



SUMMER

FAMILY DISCIPLESHIP PLANNING GUIDE





SUMMER

FAMILY DISCIPLESHIP
PLANNING GUIDE

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ABOUT THE:

SUMMER

FAMILY DISCIPLESHIP PLANNING GUIDE

What is family discipleship?

FAMILY DISCIPLESHIP ESSENTIALLY MEANS PUTTING INTO PRACTICE GOD'S COMMAND IN DEUTERONOMY 6 FOR PARENTS TO TEACH GOD'S WORD DILIGENTLY TO THEIR CHILDREN.

WHEN PARENTS UNDERSTAND THEIR ROLE AS PRIMARY FAITH TRAINER IN THEIR HOME, THEY SEEK TO LOVE GOD WITH ALL THEIR HEART AND SOUL AND MIGHT, AND THEY LOOK FOR OPPORTUNITIES TO INTENTIONALLY GUIDE THEIR CHILDREN TO LIVE THE SAME WAY.



- ### Why should we have a family discipleship plan?

A FAMILY DISCIPLESHIP PLAN HELPS EVERYONE IN THE FAMILY MOVE IN THE SAME DIRECTION. A PLAN PROVIDES A FRAMEWORK TO INSTILL HABITS AND TEACH WITH PURPOSE WHILE BUILDING A FOUNDATION FOR FUTURE DISCIPLESHIP.

A PLAN ALSO PROVIDES ACCOUNTABILITY. THE ULTIMATE GOAL IS TO LEAD OUR CHILDREN TO GROW IN THEIR DESIRE TO RESPOND TO GOD'S LOVE, PURPOSES AND PLANS FOR THEIR LIVES.



USE THIS PLANNER TO HELP YOUR FAMILY BE INTENTIONAL ABOUT DISCIPLESHIP THIS SUMMER.

HOW TO USE:

SUMMER

FAMILY DISCIPLESHIP
PLANNING GUIDE

1

GATHER

GATHER AS A FAMILY AND DISCUSS THE IMPORTANCE OF BUILDING FAMILY HABITS WITHIN 4 DIFFERENT DOMAINS OF THE CHRISTIAN LIFE - HEART, HOME, TOGETHER & BEYOND.

(USE THE GUIDE ON THE NEXT PAGE TO HELP EXPLAIN THE DOMAINS AND HABITS)



2

PRAY

PRAY TOGETHER AND ASK GOD TO GUIDE YOUR FAMILY AS YOU PLAN.



HOW TO USE:

SUMMER

FAMILY DISCIPLESHIP
PLANNING GUIDE

BRAINSTORM

3

ALLOW EACH FAMILY MEMBER
TO GIVE IDEAS OF ACTIVITIES
OR HABITS FOR EACH DOMAIN
AND WRITE THEM DOWN ON
THE PLANNER.

(CHECK OUT THE SAMPLE PLANNING SHEET ON
THE NEXT PAGE TO HELP YOU)

4

SCHEDULE

CREATE A SCHEDULE OR
ADD THE ACTIVITIES TO
THE FAMILY CALENDAR!



GUIDE TO DISCIPLESHIP DOMAINS & HABITS



HEART IN CHRIST Domain The habit of Rest

FAMILY BIBLE STUDY OR PRAYER

OUR RELATIONSHIP WITH GOD IS PERSONAL. TEACHING KIDS TO STUDY THE BIBLE AND PRAY ON THEIR OWN IS FOUNDATIONAL FOR THEIR FAITH. CHOOSE A FAMILY DEVOTIONAL AND MEMORIZE SCRIPTURE OR A PRAYER TOGETHER WEEKLY. HELP YOUR KIDS FORM A HABIT OF GOING TO GOD'S WORD REGULARLY.

Commitment: We will be devoted to prayer and the study of scripture, we will rest in the truth of God's love.



HOME Domain The habit of Bless

FAMILY ACTIVITIES THAT BUILD FAITH

CELEBRATE WHAT GOD IS DOING IN YOUR FAMILY. SPEAK BLESSING OVER EACH OTHER REGULARLY. DO ACTIVITIES TOGETHER THAT BUILD POSITIVE CHARACTER TRAITS. TAKE ADVANTAGE OF MEAL TIMES, EVENT FREE EVENINGS OR SLOW MORNINGS FOR INTENTIONAL FAMILY TIME THAT BUILDS A FOUNDATION OF FAITH.

Commitment: We will Bless each member of our family by ascribing God's promise of unconditional love and acceptance to them.



GATHER Domain The habit of Gathering Together FELLOWSHIP IN THE GOSPEL

GATHERING IN COMMUNITY IS A GIFT FROM GOD AND IT IS MEANT TO BUILD UP OUR FAITH. GOD CREATED US IN COMMUNITY AND HE CREATED US FOR COMMUNITY. TEACH YOUR KIDS THE IMPORTANCE OF HEALTHY RELATIONSHIPS WITH PEOPLE WHO LOVE GOD TOO. HELP THEM FIND FRIENDS WHO WILL ALWAYS ENCOURAGE THEM TO RUN TO GOD FIRST BEFORE ANYTHING OR ANYONE ELSE!

Commitment: We will make gathering with other believers a priority for our family as we sharpen, equip, love, and serve one another.



BEYOND Domain The habit of Go & Serve SERVING AS A FAMILY

SERVING TOGETHER AS A FAMILY IS A POWERFUL WAY TO REFLECT GOD'S LOVE FOR HIS PEOPLE. THE HOPE IS FOR YOUR FAMILY MEMBERS TO LEARN TO LIVE A LIFE THAT ALWAYS MOVES TOWARDS OTHERS WHO ARE IN NEED. SERVING TOGETHER REGULARLY BUILDS A FOUNDATION OF SEEING THE NEEDS OF OTHERS AROUND US - NO MATTER WHERE WE ARE.

Commitment: We want to follow Jesus' example of moving in the direction of people in need.

SUMMER DISCIPLESHIP PLANNING SHEET

USE THIS PLANNING SHEET TO BRAINSTORM AND WRITE DOWN ACTIVITIES AND HABITS FOR YOUR FAMILY TO FOLLOW THROUGHOUT THE SUMMER.



THE HEART-Rest FAMILY BIBLE STUDY OR PRAYER

*Philippians Study on Thursday Nights
+ Write in Gratitude Journals*

- _____

Memorize Philippians 4:4-9 as a family

- _____

Put devices to bed by 8pm & pray before bed

- _____



THE HOME-Bless FAMILY ACTIVITIES THAT BUILD FAITH & CONNECTION

*Speak Encouragement and Blessing to each
family member every morning*

- _____

Play family games once a week

- _____

Family Cooking Night once a month

- _____



SAMPLE



TOGETHER-Gather GATHERING IN COMMUNITY

Church on Sunday

- _____

Meals with Neighbors & Friends once a month

- _____

Invite friends (new and old) over for a game night

- _____

BEYOND-Go SERVING AS A FAMILY

Serve at a food pantry as a family

- _____

Clean closets and donate clothes and toys

- _____

Raise money and donate to a charity

- _____

SUMMER DISCIPLESHIP PLANNING SHEET

USE THIS PLANNING SHEET TO BRAINSTORM AND WRITE DOWN ACTIVITIES AND HABITS FOR YOUR FAMILY TO FOLLOW THROUGHOUT THE SUMMER.



THE HEART-Rest
FAMILY BIBLE STUDY OR PRAYER

- _____
- _____
- _____



THE HOME-Bless
FAMILY ACTIVITIES THAT BUILD FAITH

- _____
- _____
- _____



TOGETHER-Gather
GATHERING IN COMMUNITY

- _____
- _____
- _____



BEYOND-Go
SERVING AS A FAMILY

- _____
- _____
- _____

MORE RESOURCES TO BUILD A FAMILY DISCIPLESHIP PLAN



ACTIVITIES

THE NEXT FEW PAGES CONTAIN RESOURCES AND ACTIVITIES TO HELP BUILD FAMILY DISCIPLESHIP AND HEALTHY HABITS THIS SUMMER. TEAR OUT AND USE OR DOWNLOAD FREE PRINTABLE COPIES AT [EMPOWEREDHOMES.ORG](https://empoweredhomes.org).



FLIP FLOP THROUGH PHILIPPIANS 8 WEEK SUMMER READING PLAN & MEMORY VERSE

HOW TO USE:

USE THE FOLLOWING RESOURCE TO HELP AS YOU PLAN FOR INTENTIONAL FAMILY DISCIPLESHIP IN YOUR HOME. SET ASIDE AT LEAST ONE NIGHT PER WEEK TO READ A PASSAGE AND TALK THROUGH THE QUESTION PROMPTS.

BONUS: MEMORIZE A PORTION OF PHILIPPIANS 4:4-9 EACH WEEK UNTIL YOU HAVE MEMORIZED THE WHOLE PASSAGE (YOUNGER CHILDREN CAN MEMORIZE A SHORTER PART OF THE VERSE). WHEN YOU HAVE COMPLETED THE MEMORY VERSE & READING PLAN, GO OUT FOR ICE CREAM OR DINNER TO CELEBRATE AND THANK GOD FOR THE SPECIAL TIME YOU SHARED THIS SUMMER.



FLIP FLOP THROUGH PHILIPPIANS BIBLE READING PLAN

WEEK 1: READ PHILIPPIANS 1:1-18

Paul, the writer of Philippians, always showed gratitude and offered encouragement at the beginning of his letters in the Bible.

- Q: What part of this week's reading was helpful for you?
- Q: Name someone who consistently shows gratitude and encouragement.
- Q: Who is one person you could encourage this week? Explain how.

WEEK 2: READ PHILIPPIANS 1:19-30

Paul wrote the book of Philippians while he was imprisoned, yet he claimed he would continue to rejoice and have courage.

- Q: What part of this week's reading was challenging for you?
- Q: If you were wrongfully imprisoned, do you think you would rejoice?
- Q: How can we learn to rejoice and have courage in all circumstances?

WEEK 3: READ PHILIPPIANS 2:1-11

The followers in the church at Philippi were encouraged to act in humble service and unity of heart and mind.

- Q: What part of this week's reading was interesting to you?
- Q: Share about one person you know who is not selfish, but serves humbly.
- Q: Do you look to your own interests or the interests of others first?

WEEK 4: READ PHILIPPIANS 2:12-30

Jesus is often referred to as the light OF the world and in this passage, Paul calls believers in Jesus to shine as lights IN the world.

- Q: What part of this week's reading was helpful for you?
- Q: Why does grumbling keep people from being a light in the world?
- Q: What does it mean to hold fast to the word of life (means to Jesus)?

WEEK 5: READ PHILIPPIANS 3:1-11

“For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.” (verse 8)

- Q: What part of this week’s reading was challenging for you?
- Q: What Paul mean when he says loss of all things and count them as rubbish?
- Q: Share one thing you possess that would be challenging to lose.

WEEK 6: READ PHILIPPIANS 3:12-21

Paul reminds his readers to imitate him and keep their eyes on others to walk in maturity, as an example for living.

- Q: What part of this week’s reading was interesting to you?
- Q: Share about one person who you see as being very mature.
- Q: How can you be a mature example for others to follow?

WEEK 7: READ PHILIPPIANS 4:1-9

Worry can easily find it’s way into our minds often affecting our bodies and ability to do every day tasks.

- Q: What part of this week’s reading was helpful for you?
- Q: Do you find yourself worrying or praying about life’s circumstances?
- Q: What does God offer when we give him our worries?

WEEK 8: READ PHILIPPIANS 4:10-23

Circumstances in life are often out of our control. Paul ends Philippians by encouraging readers to be content no matter what comes.

- Q: What part of this week’s reading was interesting for you to read?
- Q: What does it mean to be content?
- Q: Do you find it easy to be content in hard circumstances?





FLIP FLOP THROUGH PHILIPPIANS MEMORY VERSE

MEMORIZE A PORTION OF THE MEMORY VERSE
BELOW EACH WEEK AS YOU FLIP FLOP THROUGH
PHILIPPIANS WITH YOUR FAMILY!

PHILIPPIANS 4:4-9

- WEEKS 1 & 2:** {
- 4 Rejoice in the Lord always. I will say it again: Rejoice!
 - 5 Let your graciousness be known to everyone. The Lord is near.
- WEEKS 3 & 4:** {
- 6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.
 - 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.
- WEEK 5:** {
- 8 Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.
- WEEK 6:** {
- 9 Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.

WEEK 7 & 8: WORK ON RECITING THE WHOLE PASSAGE FROM MEMORY

FAMILY SCREEN TIME CHECKLISTS



HOW TO USE:

USE THE FOLLOWING CHECKLISTS TO GUIDE YOUR FAMILY TOWARD SETTING HEALTHY BOUNDARIES WITH SCREENS AND DIGITAL ENTERTAINMENT THIS SUMMER.

TEAR THESE OUT OR DOWNLOAD A FREE PRINTABLE VERSION AT EMPOWEREDHOMES.ORG.

FAMILY SCREEN TIME CHECKLIST

AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND AND WITH ALL YOUR STRENGTH. - MARK 12:30

Before we use devices and screens for entertainment this summer, we will focus on living the way Mark 12 calls us to live. Use the checklist as a reminder!

HEART

- DRESSED FOR THE DAY
- HELPED WITH CHORES
- ACTS OF KINDNESS
- WRITE A NOTE TO A FRIEND OR FAMILY MEMBER

SOUL

- READ THE BIBLE
- MEMORIZE SCRIPTURE
- PRAYER
- GRATITUDE

MIND

- READ FOR 30 MINS
- TRY A NEW HOBBY
- PLAY A BOARD GAME
- SUMMER WORKSHEETS

STRENGTH

- EXERCISE
- PRACTICE A SPORT
- PLAY OUTSIDE
- CHOOSE A "BEAT SUMMER BOREDOM" CARD

FAMILY SCREEN TIME CHECKLIST

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HEART

-
-
-
-

SOUL

-
-
-
-

MIND

-
-
-
-

STRENGTH

-
-
-
-

FAMILY SCREEN TIME CHECKLIST



HAVE YOU?

- BRUSHED YOUR TEETH
- BRUSHED YOUR HAIR
- DRESSED FOR THE DAY
- HAD BREAKFAST
- MADE YOUR BED
- READ FOR 30 MIN
- PICKED UP YOUR ROOM
- PLAYED OUTSIDE
- FINISHED CHORES
- WRITE/COLOR FOR 20 MIN

NOW YOU CAN USE A DEVICE!



FAMILY SCREEN TIME CHECKLIST

HAVE YOU?

| | |
|--------------------------|-------|
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |
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NOW YOU CAN USE A DEVICE!



ACTIVITY CARDS

HOW TO USE:

CUT OUT AND USE THE FOLLOWING ACTIVITY CARDS TO SPARK CONVERSATION AND FUN IN YOUR HOME.

DOWNLOAD FREE PRINTABLE VERSIONS AT [EMPOWEREDHOMES.ORG](https://empoweredhomes.org).

"WOULD YOU RATHER" SUMMER EDITION

WOULD YOU RATHER?

snorkel in the ocean
or
hike a mountain

WOULD YOU RATHER?

road trip
or
fly on a Plane



WOULD YOU RATHER?

swim with a dolphin
or
swim with a stingray

WOULD YOU RATHER?

ride a roller coaster
or
float the lazy river

WOULD YOU RATHER?

have crab Pincers for
hands
or
alligator legs

WOULD YOU RATHER?

wear sunglasses all
the time
or
wear a beach hat all
the time

WOULD YOU RATHER?

live on a cruise ship
full time
or
live at Disney World
full time

WOULD YOU RATHER?

listen to music
or
listen to a book

"WOULD YOU RATHER" SUMMER EDITION

WOULD YOU RATHER?

move to a new country
every year
or
live in the same house your
whole life

WOULD YOU RATHER?

learn a new language
instantly
or
learn a new skill
instantly



WOULD YOU RATHER?

eat chips and queso at
every meal
or
eat bread and butter at
every meal

WOULD YOU RATHER?

go Para-gliding
or
go Surfing

WOULD YOU RATHER?

Play in the sand
or
Play in the water

WOULD YOU RATHER?

swim in the ocean
or
swim in a Pool

WOULD YOU RATHER?

live in a tent on the beach
or
live in a hut in the
rainforest

WOULD YOU RATHER?

be slow as a sloth
or
fast as a cheetah



ACTIVITY CARDS

ACTIVITY CARDS TO BEAT BOREDOM

DRAW OR COLOR

**PLAY A BOARD
GAME**



CLEAN YOUR ROOM

GO FOR A WALK

**FOLD PAPER
AIRPLANES**

**CREATE A CHALK
SCOOTER MAZE**

**MAKE A THANK
YOU CARD FOR
THE MAIL
CARRIER**

**MAKE A READING
FORT**



ACTIVITY CARDS

ACTIVITY CARDS TO BEAT BOREDOM

**WRITE A SKIT &
PERFORM IT**

FOLD THE LAUNDRY



**SET UP A TOY WASH
& CLEAN YOUR
TOYS**

**SIT OUTSIDE &
SKETCH WHAT YOU
SEE**

**HAVE A SNACK
PICNIC OUTSDIE**

**PLAY
TIC- TAC -TOE
WITH SIDEWALK
CHALK**

**MAKE FAKE
SNOW**

**CLEAN OUT OLD
TOYS & DONATE
THEM**

**FIND MORE
FREE RESOURCES...**



EmpoweredHomes.org