



# The Notes

## MY SPACE

### Part 6: “My Family”

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**TO MAKE SPACE FOR MY FAMILY TO  
BE AS HEALTHY AS POSSIBLE, I HAVE  
TO...**

#### 1. ...PRIORITIZE MY “F’s”

*“Then the Lord God said, ‘It is not good for the man to be alone. I will make a helper who is right for him.’ From the ground God formed every wild animal and every bird in the sky, and he brought them to the man so the man could name them. Whatever the man called each living thing, that became its name. The man gave names to all the tame animals, to the birds in the sky, and to all the wild animals. But Adam did not find a helper that was right for him. So the Lord God caused the man to sleep very deeply, and while he was asleep, God removed one of the man’s ribs. Then God closed up the man’s skin at the place where he took the rib. The Lord God used the rib from the man to make a woman, and then he brought the woman to the man.*

*And the man said, ‘Now, this is someone whose bones came from my bones, whose body came from my body. I will call her ‘woman,’ because she was taken out of man.’ So a man will leave his father and mother and be united with his wife, and the two will become one body.”*

**Genesis 2:18-24 (NCV)**

## **2. ...PROTECT MY SPACE FOR EVERYONE’S SAKE**

*“Husbands have the obligation of loving and caring for their wives the same way they love and care for their own bodies, for to love your wife is to love your own self. No one abuses his own body, but pampers it—serving and satisfying its needs. That’s exactly what Christ does for his church! He serves and satisfies us as members of his body. For this reason a man is to leave his father and his mother and lovingly hold to his wife, since the two have become joined as one flesh. Marriage is the beautiful design of the Almighty, a great and sacred mystery—meant to be a vivid example of Christ and his church. So every married man should be gracious to his wife just as he is gracious to himself. And every wife should be tenderly devoted to her husband.”*

**Ephesians 5:28-33 (TPT)**

*“The most important of all the commandments is this...You are to love the Lord Yahweh, your God, with every passion of your heart, with all the energy of your being, with every thought that is within you, and with all your strength. This is the great and supreme commandment. And the second is this: ‘You must love your neighbor in the same way you love yourself.’ You will never find a greater commandment than these.”*

**Mark 12:29-31 (TPT)**

*“You should love Him, your True God, with all your heart and soul, with every ounce of your strength. Make the things I’m commanding you today part of who you are. Repeat them to your children. Talk about them when you’re sitting together in your home and when you’re walking together down the road. Make them the last thing you talk about before you go to bed and the first thing you talk about the next morning.”*

**Deuteronomy 6:5-7 (TVB)**

### **3. ...PLAY THE PERCENTAGES**

*“Perhaps you think I’ve come to spread peace and calm over the earth—but my coming will bring conflict and division, not*

peace. Because of me, 'A son will turn against his father, a daughter her mother and against her mother-in-law.' Within your own families you will find enemies."

**Matthew 10:34-35 (TPT)**

*"Tolerate the weaknesses of those in the family of faith, forgiving one another in the same way you have been graciously forgiven by Jesus Christ. If you find fault with someone, release this same gift of forgiveness to them. For love is supreme and must flow through each of these virtues. Love becomes the mark of true maturity."*

**Colossians 3:13-15 (TPT)**