

FAMILY SUMMER GUIDE

TO USE THIS RESOURCE

Summertime may be every student's favorite time of year, but for parents, the summer months can disrupt a family's normal routine and schedule.

This Family Summer Guide has been developed by the Faith at Home ministry of the Baptist State Convention of North Carolina to help and encourage families to keep disciple-making at home a priority during the summer, when those normal routines and schedules are disrupted.

Based upon the daily rhythms described in Deuteronomy 6:7 — when you lie down, get up, sit at home and travel down the road — this resource includes a card for each daily rhythm that includes some suggested activities, Scripture readings, discussion questions and prayer prompts.

Parents and grandparents will find the suggested ideas and activities easy to implement as a way to impart biblical truth in those daily rhythms that are consistent. The resource also offers some suggestions for special family activities that can spark additional conversations about God's Word.

There's no question, the Lord had busy parents in mind in Deuteronomy 6:7. The simple framework that Moses sets forth fits into every family's daily schedule. We hope this resource helps you connect with your family through God's Word throughout the summer and all year long.



Sit at home

SUMMER RHYTHM:
TURNING EVERYTHING OFF

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For one day this summer, try something radical. Lead your family in a fast. Fast from all TV, video games, social media and time spent on mobile devices. In other words, turn everything off. However, be strategic and plan a few special activities to use the extra time you have as a family. See how the absence of these things affects everyone's mood and attitude...it may surprise you.

HERE ARE A FEW IDEAS:

- Play board games.
- Go for a walk or bike ride as a family in your neighborhood or at a local park.
- Take lunch or dinner outside. Eat a meal in your front or back yard.
- Make cards for people you know who could use encouragement and, if possible, hand deliver them.
- Do a service project together for someone in your neighborhood or in your community.
- Set up a few sprinklers outside and invite the neighborhood kids to enjoy getting wet.



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REMEMBER, be intentional with your time and allow the Holy Spirit to lead you in having spiritual conversations throughout the day.

PASSAGES FOR THE DAY:

Psalm 19, Psalm 127, 1 Thessalonians 5:11, Matthew 6:16-18

As you *Go*

SUMMER RHYTHM:
GOD'S BIG STORY

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GUIDE

As you travel down the road, be creative and make up a story together. Have someone begin the story and let everyone contribute by adding an idea. As the story unfolds, write down the main points or draw pictures to help your family remember your fictional adventure. When finished, talk about God's bigger story that is true.

HERE ARE SOME POINTERS:

- God created the world and everything in it
- God made the first family, Adam and Eve
- God placed them in a perfect garden called Eden
- Sin entered the world through Adam and Eve's disobedience
- Adam and Eve's perfect relationship with God was now broken
- God promised He would restore His relationship with people by bringing a Savior into the world
- God brought His Son Jesus into the world through a family
- Jesus came to die on the cross but God brought Him back to life and defeated sin and death
- Jesus offers freedom from sin and death for those who put their faith and trust in Him



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DISCUSSION:

Talk to your family about how Jesus lived the perfect life that we could not live and died the death we deserved to die. Help them understand how God placed all our sin on Jesus and when He died our sins died with Him. Then God raised His Son back to life and defeated death. He offers us eternal life through His Son when we believe in what Jesus did for us at the cross and the empty tomb. Share with your family that we can have confidence in knowing when we ask for forgiveness, Jesus will forgive all our sins. Assure them that when we put our faith and trust in Christ, He adopts us into His family.

PASSAGES:

Genesis 1, 3, John 3:16, Romans 3:23, 6:23, 5:8, 10:9-10, 10:13, John 10:28, Romans 8:17

lie DOWN

SUMMER RHYTHM: MY HELP

FAMILY SUMMER GUIDE

As a family, pick a night to stay up late. Watch a movie, churn some ice cream or play board games. Following the activity and after the sun goes down, go outside with a flashlight and your Bible to talk about how God is always there and never sleeps.

ASK:

- What sounds do you hear?
- What things can you see?
- What can you not see since it is so dark?
- How many people do you think are asleep right now?

As a family, read Psalm 121.



FAITH AT HOME

lie DOWN

ASK:

- How does this passage describe God?
- Does God need to sleep? Why or why not?
- Have you ever asked God for help? If so, how did He help you?
- Have you ever needed help and did not ask God?
- Why do we sometimes forget to ask God to help when we need Him?
- Is there something God can help you with right now?

Spend time praying together. Ask God for help for the things brought up. Praise the Lord for how He does help us in our times of need and for the ways He keeps watch over us.

OTHER PASSAGES:

Psalms 28:6-7, 109:31, 110:5

Get *up*

SUMMER RHYTHM:
CATCHING THE BIG ONE

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SUMMER
GUIDE

Make plans to take your family on an early morning fishing trip. As everyone is getting their equipment ready for the big catch, read John 21:2-14.

ASK:

- How long do you think the men had been fishing?
- What do you think went through these experienced fishermen's mind when Jesus told them to throw their nets on the right side of their boat?
- Who in the boat recognized Jesus first?
- Who in the boat was the first one to respond?
- How many fish did they catch? Why is that significant?
- The word disciple means to be a follower of Christ. How does your life show that you are a disciple of Jesus?

As disciples, pray that you and your family would recognize the Lord when He is near and be ready to respond to Him when He speaks.



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