



SUMMERTIME GOALS

Building Habits for Growth

Heart. Home. Gathering. Going.





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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

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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

- _____
- _____
- _____

FREE PRINTABLE RESOURCES



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 and express their goals or desires for the summer. We have found 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 to beat boredom from my kids, I have discovered that activities or tasks helps take away my frustration. Fill a jar with the mood of our house more relaxed. Fill a jar with helpful chores to encourage creativity and activity.

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

READ 30 MINS

SPENT TIME WITH JESUS

PICKED UP ROOM

PICKED UP BATHROOM

PUT AWAY LAUNDRY

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FREE PLAY FUN FOR FAMILIES

In today's fast paced, digitally driven world, face-to-face connection and time spent outside are dwindling. 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, or 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.



**FIND MORE SUMMER
RESOURCES AT:**

WWW.EMPOWEREDHOMES.ORG