

**STICKY
FAITH
EVERY
DAY**

Week 5: Simplify

Family Ideas

SIMPLIFY

Sticky Faith Every Day Family Ideas

Below are some ideas and tips for you as you continue to engage this series with your family. This week we are considering the ways that we can simplify our lives by letting go of stuff in order to have space to notice God and to trust in God's provision. Please note that you won't be able to implement all of these ideas, so pick one or two that you would like to focus on and give them a try together!

Ideas for Engaging Your Whole Family in SIMPLIFY

- It's an age-old adage that "more is caught than taught." As parents, think about some ways that you can simplify your lives in order to notice God more this week. What is something that you can let go of? Share your thoughts and plans with your kids, including why it can be hard to simplify and also some of the worries and concerns that you are bringing before God. Remember that letting your kids know why you're engaging in these practices is just as important as letting them know what you are planning on doing. If your family has made a specific choice to fast from (or "subtract") something, now is a good time to check in on that in light of this discussion of simplicity.
- Open up a conversation with your kids about their worries and concerns and what they find themselves chasing after. This may not be the time to try and fix their problems or to question their judgment. Listen first, invite your kids to think about how they can trust in God's provision, and spend some time praying for your kids and their worries and concerns.
- Read Matthew 6:25-34 together as a family and invite everyone to share one way that they have seen God provide for themselves or for someone else. Again, this does not need to be a rigid family devotion moment. This is something that can happen in the car with the help of a smart-phone Bible app and a little bit of traffic. Just make sure the person reading is not the person driving!
- Spend one mealtime together as a family this week sharing a simple meal and then preparing a meal together to deliver to a member of your church or someone in your neighborhood. Discuss as a family how simplifying your own lives gives you space, time, and resources to bless others.

- Have a family night where everyone unplugs from computers, internet, texting, and even television to play a board game or go out for ice cream, or even go for a hike together. Try to keep the activity as simple as possible, making sure that it doesn't cost you much to do it. To be really effective it's best to make this an *invitation* with your kids and not an *imposition* on them.
- In many communities there are local shelters or rescue missions that help distribute clothes, toys, and certain necessities to those in need. Consider as a family donating one item each to a local organization. But here's the catch: ask everyone to choose something that they would *actually wear or use*. It's easy to give away the sweater that Grandma gave you two Christmases ago. Again, make this an invitation and give your kids permission to say no. Hopefully as they are engaging in the SIMPLIFY theme, they'll start asking questions about what they really need. Dropping off your donations together may also be a great experience for your family.