

FAMILY NUTS AND BOLTS

WHAT IS A FAMILY SYSTEM

- Family - a group of people united by marriage, children, constituting a single household and interacting with each other. Genesis 1:27–28; 2:24 – God created male and female in His image, blessed them, and instructed them to “be fruitful and multiply.”
- System- A system is a set of interconnected parts that work toGETHER AS A WHOLE TO ACHIEVE A PURPOSE.

FUNCTIONAL FAMILY SYSTEM

A functional family provides a secure, respectful environment where members feel valued and can grow individually and collectively.

- **Characteristics of a functional family:**
- Sense of safety and security in the home
- strong relationships (bond that priority over others subjects)
- open communication (talk about sensitive issues)
- mutual respect (exchange between both, value, listen, serve)
- support for individual growth within the family unit.
- clear boundaries (emotional, physical, spiritual and mental)



DYSFUNCTIONAL FAMILY SYSTEM

A dysfunctional family system results in brokenness, violence, lawlessness, suicide.

The characteristic of dysfunctional families include:

- Weak relationship skills:
- poor communication (Tone, Intention, Pitch- TIP)
- Negative emotional and behavioral issues
- Act out or are victims of forms of abuse (sexual, spiritual, emotional and mental)
- Unclear or no boundaries



CHECK IN POINTS- GREEN FLAGS

Protective factors:

Do you have stable routines?

Do you have quality family time?

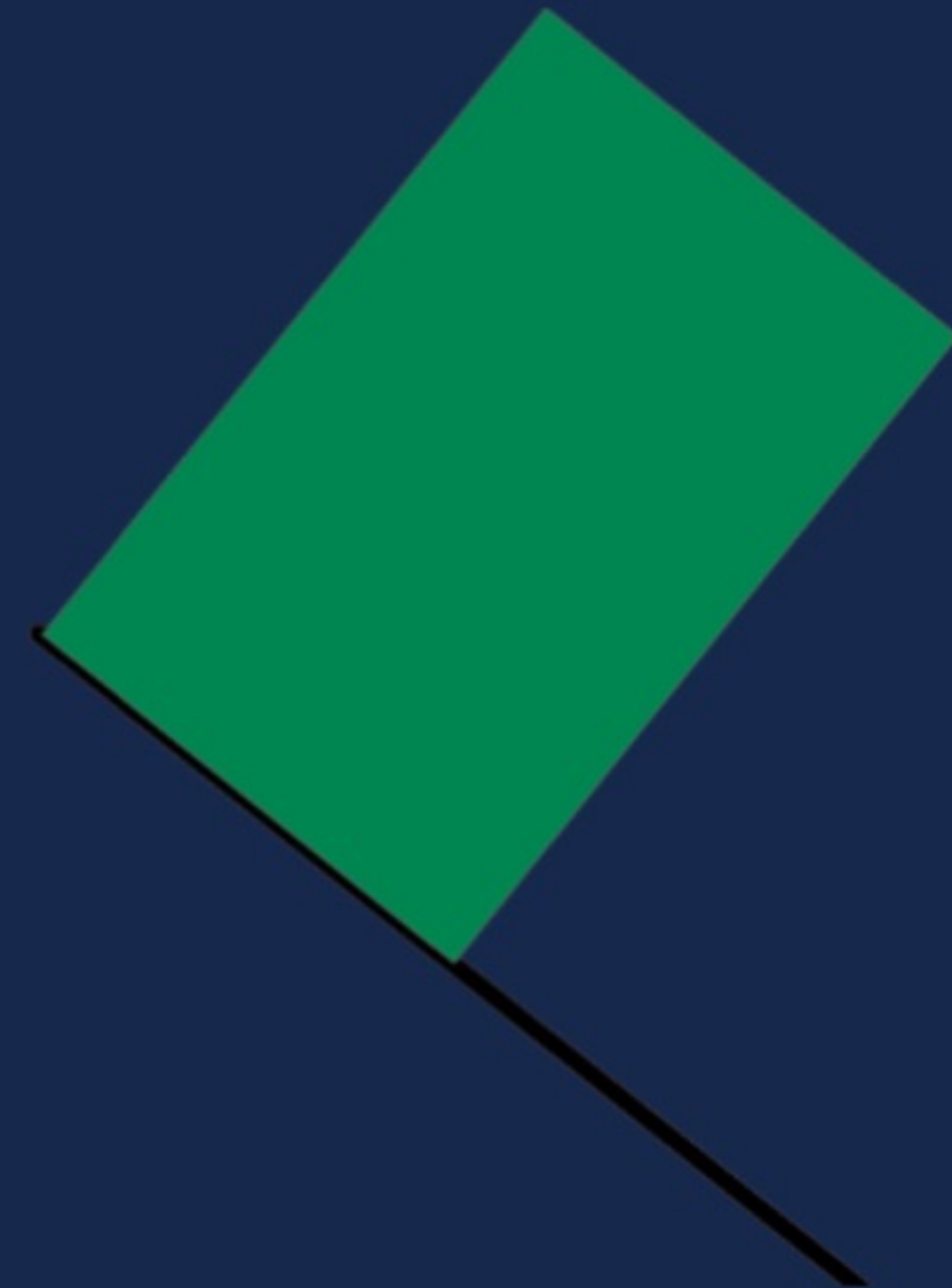
Are there shared responsibilities?

Do you have financial stability

Is your family safe

Is your home environment safe?

Is your spouse happy?



CHECK IN POINTS – RED FLAGS

Risk factors

Do you have stable routines?

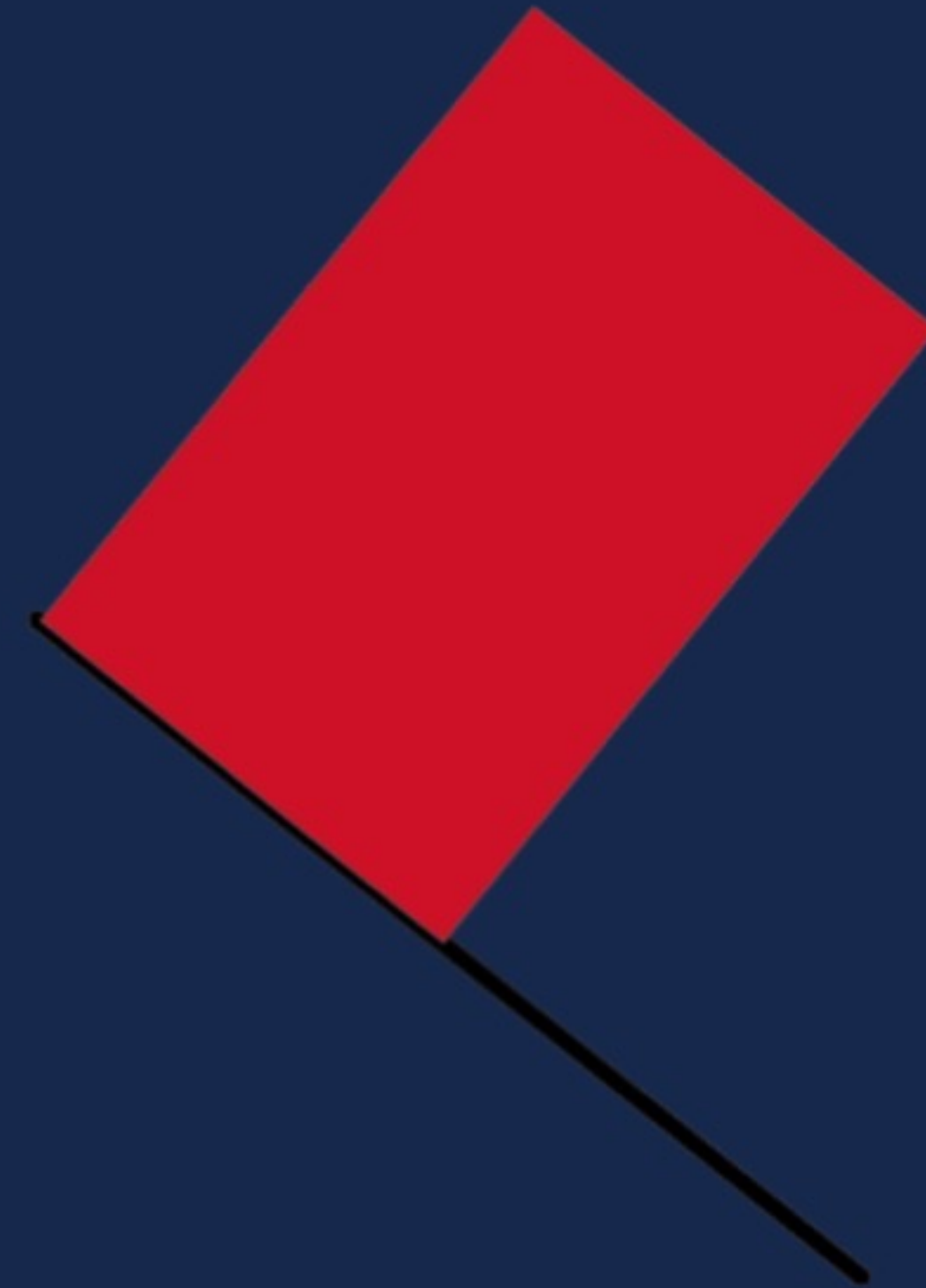
Are there behavioral changes?

Lowering or compromising standards?

Who are we spending our time with?

What are priorities?

What do you value the most?



NUTS AND BOLTS BIBLICAL CONCEPTS

Nuts & Bolts Concept	Explanation	Biblical Parallel	Reference
Tension & Clamping Force	Tightening a nut stretches the bolt, creating tension that holds parts firmly together.	Christ holds all things together in unity and strength.	Colossians 1:17 – “In Him all things hold together.”
Friction (Thread Grip)	Friction between nut and bolt threads prevents loosening.	Iron sharpening iron — friction produces strength and resilience.	Proverbs 27:17 – “As iron sharpens iron, so one person sharpens another.”
Lateral Resistance	The bolt’s shank prevents sideways movement.	Faith keeps believers steady, resisting shifting influences.	1 Corinthians 15:58 – “Stand firm. Let nothing move you.”
Axial Resistance	The nut and bolt head prevent parts from pulling apart lengthwise.	The body of Christ grows when joined and held together in unity.	Ephesians 4:16 – “Held together by every supporting ligament.”
Foundation & Construction	Bolts secure structures like scaffolding, decks, and machinery.	Building on the rock (Christ) ensures a structure endures.	Matthew 7:24–25 – “The wise man built his house on the rock.”
Rebuilding & Repair	Fasteners are essential for restoring broken structures.	Nehemiah led the rebuilding of Jerusalem’s wall for protection and unity.	Nehemiah 2:17 – “Come, let us rebuild the wall of Jerusalem.”
Combined Strength	Nut and bolt work together for holding power.	A cord of three strands (unity and partnership) is not easily broken.	Ecclesiastes 4:12 – “A cord of three strands is not quickly broken.”
Marine / Harsh Environments	Special bolts resist corrosion in difficult conditions.	Believers endure trials when their foundation is in Christ.	James 1:12 – “Blessed is the one who perseveres under trial.”

FAMILY SYSTEM- PSALMS 128

Fear and Obedience (Bolt 1) – Blessed are all who FEAR the Lord, who walk in OBEDIENCE (two key words of fear and obedience) Represents alignment with God, the source of all blessing.

Bolt 2 –You will eat the fruit of your labour, blessings and prosperity will be yours Connected directly above the foundation. Branches out to **work, finances, investment projects, ministry, education pursuit, professional ambitions, family plans**

Bolt 3 – Your wife will be like a fruitful vine within your house Wife as helper brings the wife into the process, extension of this as the helper, executor of the vision, plan. Extends from the foundation, showing **partnership and support** in executing God's plan.

FAMILY SYSTEM- PSALMS 128

Bolt 4 – Your children will be like olive shoots around your **table**
Branches outward from the family unit. Olive shoots require nurturing, good soil, dependent on bigger olive tress. The table symbolizes shared dialogue, meals, reconciliation, and collective decision-making.

Bolt 5 – Yes, this will be a blessing for the man that fears the Lord
Blessing: Crowns the structure, showing that **holistic blessing** comes to the God-fearing man and his household.

CHALLENGE

This week, ask yourself: What red flag is in my marriage/home today?

What bolt do I need to tighten in my family?

Is it prayer? Is it forgiveness? Is it communication? Is it setting boundaries? Is it prioritizing the home?

