

During a typical week Americans spend
TWENTY-SIX HOURS watching TV
TWO HOURS nurturing faith
and
EIGHT MINUTES in conversation
with their children.

Family is the place you know and where you are known, where you love and are loved. To give this gift to your children – the gift of knowing, being known, loving, being loved, passing on faith and values, celebrating triumphs, healing wounds, giving hope – you need to be present!



Try this for one week:

- * Schedule 15 minutes a day to spend together as a family
- * Sit down together to talk
- * Turn off all the electronic devices and don't answer the phone
- * Clear your mind of all those things you need to do before the day is over
- * Be fully present and attentive
- * Thank God for these incredible people in your life ... and let them know how you value them!

10 Ideas for Spending Time

Together as a Family . . .



1. Schedule “family appointments” on your calendar for the next two months. Do it today!
2. Create a family fun jar, with each person in your household putting in ideas of things they’d like to do as a family. Everyone agrees ahead of time to do whatever activity is drawn from the jar ... without complaint.
3. Have a half-day family work-a-thon — clean up the yard, plant a garden, prepare a week of dinners, polish shoes together...etc!
4. Do one-on-one family dates. Have each pair plan an hour together, just the two of them.
5. Look at family pictures and tell stories.
6. Go out for dessert!
7. Have a family picnic or family dinner with each person planning/making one food.
8. Go on a walk together – talk, play, thank God for creation!
9. Have an evening of story-telling – everyone has crazy tales about “when you were little!”
10. At dinner, have each person come up with one question to ask everyone else. It can be serious, silly, and anything in between.