

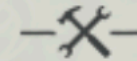
FAMILY TIME IDEAS



PURPOSE

To think through simple faith discussion strategies that can help you fulfill the commandment to impress faith on your children

*"And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."
- Deuteronomy 6:6-7*



ADVANCE PREPARATION

Select a meal, bedtime, and/or evening for you to try out one or more of the simple family time strategies below.

MEALTIME: Capture moments while eating together

- **What to Do:** After giving thanks for your meal, someone shout "High-Low!" That means everyone around the table must share the high point and low point of their day.
- **What to Say:** "If God wrote a letter directly to you this week, what topic would He address and what would He say?"

BEDTIME: Give a brief blessing at bedtime

- **What to Do:** While tucking in for bed, parent or child says, "What do I love?" The other person must then guess what the person is thinking in one of the following categories...
 - ⇒ A fun moment they shared that day
 - ⇒ Something nice about the other person
 - ⇒ Something they appreciate that person did today
- **What to Say:** "What do we want to give thanks for before falling asleep?"

FAMILY TIME: Fun activities that prompt faith dialogue

- **What to Do:** Go to the top of the stairs while the kids wait at the bottom. Say, "Let's pretend I'm God in heaven who wants you to be with me. How can you get up the stairs without touching the stairs or railing?" Let them try before revealing the secret: "You must ask me to come down and carry you up!" When done, serve a special treat while you...
 - ⇒ **Read:** Romans 6:23 and Ephesians 2:8
 - ⇒ **Explain:** "Just like Dad had to do what you couldn't do for yourself, Jesus Christ came down from heaven to save us because we couldn't save ourselves."
 - ⇒ **Pray:** Thank God for the free gift of salvation

MOVIE NIGHT

If you have older kids, watch a movie together and discuss the themes of the story that either reinforce or undermine a Christian view of the world.