

# BUILDING FAMILY RHYTHMS

## SERVE TIME

- Make cards for teachers or healthcare workers
- Donate food or clothing
- Make blessing bags for homeless neighbors
- Help pack food for kids in need.

## PRAYER TIME

- Photo Prayer Albums
- Praying for each other
- 30 Seconds of thankfulness
- Praying the Fruit of the Spirit
- Praying for the nations
- Pray with family over FaceTime

## SCRIPTURE TIME

- Devotions
- Bible Story Time
- Bible Memory
- Read through the Bible
- Listen to the Bible
- Read a Psalm a day

## DRIVE TIME

- Ask questions from Sunday's Bible Story
- Name what you see
- Play a game together
- Pray for what you see
- Listen to a podcast

## ALONE TIME

- Alternate parental responsibilities
- Mandatory quiet time
- Reading time
- Solo playtime
- Create personal spaces in your house

## PLAY TIME

- Ride bikes together
- Take a hike
- Take a walk together
- Family Game Night
- Family Movie Night

## SABBATH TIME

- Worship together
- Couple hours of Rest
- Turn off electronics
- Gather friends or family
- Take a walk
- Create unplanned time

## MEAL TIME

- Verse of the day
- Would You Rather
- Conversation Jar
- Cook together
- Share gratitude
- Tell story about the day
- Ask questions about Bible story