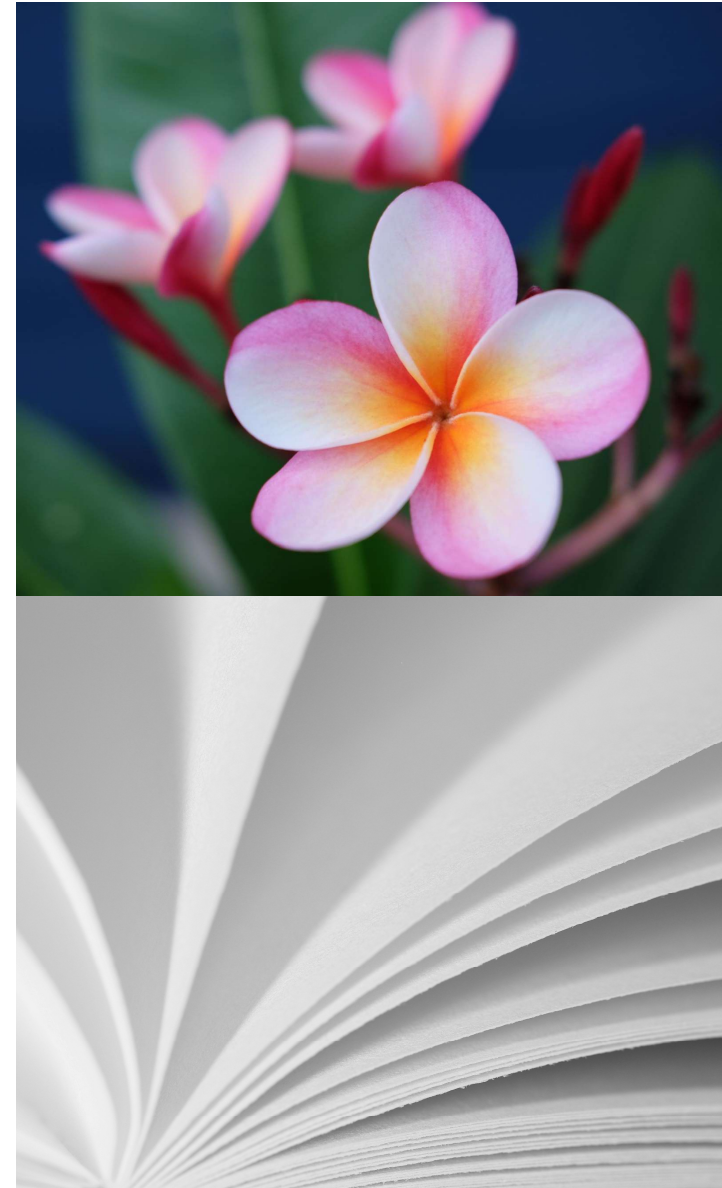


IN CANADA, SUICIDE RATES AMONG INDIGENOUS PEOPLES ARE DISPROPORTIONATE. AMONG FIRST NATIONS, THE RATE IS THREE TIMES HIGHER THAN THE NON-INDIGENOUS POPULATION, AND NINE TIMES HIGHER AMONG INUIT.

- ABOUT 20% OF CANADIAN YOUTH AGED 25 AND UNDER EXPERIENCE A MENTAL ILLNESS.
 - 15-20% OF CANADIANS BETWEEN THE AGES OF 15-30 HAVE EXPERIENCED THOUGHTS OF SUICIDE.
 - SUICIDE IS THE SECOND LEADING CAUSE OF DEATH AMONG PEOPLE AGED 15-34.
 - YOUNG WOMEN (15-24 YEARS OLD) ARE MORE LIKELY THAN ANY OTHER DEMOGRAPHIC TO HAVE A MOOD OR ANXIETY DISORDER.
 - IN 2020, ALMOST ONE QUARTER (23%) OF HOSPITALIZATIONS OF PEOPLE AGED 5-24 WERE FOR A MENTAL ILLNESS.
 - MANY YOUTH STRUGGLE TO ACCESS MENTAL HEALTH CARE. AMONG YOUTH NEEDING CARE, 17% SAID THEIR NEEDS WERE ONLY PARTLY MET OR COMPLETELY UNMET.
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DIVORCE RATE IN CANADA

- DATA FROM NORTH AMERICA INDICATES THAT APPROXIMATELY 11% OF ADVENTIST ADULTS ARE CURRENTLY DIVORCED AND SINGLE, AND ANOTHER 16% ARE DIVORCED AND REMARRIED, ACCORDING TO A 2018 REPORT.
- STUDIES HAVE SHOWN THAT THE PERCENTAGE OF DIVORCED MEMBERS WITHIN THE SEVENTH-DAY ADVENTIST CHURCH CAN BE HIGHER THAN SOME OTHER DENOMINATIONS, SUCH AS LUTHERANS AND NAZARENES. ONE IN 4.
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DIVORCE IN CANADA

- DATA ON DIVORCES FROM STATISTICS CANADA SHOWS THAT THE NUMBER OF DIVORCES PER YEAR DECLINED BETWEEN 2016 AND 2020. IN 2016, THERE WERE MORE THAN 62,000 DIVORCES COMPARED TO JUST OVER 56,000 IN 2019 AND 42,000 DIVORCES IN 2020. THE EXACT NUMBER OF DIVORCES IN 2020, 42,933, WAS THE LOWEST NUMBER RECORDED SINCE 1973.
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PRESENTING A FAMILY LIFE SEMINAR

- THE IMPORTANCE OF SHARING
 - ABILITY TO SHARE WHAT YOU HAVE LEARNED IN A MANNER THAT CAPTURES THEIR ATTENTION, AND CHALLENGES THEM TO USE WHAT THEY HAVE LEARNED.
 - THE AUDIENCE MUST BE OUR PRIMARY CONCERN.
 - MEET PEOPLE WHERE THEY ARE AND TAKE THEM TO WHERE THEY WISH TO GO.
 - ONE LEARNS MOST WHEN TEACHING OTHERS.
 - PRINCIPLES OF ADULT LEARNING
 - RECENCY
 - APPROPRIATENESS
 - MOTIVATION
 - PRIMACY
 - FEEDBACK
 - ACTIVE LEARNING
 - MULTIPLE-SENSE LEARNING
 - EXERCISE
-



SPECIFIC GUIDELINES AND HELPS FOR PRESENTING A FAMILY MINISTRIES SEMINAR

- SESSION PLANS
 - SESSION TITLE
 - SESSION OBJECTIVES
 - TOTAL SESSION TIMES
 - PARTICIPANT DETAILS
 - POTENTIAL FAULTS TO BE AWARE OF (YOURS)
 - REVIEW NOTES OF ANY PREVIOUS SESSIONS
 - A NEED FOR THE PARTICIPANT TO KNOW
 - METHOD OF PRESENTATION
 - CONTENT OF THE LESSON
 - LIST OF NEW TERMS
 - KEY QUESTIONS TO BE ASKED
 - RESOURCES REQUIRED FOR SESSION
 - TIMING SESSION
 - A LINK FORWARD TO NEXT SESSION IF APPROPRIATE
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THE ENEMY WANTS TO DESTROY THE FAMILY

- IT IS SATAN'S STUDIED EFFORT TO PERVERT THE MARRIAGE INSTITUTION, TO WEAKEN ITS OBLIGATIONS AND LESSON ITS SACREDNESS; FOR IN NO SURER WAY COULD HE DEFACE THE IMAGE OF GOD IN MAN AND OPEN THE DOOR TO MISERY AND VICE.
- PATRIARCHS & PROPHETS, 338



THE WITNESS OF A FAMILY

- “ONE WELL-ORDERED, WELL-DISCIPLINED FAMILY TELLS MORE IN BEHALF OF CHRISTIANITY THAN ALL THE SERMONS THAT CAN BE PREACHED.”

- ELLEN G WHITE,
ADVENTISTHOME, P. 32.



NOT JUST PROGRAMS

THINK ABOUT	THINK ABOUT ALL THE DIFFERENT LIFE EVENTS IN FAMILIES.
GIFT	GIFT BOOKS FOR WEDDINGS, BIRTHS ETC
LEAFLET	LEAFLET RACK OF USEFUL INFORMATION
POINT	POINT PEOPLE TO DIFFERENT HELPFUL WEBSITES
PUT	PUT SHORT FAMILY IDEAS IN THE BULLETIN
CREATE	CREATE A SIMPLE POSTER CAMPAIGN FOR YOUR CHURCH WITH FAMILY MINISTRIES IDEAS AND INFO
HELP	HELP PEOPLE TO PARTNER AND SUPPORT NEW FAMILIES, MENTOR YOUNG COUPLES, BABY SIT FOR EACH OTHER, ADOPT A GRANDPARENT SCHEME, ETC

LOVE LOVE LOVE

"ABOVE ALL, LOVE
EACH OTHER DEEPLY,
BECAUSE LOVE
COVERS OVER

A MULTITUDE OF
SINS. OFFER
HOSPITALITY TO ONE
ANOTHER WITHOUT
GRUMBLING." 1
PETER 4:8-11



Start - *What am I going to start doing as a result of my learning?*



Stop – *What am I going to stop doing as a result of my learning?*



Continue – *What am I going to continue doing as a result of my learning?*

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