

Blending Families

Family life is a challenge under any circumstances. Blended families – a home in which at least one spouse brings children from a prior relationship – have additional struggles that affect the family dynamic. That’s why blended families need an extra measure of intentionality, including several important steps.

STEP ONE: Recognize a Higher Calling

Even though blended families are becoming a more common family structure, making them work well remains a real challenge due to the extra logistics and emotional landmines that are part of merging two homes into one. The additional challenges you face in building a strong marriage and family make following Jesus’ example of laying down your life for others even more essential. That calling is clear in the letter Paul wrote to the Philippians:

Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness (Philippians 2:4-7).

Regardless of your circumstances—whether your new family was the result of a death, divorce, or some painful choices—you are called to lay aside your own interests in order to serve those God has placed in your home (Matthew 16:24-25).

STEP TWO: Focus on the Children

Various family experts stress that strong families start with strong marriages—as the relational health of the couple goes, so goes that of the children. That’s not necessarily the priority, however, with blended families.

Ron Deal of Successful Stepfamilies has found that couples must first invest in the children they’ve brought together in order to be able to experience a growing marriage. This is especially true in the area of establishing authority.

Unfortunately, children often see the authority exercised by non-biological parents as illegitimate. When this becomes evident, stepparents are tempted to either bulldoze their way to authority or just leave most of the work to the biological parent. Either of these options leads to greater stress. Non-biological parents still need to exercise an appropriate measure of authority— but they do need to earn respect, not just demand it. Ask the Lord to give you an extra measure of patience and humility in dealing with stepchildren – especially when you know they have experienced the pain of divorcing parents or the grief of a deceased mom or dad which can cause long-term emotional trauma.

STEP THREE: Allow God to redeem your story

In Joel 2:25, God says, “I will give you back what you lost to the swarming locusts.” Every stepfamily brings with it the hope for a redeemed life story—the hope that difficult chapters of the past can be followed by better days.

Stepfamilies quickly learn that better days don’t appear magically. As they submit to God’s calling and trust His ability to write their stories, however, they find He is still able to make all things new.

GOING FURTHER - Resources

Recommended Books:

Some books are available for checkout at the Faith@Home Center or for purchase online.

The Smart Step-Family (by Ron Deal) provides a solid Biblical framework and practical guidance for helping stepfamilies work to honor God.

Before you Remarry (by H. Norman Wright)

Saving Your Second Marriage Before It Starts (by Drs. Les and Leslie Parrott)

Recommended Website:

SmartStepfamilies.com offers an exhaustive collection of resources and recommendations as well as an opportunity to sign up for an encouraging complimentary e-magazine.