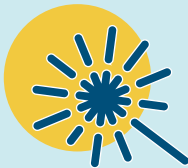


Monday	Tuesday	Wednesday	Thursday	Friday	Weekend



Family Rhythm of Life



What is Family Rhythm of Life?

What it's all about

A big part of being a Christian is sharing the journey with others to build good relationships. A great place to start doing this, is at home. By choosing different activities and repeating them regularly, your family can grow closer to God and to each other.

Inside this pack there are a range of activity suggestions. It's not about getting on God's good side by doing these activities; it's about opening up our hearts for God to make a difference in our lives.

Spark and Shine

Jesus says we are to shine as lights in the world (Matthew 5: 14-16).

The activities below have been listed in two categories based on this idea:



Spark activities help us to receive things like wisdom and love from God through the Holy Spirit.



Shine activities help us to express our faith outwardly and show God's love to others.

It's important to have a balance of both Spark and Shine activities overall – just like a candle needs both a spark to light it, and a chance to shine for everyone to see.

Using your resource pack

Step 1

Talk about your weekly routine and the different interests in your family.

Step 2

Decide on a few points, or just one point, in the week to do an activity together.

Step 3

Choose your activities and stick the matching activity stickers on to your schedule. It's important to have a similar number of **spark** and **shine** activities.

Step 4

Begin using your schedule to invite God into your everyday lives.

Step 5

When needed, adapt your rhythm and choose your extras! See QR code for expansion ideas.

Top Tips

- Develop a rhythm together as a family, try to include everyone's ideas.
- Plan activities around your family's existing routine.
- It's OK to start with one activity and see how you get on.
- Every 4 weeks, why not try something new in your rhythm.
- Challenge yourselves but keep it realistic.

Looking for extra activity ideas?

You can use the QR code to find ideas for different age groups, interests and seasons.

sheffdio.org/family-rhythm-of-life



Share your experience on our Facebook page: Family Rhythm of Life Community (sheffdio.org/frolcommunity)

Spark Activities



- Attend a church service or church activity together



- Choose an everyday activity and write a prayer for when you do that activity
- Create a prayer space



- Make a meal from a different culture and read about its origins



- Go to the nearest park or field and play an outdoor game



- Choose a weekly Bible verse to think about
- Act out a story from the Bible and think about what each character is feeling



- Make a meal or snack together



- Have a dance party! (to worship music or any other type of music)
- Listen to Christian songs whilst doing an everyday task

Shine Activities



- Invite a friend to a church activity
- Wear your faith in the form of a badge, necklace, t-shirt, etc.



- Say grace before a meal - what are you thankful for?
- Pray for your friends and someone who isn't your friend



- Do something for the global community
- Choose a country or area to pray for



- Buy clothes or toys second hand, instead of buying new



- Tell someone else in your household three things that you appreciate about them



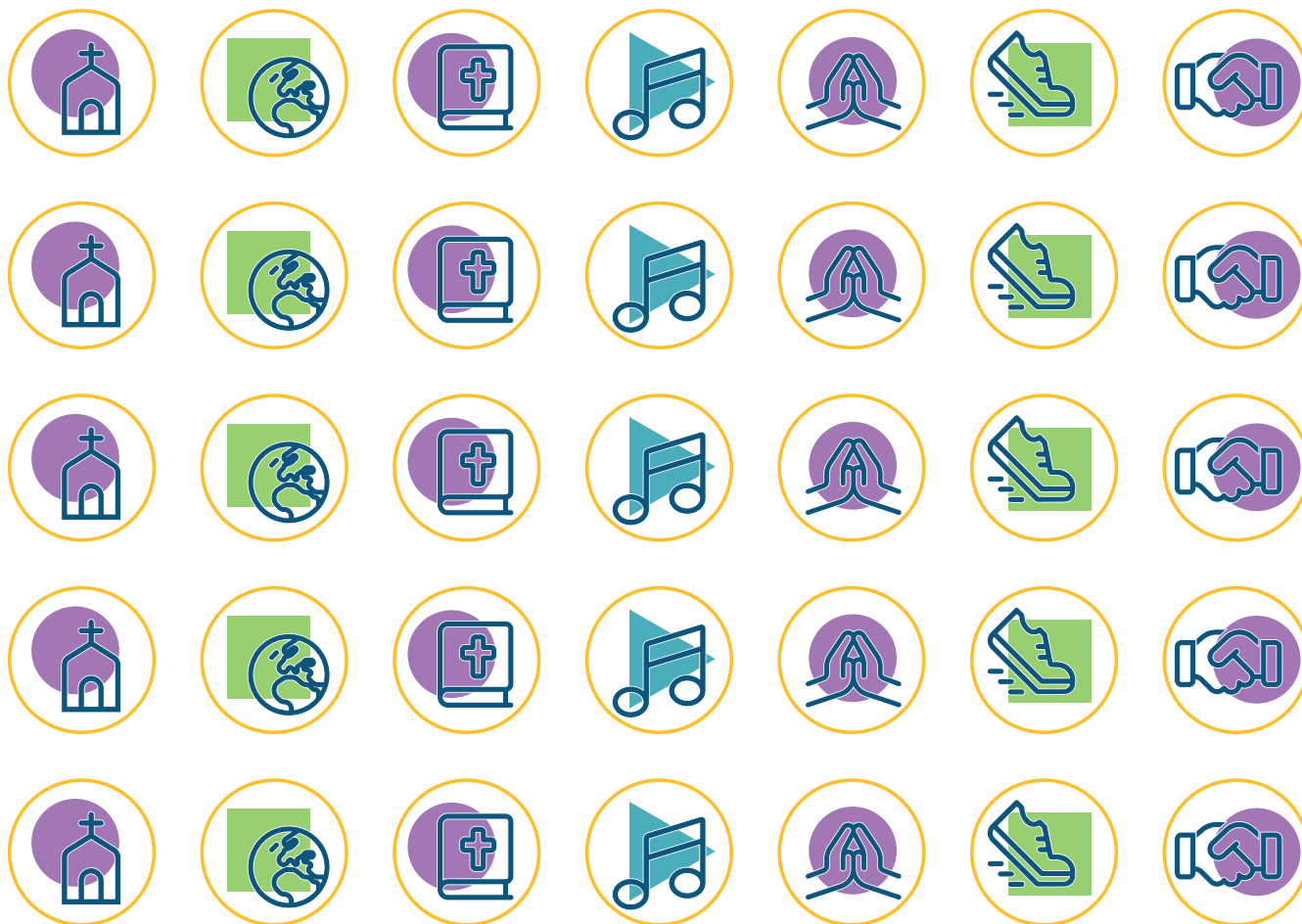
- Do something for your local community
- Give old toys and clothes to charity



- Do some housework together



SPARK stickers



SHINE stickers

