

HELLO SUMMER

**A SUMMER ACTIVITY GUIDE
FOR THE WHOLE FAMILY**



HEY FAMILIES,

We're so glad you've found this Summer Activity Guide! It's designed to help you intentionally lead your family in consistent, meaningful connection and discipleship. Whether you're just starting out or have been guiding your family in faith for years, we encourage you to dive into the activities included--they're a great way to spark connection, conversation, and joy. Our prayer is that this guide helps your family grow deeper in your understanding of God's love and faithfulness in engaging, memorable ways all season long.

The Empowered Homes Team

WHAT'S INSIDE:



7 ACTIVITIES TO BEAT BOREDOM
TIPS FOR FAMILIES TO THRIVE THIS SUMMER



SUMMERTIME ACTIVITIES
IDEAS FOR THE WHOLE FAMILY



FAMILY DISCIPLESHIP PLANNER
FIND YOUR RHYTHM & COMMIT TO SCHEDULE



SUMMERTIME in 1 TIMOTHY
A 6 WEEK READING PLAN FOR FAMILIES



SUMMERTIME GOALS
BUILDING HABITS FOR GROWTH

7 ACTIVITIES TO BEAT SUMMER BOREDOM

At the beginning of summer break, we envision a fun, relaxing, loosely scheduled summer, but with no more school schedules and lots of extra time often comes the dreaded phrase, “Mom, I’m Bored.” After several years of frustration and yelling at my kids to “find something to do or I will find something for you,” I have learned that a little preparation goes a long way when it comes to beating summer boredom.

Check out these seven activities to help beat boredom this summer:

1 CREATE A DETAILED SUMMER SCHEDULE

Transitioning from a rigid school schedule to zero schedule at all is difficult, even for adults. Creating a detailed summer schedule and hanging copies around the house helps ease from school work mode to summer relax mode. If you have older elementary or teenage children, meet as a family to discuss a daily schedule. Allow your kids to speak in and express their goals or desires for the summer. We have found it helpful to create a daily, weekly and monthly activity schedule.

2 BUILD A BEAT BOREDOM JAR

Rather than trying to come up with an activity at each declaration of boredom from my kids, I have discovered that having pre-planned activities or tasks helps take away my frustration and ultimately keeps the mood of our house more relaxed. Fill a jar with fun activities and helpful chores to encourage creativity and accomplishment.

3

SCHEDULE FAMILY SERVICE PROJECTS

Check in with local non-profit organizations to get information on their needs and schedule a time to serve together as a family once or even a few times. Moving in the direction of people in need opens our eyes to the world around us, often softening our hearts to love the least of these with God's incredible love. Serving together as a whole family gives parents the opportunity to lead by example with a servant heart and selfless influence. What could be a better way to beat the summer boredom by serving others?

4

ADOPT PEN PALS & CALL FAMILY MEMBERS

Technological advancements have allowed us to connect and communicate with friends and loved ones at an incredible speed. And while I am mostly glad we are not at the mercy of payphones, extra long phone cords and long distance calling rates, I have to admit, sometimes, I miss handwritten correspondence and old fashioned phone calls where I stretched the phone cord as long as possible to have a little privacy in my room. This summer go *old school* and beat the boredom by writing notes or coloring pictures to send to a pen pal or two. Pen pals could be friends or family members or reach out to your church to request names and mailing addresses for nursing home shut-ins or missionaries. Also, plan to call friends or family members your kids don't normally get to chat with. Before they call, help them brainstorm some questions to ask so they can also learn good conversation skills while catching up. I mean, who doesn't love getting mail, checking in with grandma, and improving communication skills all at the same time?

5**HOST
THEMED
HANG OUTS**

Choose your favorite theme or fun thing to do and host a hangout with friends, family or neighbors. Don't worry about being fancy or over-the-top. Keep it simple and focus on building connections. Plan the hangouts together as a family and ask others to pitch in for food or games. The hangout theme possibilities are endless – so have fun planning, prepping and hanging out!

6**LISTEN TO
AUDIOBOOKS
/PODCASTS
TOGETHER**

Audio books and podcast stories are a great boredom buster at home or on the road. At home, my kids will color or play while they listen and they love listening in the car. Check out your local library for ways to download free audiobooks. A quick Google search will highlight the best podcasts for families and kids.

7**TEACH A
NEW LIFE
SKILL
EVERY WEEK**

Kids CAN often do so much more than we give them credit for. The summer is a great time to teach new life skills that will ease the load around the house AND even better, prepare them for life as an adult. Set aside some time to brainstorm important life skills you would like your kids to learn and then plan to teach a new skill once a week (or as often as you see fit). Need some ideas for age appropriate skills... [Check out the Kids Can at Empoweredhomes.org](http://Empoweredhomes.org) for ideas!

The background is a light mint green color. It features several pairs of orange flip-flops with pink straps scattered across the surface. In the center, there is a large, stylized sunburst graphic composed of numerous dark teal, rectangular rays radiating outwards. A large, orange, arrow-shaped banner points to the right, containing the title text.

SUMMER ACTIVITIES FOR YOUR FAMILY



FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

In today's fast-paced, digitally-driven world, face-to-face connection and time spent outside are things of the past. Parents, research is clear that kids are quickly missing out on so many benefits that come from free play and time outdoors, and the truth is, you are too! This summer, schedule some good old fashioned free play with your family! Here are a few ideas to spark some free play fun for the whole family:

CAMP IN THE BACKYARD

Go camping right in your own backyard. Cook hotdogs and roast marshmallows. Stay up late and tell stories. Borrow camping supplies, if needed.

WATER GAME DAY

Fill up the water guns and water balloons, hook up the sprinkler, and lay out the slip and slide for a day of wet and wild fun.

"POPCORN" PICNIC

Pack up your favorite snacks, lunch foods, desserts, and drinks and head out on a picnic with a twist. Eat each course of the meal at a new park or playground.

BOARD GAME BONANZA

Dust off all those board games and schedule a day where you play every game you own. Winner gets to pick the next game.

SIDEWALK CHALK ART CONTEST

Give each family member a pack of chalk and a mission to create a unique artwork. Pretend to be fancy art critics, giving fun feedback for each masterpiece.

CHARADES

This game never disappoints. For younger players, pick one category to act out and print out some pictures for them so they can easily play.

FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

OBSTACLE COURSE

Use objects from inside, or outside, your house to create a fun obstacle course. Time each person and add new elements to make it more challenging each round.

STORYTELLING

One person begins by making up a story and then passes it to the next person who continues on with the plot. Each person gets a turn or multiple turns until it ends.

DANCE PARTY

Turn on some old school music and boogie as a family. Free dance or make up a dance to one song and perform for each other.

HIDE & SEEK

This classic game never grows old and your kids will love both hiding and seeking. Add dart guns for a fun twist with older kids - the *tager* must hit the *hider* with a dart.

CREATE FAMILY POSTERS

Each person designs a poster featuring pictures and words that describe your family. Take time to showcase posters to each other explaining the masterpiece.

KIDS COOK DINNER

Let the kids plan the menu, go shopping, set the table, and cook the meal all by themselves with age-appropriate supervision of course!

FAMILY COMIC BOOK

Create your very own family comic book with pictures that tell of amazing adventures your family has been on or wishes to go on.

PLAY KICK THE CAN

Gather the whole family, friends, or neighbors for this fun game where tag meets capture the flag.

For all the rules visit: <https://www.projectplaybooks.com/kickthecan-rules>

SUMMERTIME CHECKLIST

BEFORE YOU ASK FOR A DEVICE, HAVE YOU...

	S	M	T	W	T	F	S
<u>BRUSHED TEETH & HAIR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>SPENT TIME WITH JESUS</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>PICKED UP ROOM</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>CLEANED BATHROOM</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>PUT AWAY LAUNDRY</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>READ 30 MINUTES</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>BEEN CREATIVE FOR AN HOUR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>EMPTIED DISHWASHER</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>VACUUMED</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>HUGGED MOM OR DAD</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUMMERTIME CHECKLIST

BEFORE YOU ASK FOR A DEVICE, HAVE YOU...

	S	M	T	W	T	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The background is a light mint green. It features several pairs of orange flip-flops with pink straps scattered across the surface. In the center, there is a large, stylized sunburst graphic composed of many dark teal, wedge-shaped rays radiating from a central point.

SUMMERTIME **in 1 Timothy**

A 6 Week Reading Plan for Families



FAMILY DISCIPLESHIP PLANNER

FIND YOUR RHYTHM & COMMIT TO SCHEDULE

Developing or maintaining a rhythm of family discipleship in the home can be challenging when summertime rolls around. Use this planning resource to help your family be intentional about scheduling time for discipleship. Begin by gathering your family to pray and discuss your upcoming rhythms and commit to scheduling time on the calendar.

1 FIND YOUR RHYTHM



MORNING



MEALTIME



DRIVETIME



BEDTIME

Leveraging the natural rhythms of your day for family discipleship is key. Circle the time(s) that work best in your family's rhythm.

2 COMMIT TO SCHEDULE

THE BEST DAY FOR OUR FAMILY TO GATHER IS:

Check which days work best.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WE COMMIT TO GATHERING ON THE FOLLOWING DATES AND TIMES:

Gather your family and schedule the days and times you will meet over the next 6 weeks. Put them on the calendar before you end your time together.

WEEK 1: _____

WEEK 4: _____

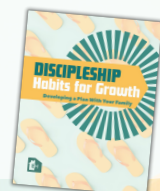
WEEK 2: _____

WEEK 5: _____

WEEK 3: _____

WEEK 6: _____

Want to set specific goals this Summer? Go to empoweredhomes.org.
Download the Summertime Goals: Building Habits for Growth.



WEEK 1

Read or Listen:
1 Timothy 1

Focus Verse

Now the goal of our instruction is love that comes from a pure heart, a good conscience, and a sincere faith.

1 Timothy 1:5

DISCUSSION:

Paul is writing a letter to his *co-worker*, Timothy, warning him, and the Church in Ephesus, to avoid false teachers. False teachers were causing believers of Jesus to wander in their beliefs of the truth.

Q: Who do you have in your life to point you to truth when culture and others point to living in a way that leads to false beliefs?

Throughout chapter 1, Paul points out several characteristics of a true follower of Jesus who is grounded in the gospel.

Q: Can you name some of those characteristics?

(Hint: check verses 5 & 19)

Paul says some people have **shipwrecked** their faith by rejecting their good conscience.

Q: Have there been times when you ignored your good conscience and did, or said, something sinful? What happened?

PRAYER:

God, thank You for Your mercy and grace. Show us any areas where we're not trusting You fully, and help our family grow in true faith. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**

WEEK 2

Read or Listen:
1 Timothy 2

Focus Verse

For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all, a testimony at the proper time.

1 Timothy 2:5-6

DISCUSSION:

After condemning false teachers, Paul compels the believers at Ephesus to re-focus on holy living and their commitment to prayer.

Q: Who does Paul say we should pray for? (v. 1 & 2)

And what kind of life does that lead to? (v. 2)

The focus verse above declares something powerful about God and Jesus.

Q: What truth does it reveal about God? What does that mean for those who follow Him?

Q: What does God want for everyone and how is this related to pleasing God with our lives?

PRAYER:

God, please give wisdom and guidance to our leaders—in our nation, city, and church. Help them lead with truth and care. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**

WEEK 3

Read or Listen:
1 Timothy 3

Focus Verse

If anyone does not know how to manage his own household, how will he take care of God's church?

1 Timothy 3:5

DISCUSSION:

Paul gives specific instructions about the home life of church leaders in particular.

He highlights a powerful connection between home life and leadership in the church.

Q: Why do you think God places high importance on how we lead and care for our families?

Q: What does it look like to "manage" a family in a way that honors God?

How does our family honor God well?

Q: How can each of us - no matter our age - help make our home a place that reflects God's love?

(Brainstorm ways everyone can contribute to growing spiritually and practically).

PRAYER:

Thank You, God, for the gift of family. Help us care for one another with love, patience, and respect. Guide us to be an example of Your love to others. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**

WEEK 4

Read or Listen:
1 Timothy 4



Focus Verse

For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

1 Timothy 4:8

DISCUSSION:

Q: What do you think it means to “train” in godliness?

Which verse in chapter 4 explains the proper areas of training for godliness?

Q: What’s one habit we can practice together as a family this week to grow in our “godliness training”?

Q: Why is it important for others to see how we are growing in our faith?

PRAYER:

God, help us to grow strong - not just in our bodies, but in our spiritual habits and godly living. Teach our family how to follow You daily. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**

WEEK 5

Read or Listen:
1 Timothy 5

Focus Verse

But if anyone does not provide for his own family, especially for his own household, he has denied the faith and is worse than an unbeliever.

1 Timothy 5:8

DISCUSSION:

Chapter 5 reminds us how important it is to care for our families - not just physically, but emotionally and spiritually. Loving and providing for those in our home is a part of living out our faith.

Q: What does it look like to take responsibility for the people God has placed in our lives?

Q: How can we show love to our family even when it's hard or inconvenient?

What about those outside our family?

Q: Name a few ways God has provided for our family.

Share your favorite ways our family shows love and kindness toward one another.

PRAYER:

God, help us take care of one another with love and responsibility. Teach us to honor You by how we treat our family. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**

WEEK 6

Read or Listen:
1 Timothy 6

Focus Verse

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out.

1 Timothy 6:6-7

DISCUSSION:

True fulfillment comes from godliness paired with contentment. This reminds us that lasting joy and peace are found not in possessions, but in living a life that honors God.

Q: How does our culture make it harder to be content with what we have?

Q: Can you think of a time when you wanted more but realized you already had enough?

Q: What are some things we can focus on that last forever, instead of things we can lose?

PRAYER:

God, thank You for all You've given us. Help us to be content and live in a way that pleases You. Teach us to value what truly matters. Amen.

**DON'T FORGET TO
PRACTICE THE
MEMORY VERSE!**



MEMORY VERSE

1 Timothy 4:6-10

Take time to memorize this verse as a whole family this Summer. Make up motions to help you remember!

Week 1: { 6 If you point these things out to the brothers and sisters, you will be a good servant of Christ Jesus, nourished by the words of the faith and the good teaching that you have followed.

Week 2: { 7 But have nothing to do with pointless and silly myths. Rather, train yourself in godliness.

Week 3 : { 8 For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

Week 4: { 9 This saying is trustworthy and deserves full acceptance.

Week 5 : { 10 For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe.

Week 6: Work on reciting the whole passage from memory.

The background is a light mint green. It features several pairs of orange flip-flops with pink straps scattered across the surface. In the center, there is a large sunburst graphic composed of many dark teal triangular rays radiating from a central point.

SUMMERTIME GOALS

Building Habits for Growth

Heart. Home. Gathering. Going.





SUMMERTIME GOALS

Building Habits for Growth

Heart. Home. Gathering. Going.

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.



HOW TO USE THIS RESOURCE

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 TO DISCIPLESHIP DOMAINS & HABITS TO HELP YOU EXPLAIN

1

PRAY

Pray together and ask God to guide your family as you plan.

2

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

SCHEDULE

CREATE A Schedule OR add the activities to the family calendar!

4

GUIDE TO DISCIPLESHIP DOMAINS & HABITS

HEART IN CHRIST DOMAIN THE HABIT OF REST



PERSONAL CONNECTION WITH GOD THROUGH BIBLE STUDY OR PRAYER

- Faith is personal—teach kids their relationship with God matters most.
- Help them build habits of Bible reading and prayer.
- Use a family devotional and memorize Scripture or develop prayer rhythms.

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 blessings over each other often.
- Do activities that build godly character.
- Use meals and quiet moments for intentional faith-building time.

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

TOGETHER DOMAIN THE HABIT OF GATHERING



FELLOWSHIP IN THE GOSPEL

- God designed us to grow through community.
- Teach kids to value godly friendships.
- Help them find friends who point them to God.

Commitment: We will prioritize gathering with other believers to grow, serve, and encourage one another.

BEYOND DOMAIN THE HABIT OF GO & SERVE



SERVING AS A FAMILY

- Let your family be a picture of God's love through serving.
- Grow a mindset that moves toward those who need help.
- Make serving a rhythm that shapes how you see other.

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

SUMMERTIME DISCIPLESHIP GOAL 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

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

● _____

Memorize 1 Timothy 4:6-10 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 twice a month

● _____



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

● _____

SAMPLE



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

● _____

SUMMERTIME DISCIPLESHIP GOAL 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

- _____
- _____
- _____



TOGETHER-Gather GATHERING IN COMMUNITY

- _____
- _____
- _____



THE HOME-Bless FAMILY ACTIVITIES THAT BUILD FAITH

- _____
- _____
- _____



BEYOND-Go SERVING AS A FAMILY

- _____
- _____
- _____



**FIND MORE SUMMER
RESOURCES AT:**

WWW.EMPOWEREDHOMES.ORG