

THE FAMILY FIVE

5 WAYS TO CONNECT IN 5 MINUTES A DAY FOR 5 DAYS A WEEK

WHY THE FAMILY FIVE?

- Families are the number one faith influence in a child's life!
- To create intentional space to connect with each other and with God as a family.
- To set an example of Regular Prayer (#2 of *The Seven*) and Personalized Scripture (#3 of *The Seven*) in our homes.
- Why not?!? No really, can you think of a reason NOT to spend more time with your family and/or with God?

HOW DO WE DO IT?

Each week pick a verse to focus on as a family for that week. Once you have the verse, explore it together using this 5-minute daily routine:

1. Start with a brief prayer asking God to bless the time together.

Examples:

"Jesus, open our eyes to see wonderful things in your Word. Amen."

"Thank you for this time together, God. Bless it and us! Amen."

"Jesus, we know you're here with us. Help us see you. Amen."

2. Do a short activity related to a verse of the week (Ideas inside)
3. Close in prayer having each person say at least one sentence (though it can be more). It could be something they were thankful for about the day, situations where they need God's help, and/or people they want to lift up in prayer.

VERSE OF THE WEEK (VOTW)

Here are some ideas of where to pick your VOTW from:

- Choose a main verse from the weekend sermon at church.
- Use a verse from youth programming on Sundays or Thursdays.
- Or use some of these to get started: Isaiah 41:10; Psalm 29:11; Philippians 4:19; Romans 5:8; Romans 8:26; Psalm 68:19

DAILY ACTIVITY IDEAS

Day 1 – Post it Around the House

Each family member writes the VOTW on 2 post-it notes and hurries to go place them around the house. Each person should put one where they will see it every day. The other should go somewhere they think someone else might see it. Be creative and try to find new spots each week to make it fun. After the activity gather back together to close in prayer.

Day 2 – Personalize it as a Family

Take the verse of the week and see if there are places you can put your family's name (or each individual person's name) into the verse. Write it on an index card and put it in a place where everyone can see it the rest of the week. Then have someone (or everyone) pray, asking God to help us remember and put this verse into action.

For example: *“And God is able to provide **The Smith Family** with every blessing in abundance, so that by always having enough of everything, **The Smith Family** may share abundantly in every good work.” 2 Corinthians 9:8*

Dear God, thank you for the promise that you provide everything we need. Help us remember this promise and to be eager to help others as you help us. Amen.

Day 3 – Praise and Pass it On

Have someone read the verse outloud. Brainstorm as a family someone else you know who might be encouraged by the VOTW. Write them a card or call them, letting them know you were thinking of them; include the verse! Wrap up in prayer having each person share a few things they are thankful for this week so far.

Day 4 – Private Time with God

Divide up the verse giving each person a word or phrase. Set a timer for 3-5 minutes and have everyone journal or draw on their own about the verse specifically focusing on the word/phrase they have. Close in prayer and keep your notes to share together tomorrow.

For example: *And God is able // to make all grace abound to you // so that in all things at all times // having all you need // you will abound in every good work.*

Day 5 – Put it all Together

Spend the time today having each person share what they learned or observed about the VOTW. This may be from their personal time with God yesterday or other things they learned this week.

OTHER TIPS AND IDEAS

Make it fun. For example, try to find the most creative places to put post-it notes for others to find them. Also change things up. Perhaps instead of journaling every week on Day 4, change it up and have people go on a photo scavenger hunt to represent their part of the verse.

Keep at it. If this is new for your family, it's going to take getting used to from everyone. Stick with it. It's worth it!

Take turns leading. Have a different family member lead "The Family Five" each day. Even young children can learn the process. Each person will do things differently; let them do it in their way.

Find what works for your family! If one of the daily activity suggestions isn't working for you, find something that does! Other ideas:

- Use BibleGateway.com or the YouVersion phone app to read the verse in 5 different translations and talk about the similarities and differences.
- Spend one day trying to memorize the VOTW together; put actions to it to help you remember it.
- Create a gratitude wall or jar to collect lists of things you're thankful for.
- Keep a family journal of personalized VOTWs.

Make one day longer. If you can work it into your schedule at all, try to make one of the days longer than just 5 minutes to be intentional about connecting deeper. Perhaps share highs and lows of the week or just pop some popcorn and talk about whatever people want to share.

Be creative with time. Some of these activities can even be done in the car or while eating dinner. Be creative when picking your "five" each day. You DO have five minutes, find it! Also, try to plan them at the beginning of each week so you don't miss out!

Consistency helps. While sometimes it works to be creative with time, it can be even more helpful to do it at the same time every day if that works for your family. It creates routine that helps us keep with it and not give up.

There's not one right way. Similar to the tip of finding what works for your family, this whole structure may not be right for you. Find some way to intentionally connect with each other and with God. You won't regret it!

OUR FAMILY FIVE PLAN

Why do we as a family want to do “The Family Five”? What do we hope to get out of it and how do we think it might change our family?

When will we do “The Family Five” this coming week and who will lead? *(Be specific - “Suzie will lead on Tuesday in the car on the way to soccer practice.” “Dad will lead Thursday at breakfast together before school.”) It may be the same every day for your family or different each day.*

Day 1 - _____

Day 2 - _____

Day 3 - _____

Day 4 - _____

Day 5 - _____

**SET A TIME. SHOW UP.
SEE WHAT GOD DOES!**