

making HOME. WORK.

Family Time

Fully known and truly loved. It sounds too good to be true. So often we share the parts of us with which we feel are acceptable or that won't end in rejection. This week, we discovered, God already has an exposed, unfiltered view into our hearts and minds...yet He STILL loves us more deeply than we could ever imagine. How can this be? What can we learn from this and how can we model it to the family God has placed each of us in? What would happen if we fully knew and STILL truly loved each other...flaws and all. There are many barriers to this kind of family life. Below we will work through three family factors that can help us overcome these hurdles:

1. ENCOURAGE : Close-knit families have a sense of loyalty and devotion, standing together in tough times and standing up for one another when outside attacks arise. In times of success or defeat, the family is ready to be a cheering section or a mourning bench.

MAKE IT HAPPEN >>> Write each family member's name on scraps of paper. Have everyone write someone else's name and then take turns specifically identifying a time when this person supported you and how their actions made you feel. Redraw names and then repeat this exercise at least two more times.

2. ENGAGE: Close-knit families move toward one another by engaging in the gifts and interests that God has placed on their hearts. Just as God meets us where we are, we can reflect this same love by pausing to explore the things that captivate other's hearts and minds; such as sitting down to play Legos, hosting a tea party, hunting for baseball cards, paddling out for a surf, etc.

MAKE IT HAPPEN >>> Our interests change as seasons go by. Set aside some time this week to sit as a family and identify at least three personal areas of interest that each of you would love to be joined in and why you find yourself captivated by them. Next make a plan to step in and take part...you may be amazed by how much you enjoy the activity too!

3. INVEST: Close-knit families spend time—quality time in large quantities—with each other. Studies on closely connected families indicates that BOTH quality and quantity are necessary for solid relationship formation and maintenance.

MAKE IT HAPPEN >>> Create an "Adventure Jar" by grabbing some strips of paper, pens and a jar or box that you have lying around. As a family, come up with as many mini-adventures as possible. Here are the rules: it cannot cost more than \$XX for the whole family (choose the amount that fits your family), it has to be within an hour drive, and everyone has to be able to actively participate! Throughout the remainder of the year, you'll be set to randomly grab an adventure and go.

SCHEDULING SKILLZ | Add "Adventure Jar" days to your calendar so that you've built in these intentional opportunities to invest in family time.

The Tyranny of Technology

Just like it is not money that is the root of all evil, but the LOVE of it that is the problem...technology gets a bad rap nowadays. The fact is, technology is amoral...it is all about how and when we use it that makes it a good or bad thing for our family! Unfortunately, many of us have drifted into some very bad habits as families when it comes to "Screen Time".

We have to guard our families against the potentially erosive impact that mismanaged technology can have on genuine closeness. Social media is just a glimpse into someone's life and can lead to pretense more than knowing, resulting in superficial connections and destructive comparisons. The multitude of other apps, games, text chains and emails can quickly become a distraction or even an addiction with devastating consequences. The fact is that truly loving someone is found in the nuances of face-to-face interaction, which cannot be accomplished when our faces are being illuminated by a screen.

- **CHECK YOUR TECH** : *Work together to design a family plan that addresses some key areas or opportunities throughout your day where technology may hinder your ability to connect as a family. These are just a few to get the ball rolling. Make it your own and make it happen!*

1. **CAR TIME** >>> To and from school. Trips to the store.

2. **DINNER TABLE** >>> Whether it's the whole family or just two. Dinner at home or going out.

3. **AFTER HOURS** >>> Is there a cut off time? Where does my phone live at night?

- 4.

- 5.

- 6.

- 7.

TECH TRICK | Turning on your Do Not Disturb during agreed upon non-tech times keeps you from being distracted by notifications. Turning off unnecessary notifications

