

Suggested Resources:

- ◆ Dinner Table Devotions (book at Faith@Home)
- ◆ Once a day at the Table Devotional (book at Faith@Home)
- ◆ Putting in a worship CD that child(ren) choose and sing with
- ◆ If instrumentally gifted, mom or dad lead worship in home



Cornerstone Bible Fellowship

-Affiliated with the
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Family Time

**Recommended
Ages 4+**

Tel: 620-221-2722

Family Time

When should we seek to plan more family time?

At any age this is good. Getting this pattern set early is best. We recommend investing in more intentional family time by age 4 and beyond.

Why have family time?

It will set a precedent that sharing times of fun with your family is important. It will build memories by just acting silly and laughing with one another. Whatever you do, do it for the Lord. Deuteronomy 6:7b says, "Talk about them (The Lord's Commands) when you are at home and when you are on the road, when you are going to bed and when you are getting up." Look to remain positive and celebrate just having fun. *Seek to have at least one family night a month.* The goal is to get into a rhythm of family fun nights. Plan to put one on the calendar today!

Who should be involved in Family Time?

The whole family! Be intentional about every family member being involved.

Ideas:

- *Movie Night.* Check out www.pluggedin.com to find out what is shown in movies before you plan to watch it together. Also, they recommend good wholesome movies to watch.



- **Cooking:** Let the children work with you on choosing an all family meal night. Decide who helps do what, from

setting the table, cooking, all the way to clean up. Let everyone play a big role. Try a new or different kind of meal, if you are brave, and encourage everyone to have fun with it.

- Go for a walk as a family together: go on a nature hike locally or even down your street. Look to just connect. Share High's and Lows of the day or week.
- Board Game night. Let children choose the snack.
 - * Parent share a favorite memory of game night.



- Decide to do a workout together, or game of basketball, Frisbee, catch, or even yard work to emphasize



an active lifestyle.

- Seek out the "Family Flavors" portion of the Faith @ Home Booth for more ideas.

