

## **Building Healthy Family Relationships Through Spiritual Transformation**

At ABF, we build healthy family relationships through the transformation of each person.

God's ultimate intention is to transform us to become more like Jesus (Romans 8:29; Colossians 1:28-29; Titus 3:5). This transformation is seen as we deepen our love for God and love for people (Mark 12:30-31). To move us towards transformation, God uses many means:

- shaping our character through family relationships (Colossians 3:12-21)
- prodding us to obey His Word (2 Timothy 3:16-17)
- drawing us closer through prayer (John 15:7)
- training us from life's experiences (Romans 8:28-30)
- humbling us through our failures (James 4:6-10)
- holding us accountable in godly relationships (Proverbs 27:17)
- worshipping and serving Him (Romans 12:11)
- sharing our faith with others (1 Peter 3:15)
- aligning our will with His (Romans 12:1-2)
- training us through spiritual disciplines (Philippians 3:12-16)

Jesus' normal practices included silence and solitude, prayer, fasting, generosity, service, study, meditation on Scripture, Sabbath rest, and full surrender to God's will (Romans 12:2). Jesus modeled a spiritually disciplined life (Mark 1:35), so for us to be transformed to become like Him (2 Corinthians 3:18), we embrace spiritual training in godly discipleship (1 Timothy 4:7b) and daily dependence on Him (John 15:5).