



SEPTEMBER

- 
- 1 Try it Tuesday. As a family, try something new. A new recipe, a new park, a new furniture arrangement, new hairstyles, a new music group... Discuss: how do “new things” make you feel? Do you like change or not? Don’t be tempted to lecture or fix – just listen and learn.
- 
- 2 Worried Wednesday. Have each family member share something that worries them. Only empathetic responses allowed – refrain from fixing or minimizing. Just listen and express gratitude for sharing. Make a list of worries. Then make a list of God’s character traits alongside it. Pray at the end.
- 
- 3 Thinking Thursday. Tackle some riddles or read a mystery together. Discuss: how does it make you feel when you can’t solve or know the answer? How can that actually be good for us? What mysteries about God/faith do you think about? Important for parents to share, too!
- 
- 4 Friendship Friday. Encourage each family member to reach out to one friend who might need a little encouragement today. Hold each other accountable. Discuss: “When has someone shown good friendship to you?”
- 
- 5 Shalom Saturday – Work together today to fix something that’s wrong. Could be a big or small thing in your home, your yard, or in your community. Maybe an item, a process, or perhaps even a relationship with a neighbor... Discuss: What does restoration mean? What does it have to do with God’s Salvation Plan? Even though He doesn’t need help, God invites us to partner with Him in making every wrong thing right in all of creation. How does this make you feel?
- 
- 6 Sharing Sunday. Take turns answering: “When do you feel closest to God? Distant from Him?” Create a safe space by only allowing the following responses to honest answers: “Thanks for sharing that” “Me too” “Let us know if you need help with that”
- 
- 7 Music Monday. Give each member of the family a turn to be DJ and play favorite songs. Only positive comments about music selections allowed. Ask: “Why do you like this song?” or “What do you the main message of this song? Do you agree with the?” Refrain from lectures or – listen and learn about where your kids are. Find something about each song to enjoy along with your child. A little common ground will go a long way later....
- 
- 8 Teaching Tuesday. Sometime today, kids are responsible for teaching a parent something new. How to build with MineCraft. How to throw a spiral football pass. About a new podcast/show they’ve discovered. Maybe the latest slang terms. Model a willingness to learn and engage with their interests.
- 
- 9 Wacky Wednesday. As a family – decide together to do something your family would not normally do. Eat dinner on the driveway, in your pajamas, without utensils. Roll the windows down in the car and blast the music at the stoplights. Skip your chores or make your bed! Laugh together at how wacky (or unwacky) your family is...
- 
- 10 Thankful Thursday. Discuss: Who in your life might need a “thank you”? Teachers, a neighbor, a friend or pastor? Encourage each family member to thank someone today. Hold each other accountable. Discuss: What else are you grateful for today?
-

- 
- 11 Funny Friday. Gather your best jokes and take turns sharing them. Even if they aren't funny, practice your best "fake laughs". Who wins the prize for the best one? Then make a list of your favorite funny movies. Make a plan to watch some of them together over the weekend. Discuss: Why do you think God made humans with the ability to laugh? As image bearers, what does this tell us about God?
- 
- 12 Saint Louis Saturday. Drive to somewhere in St. Louis where your family has never been together. Get a special treat on the way home.
- 
- 13 Prayer Partners! Have every family member write their name and two prayer requests for the upcoming week on a piece of paper. Put papers in a hat and choose who you will secretly pray for throughout the week. Plan a special "Reveal Party" for next Sunday
- 
- 14 Moving Monday As a family, do something together that involves exercise for at least 20 minutes. Take a walk. Have a dance party. Give each family member a turn to pick an exercise to do together: jumping jacks, planks, karate kicks. Pray together and thank God for our bodies and what they allow us to do every day.
- 
- 15 Testimony Tuesday. Look up the word "testimony" in the dictionary. Discuss: What does it mean when people say they are going to share their "testimony" in church? What testimonies do you remember hearing that encouraged you greatly? If someone asked you to give your testimony today? What would you say? Read Psalm 66:16 together
- 
- 16 Where in the World Wednesday. Discuss: Where in the world have you been and where would you love to go? Research your dream places together. What is life like there? Why is it important to remember that the world is so very big and diverse? How does that affect our faith?
- 
- 17 Thirsty Thursday. Get slushies or Starbucks together. Make root beer floats. Use food coloring to change your milk a cool color.
- 
- 18 Free Friday. Have every member of the family put a question in a hat that they've been hesitant to ask about God, the Bible, etc. Create a safe culture in your family by receiving each question with respect and thoughtfulness, and without panic or lectures. Give every member of the family a chance to express their thoughts on each question. Ask: What do you think? Parents: encourage tough questions and allow your kids to see you wrestling with them, too. Leave questions unanswered if needed. Sit in the mystery as brothers and sisters in Christ.
- 
- 19 Surprise Saturday. Surprise a neighbor, grandparent, or friend with a small gift or treat. Shhh..... Be sneaky and drop it off on their porch when they aren't looking. Let them know how much you love them!
- 
- 20 Plan a Reveal Party for everyone to learn who was their prayer warrior during the past week (see Sept 13). Maybe have everyone make a card or share a verse for that person and present them during a special meal.
- 
- 21 Memorization Monday. Discuss: why is it valuable to memorize scripture? Are there any verses that you've memorized that minister to you regularly? Choose a verse to memorize as a family – or as individuals. Set a deadline and hold each other accountable. Research scripture memory tools or apps. Determine a prize for memory masters
-

# SEPTEMBER (CON'T)

- 
- 22 Teamwork Tuesday. Sometime today, work as a team to accomplish a chore. Discuss: what about teamwork makes chores easier? When can teamwork make things more difficult? Why is learning to be part of a team important?
- 
- 23 Wellness Wednesday. Discuss: what healthy habit do you need to work on? Refrain from answering for others – let everyone have ownership of their own habits
- 
- 24 Thumb wrestle Thursday. Thumb wrestle every member of your family.
- 
- 25 Friday Fun. Make an obstacle course and time each other. Build a card house. Do a couple rounds of hide and seek – see if your teens have gotten better since when they were young.
- 
- 26 Service Saturday. Have the kids decide on a big or small service project to do together today. Offer suggestions only if needed: make blessing bags for the homeless, pick up trash in your neighborhood, roll coins for a donation to a charity or church, make a meal for someone, pay a socially distant visit to someone lonely.
- 
- 27 Sundae Sunday. No explanation needed.
- 
- 28 Mail Monday. Discuss how this pandemic season brings loneliness and isolation to so many. Think of family and friends who might be especially blessed by a mailed surprise. Have each member of your family write a note or make a card to mail to someone today. Include an encouraging scripture verse.
- 
- 29 Tasty Tuesday. Taste a new food together today. Discuss: if you had to eat only one food for every meal for the rest of your life, what would you choose?
- 
- 30 Wisdom Wednesday. Have each member of the family choose a proverb to discuss together.
-



OCTOBER

- 
- 1 Thinking Thursday. Discuss: Do you ever daydream? Or let your imagination run wild? Look up this verse: 2 Corinthians 10:5. Why do you think God commands us to “hold every thought captive?” What can happen if we don’t obey this command? What can help us to obey it?
- 
- 2 Fun Food Friday. Pack your favorite foods and have a picnic dinner in a park, the back yard, or living room. Watch a movie about food.
- 
- 3 Sketch-a-scene Saturday. Have every member of your family take turns sketching something in your house from memory and see if others can guess what it is. Discuss: Why do you think God gave different gifts to different people? Do you ever get jealous of other people’s gifts? What helps when you feel jealous or inferior around gifted people?
- 
- 4 Pastor Prayer. Discuss: Can you list the first and last names of all of our pastors? What all does a pastor do? Take some time praying for your pastors today – and send an encouraging email or card thanking them for all they do.
- 
- 5 Museum Monday. Take a virtual tour of a museum together. Discuss: if someone made a museum of your family, what things/exhibits would be in it?
- 
- 6 Table Tuesday. Have each member of the family pick an activity that you all can do at the table together: a card game, play-doh, coloring, hangman, etc... Spend time doing each person’s pick.
- 
- 7 Worried Wednesday. Have each family member share something that worries him/her. Only empathetic responses allowed – refrain from fixing or minimizing. Just listen and express gratitude for sharing. Make a list of worries. Then make a list of God’s character traits alongside it. Pray at the end.
- 
- 8 Throwing Thursday. Spend some time playing catch, frisbie, basketball, or corn hole. Have fun!
- 
- 9 Face-Time Friday. Face time a grandparent or extended family member. Give each person a chance to talk and say hi. Spend a few minutes thanking God for technology and family.
- 
- 10 Shalom Saturday– Work together again today to fix something that’s wrong. (see Sept 5)
- 
- 11 Prayer Partners! Have every family member write their name and two prayer requests for the upcoming week on a piece of paper. Put papers in a hat and choose who you will secretly pray for throughout the week. Plan a special “Reveal Party” for next Sunday
- 
- 12 Music Monday. Discuss: What’s your favorite hymn? Why? Find versions of those hymns online and decide on your favorites.
- 
- 13 Target Tuesday. Invent a game that rewards hitting a target. Draw a chalk circle and give points to the player who can toss small sticks or stones into it. Put a hat on the floor and see who can toss playing cards inside. How many pairs of socks can you shoot into the laundry basket?
-

# OCTOBER (CON'T)

- 
- 14 Wacky Wednesday. As a family – decide together to do something your family would not normally do. Eat dinner on the driveway, in your pajamas, without utensils. Roll the windows down in the car and blast the music at the stoplights. Skip your chores or make your bed! Laugh together at how wacky (or unwacky) your family is...
- 
- 15 Thankful Thursday. Discuss: Who in your life might need a “thank you”? Teachers, a neighbor, a friend or pastor? Encourage each family member to thank someone today. Hold each other accountable. Discuss: What else are you grateful for today?
- 
- 16 Friendship Friday. Encourage each family member to reach out to one friend who might need a little encouragement today. Hold each other accountable. Discuss: “Why do you think God wants us to have good friends?”
- 
- 17 Sunrise to Sunset Saturday. As a family – take some time to watch the sun come up or set below the horizon. Discuss the beauty of God’s creation and how God brings new mercies every morning. How does that encourage you?
- 
- 18 Plan a Reveal Party for everyone to learn who was their prayer warrior during the past week (see Oct 11). Maybe have everyone make a card or share a verse for that person and present them during a special meal.
- 
- 19 Missionary Monday. Learn about the various missionaries and mission organizations that Central supports ([centralpres.com](http://centralpres.com)). Choose one as a family to support and/or pray for.
- 
- 20 Teaching Tuesday. Sometime today, kids are responsible for teaching their parents something new. How to build with MineCraft. How to throw a spiral football pass. About a new podcast/show they’ve discovered. Maybe the latest slang terms. Model a willingness to learn and engage with their interests.
- 
- 21 Worship Wednesday. Put some worship music on and praise God together. Pray for an increased desire to worship Him with our whole lives.
- 
- 22 Thematic Thursday. Plan a meal or activity around a fun theme – like a favorite book or movie your family enjoys.
- 
- 23 Free Friday. Have every member of the family put a question in a hat that they’ve been hesitant to ask about God, the Bible, etc. Create a safe culture in your family by receiving each question with respect and thoughtfulness, and without panic or lectures. Give every member of the family a chance to express their thoughts on each question. Ask: What do you think? Parents: encourage tough questions and allow your kids to see you wrestling with them, too. Leave questions unanswered if needed. Sit in the mystery as brothers and sisters in Christ.
- 
- 24 Service Saturday. Have the kids decide on a big or small service project to do together today. Offer suggestions only if needed: make blessing bags for the homeless, pick up trash in your neighborhood, roll coins for a donation to a charity or church, make a meal for someone, pay a socially distant visit to someone lonely
- 
- 25 Spotlight Sunday. Have each member of the family spend 5 minutes in the “spotlight” to answer questions and/or share something without interruption. Discuss: when do we crave the spotlight? How can we make others feel important and valuable in conversation and/or relationships.
-

---

# OCTOBER (CON'T)

- 
- 26 Mail Monday. Discuss how this pandemic season brings loneliness and isolation to so many. Think of family and friends who might be especially blessed by a mailed surprise. Have each member of your family write a note or make a card to mail to someone today. Include an encouraging scripture verse.
- 
- 27 Teacher Tuesday. Discuss: Who has taught you a lot about God? Let every member share.
- 
- 28 Walking Wednesday. Take a walk together. Thank God for his creation.
- 
- 29 Thankful Thursday. Discuss: Who are you grateful for? Work as a family to write thank you cards to those folks. Spend some time thanking God for them.
- 
- 30 Fan Friday. Discuss: What 2-3 things are you a fan of? Who is your biggest fan? When is it hard to be a fan?
- 
- 31 Surprise Saturday. Surprise a neighbor, grandparent, or friend with a small gift or treat. Shhh..... Be sneaky and drop it off on their porch when they aren't looking. Let them know how much you love them!
-