

FAMILY 30

CHALLENGE



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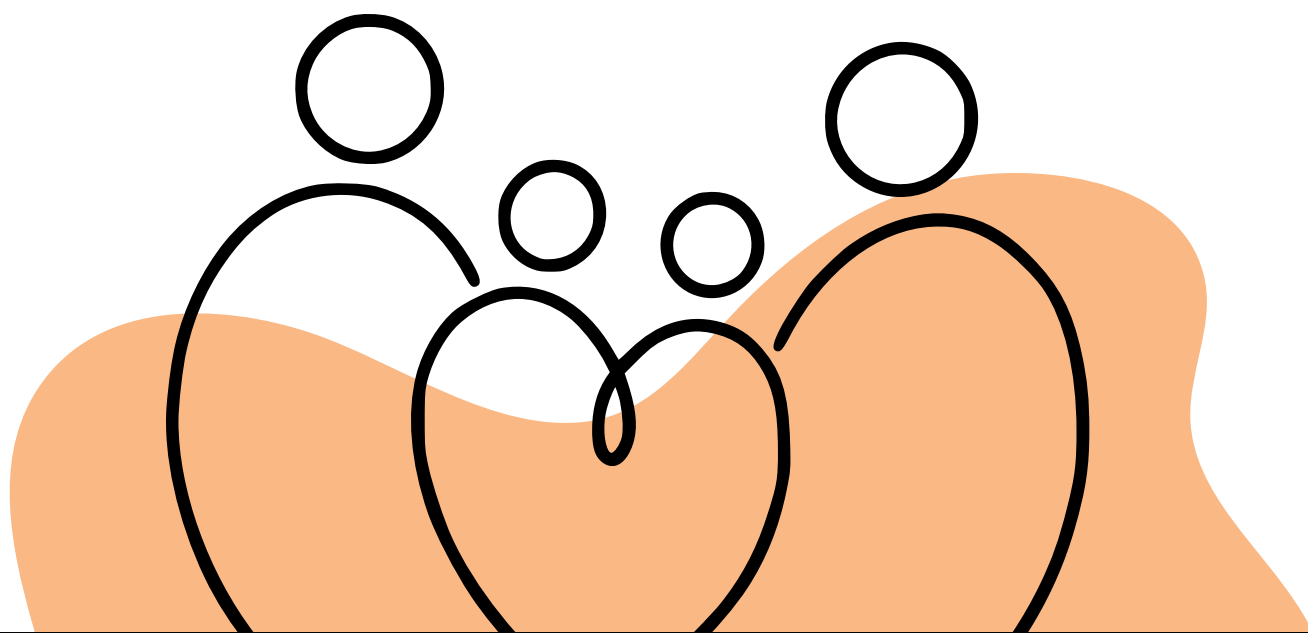
BUILD A STRONGER FAMILY

This 30-day activity challenge is designed to help your family grow closer by intentionally spending time together, engaging in meaningful activities, and deepening your connections with one another.

Building strong relationships takes effort, patience, and prayer, but the rewards of a united and loving family are worth the work.

"Clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one family, you are called to live in peace. And always be thankful." **Colossians 3:14-15**

Here's a list of 30 activities, one for each day of September, designed to help families grow in deeper, healthy relationships. Some activities include Bible scriptures to enrich the experience.



WEEK 1/4

BUILDING CONNECTIONS

☐ **CELEBRATE FAITH TOGETHER**

Spend time together focused on God – Attend Church!

☐ **FAMILY GAME NIGHT**

Play board games or card games together.

☐ **SHARE YOUR DAY**

Take turns sharing something good and challenging about your day.

☐ **THANKFUL JAR**

Each person writes something they're thankful for and adds it to a jar.

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

☐ **WORSHIP TOGETHER**

Spend time singing a song to God – Attend First Thursday Worship.

☐ **FAMILY DINNER**

Cook and enjoy a meal together, each person contributing to the preparation.

☐ **OUTDOOR WALK**

Go for a walk and talk about what you notice in nature.

*The heavens declare the glory of God; the skies proclaim the work of his hands. **Psalms 19:1***



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WEEK 2/4

DEEPENING RELATIONSHIPS

☐ **CELEBRATE FAITH TOGETHER**

Spend time together focused on God – Attend Church!

☐ **PRAYER CIRCLE**

Gather as a family and pray for each other's needs.

☐ **FAMILY JOURNAL**

Start a journal where each person can write down thoughts, prayers, or reflections.

☐ **FAMILY DEVOTIONAL**

Read a Bible passage and discuss how it applies to your lives.

TIP: Attend a Connect Group or even hold your own!

*Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us. **2 Timothy 3:16***

☐ **CREATE ART TOGETHER**

Work on a creative project, like painting or crafting.

☐ **STORYTELLING NIGHT**

Share stories from your childhood or family history.

☐ **ACTS OF KINDNESS**

Each family member does something kind for another person in the family.

*Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. **Ephesians 4:32***

WEEK 3/4

GROWING IN FAITH

☐ **CELEBRATE FAITH TOGETHER**

Spend time together focused on God – Attend Church!

☐ **GRATITUDE WALK**

Take a walk and each person shares things they are grateful for.

☐ **MEMORY VERSE CHALLENGE**

Choose a verse to memorize as a family.

*I have hidden your word in my heart, that I might not sin against you. **Psalm 119:11***

☐ **FAMILY DEVOTIONAL**

Read a Bible passage and discuss how it applies to your lives.

TIP: Attend a Connect Group or even hold your own!

☐ **WORSHIP NIGHT**

Sing worship songs together and discuss their meaning.

TIP: Find your favorite Worship song on YouTube and worship to it!

Come, let's shout praises to God, raise the roof for the Rock who saved us!

*Let's march into his presence singing praises, lifting the rafters with our hymns! **Psalm 95:1-2***

☐ **NATURE SCAVENGER HUNT**

Explore your neighborhood or a park and find different items in nature.

☐ **VOLUNTEER TOGETHER**

Find a local charity or neighbor to serve as a family.

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows.

Galatians 5:13



WEEK 4/4

CELEBRATING EACH OTHER

☐ **CELEBRATE FAITH TOGETHER**

Spend time together focused on God – Attend Church!

☐ **THANKFUL JAR**

Each person writes something they're thankful for and adds it to a jar.

☐ **PRAY FOR OTHERS**

Spend time praying together for friends, extended family, and community members.

*Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. **Philippians 4:6 (The Message)***

☐ **FAMILY DEVOTIONAL**

Read a Bible passage and discuss how it applies to your lives.

TIP: Attend a Connect Group or even hold your own!

☐ **COMPLIMENT CIRCLE**

Sit in a circle and each person says something they appreciate about each family member.

☐ **THANK YOU NOTES**

Write thank you notes to people who have made a positive impact on your family.

☐ **MOVIE NIGHT**

Watch a family-friendly movie and discuss the themes afterward.

☐ **CELEBRATE FAITH TOGETHER**

Spend time together focused on God – Attend Church!

REVIEW AND PRAY TOGETHER

Reflect on the past month and talk about what each person learned. Pray that you will continue to grow as a family and make plans to continue.

EXTRA SUGGESTIONS

☐ **COOK FOR ANOTHER**

Make a meal together for another family or someone in need.

*In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive. **Acts 20:35***

☐ **PICNIC IN THE PARK**

Have a picnic and spend time talking about your dreams and goals.

☐ **CREATE A VISION BOARD**

Make a family vision board with goals, dreams, and scriptures.

*Then the Lord answered me and said: "Write the vision and make it plain on tablets, that he may run who reads it. **Habakkuk 2:2***

☐ **WRITE LETTERS**

Write encouraging letters to each other or to extended family.

*Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one. **Colossians 4:6***

☐ **FAMILY SPORTS DAY**

Play your favorite sport or activity together.

TIP: Invite others to join you

☐ **PLAN A DAY OF SERVICE**

Plan and prepare a day to serve others as a family.