



# 5 Ways

TO FINISH STRONG AS A

# Family



## WEEK 1: MAKE A PLAN AND KEEP THE ULTIMATE GOAL IN MIND.

*"We can make our plans, but the LORD determines our steps."  
- Proverbs 16:9 NLT*

There's an old saying, "If you fail to plan, you plan to fail", and oftentimes that saying rings true in the lives of many people. While keeping your ultimate goal in mind, before you start, be sure to identify, strategize and seek God's wisdom in all things concerning your family so that you're not only able to cross the "finish line" but able to finish strong!

**APPLICATION:** As a family... Identify a goal that you would like to accomplish by the end of the month and create a plan for how you will accomplish it.



## WEEK 2: MANAGE YOUR EXPECTATIONS.

*"Hope deferred makes the heart sick, but a dream fulfilled is a tree of life." - Proverbs 13:12 NLT*

We all know how it feels when our dreams don't come true! It doesn't matter how long we've waited, there's usually a level of disappointment when our expectations go unmet. We must remember, it's our responsibility to manage our feelings and treat others with LOVE, PATIENCE and RESPECT even when things don't go our way.

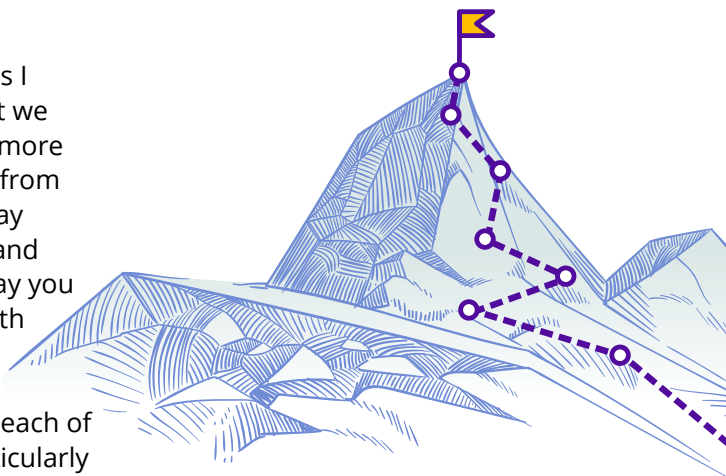
**APPLICATION:** As a family... Apologize for moments where you've lost your cool! Restate your goal and make attempts not to become frustrated the next time.

## WEEK 3: LEAD BY EXAMPLE.

*"Don't lord it over the people assigned to your care, but lead them by your own good example." - 1 Peter 5:3 NLT*

As parents it's easy to fall into the trap of the, "Do as I say, and not as I do" mindset, but the reality is what we do as parents matters most. Children will learn far more from your behavior and actions than they ever will from your words and instructions. It's simple, the best way to encourage positive actions, behavior, character and integrity within your children, is to first model it. May you always be mindful to model words and actions worth imitating.

**APPLICATION:** As a family... Discuss ways in which each of you can model love, respect and extend grace, particularly during times of conflict.



## **WEEK 4: FOLLOW THROUGH ON YOUR COMMITMENTS.**

*"Commit your actions to the LORD, and your plans will succeed."  
- Proverbs 16:3 NLT*

It's common for people to become impatient whenever they become discouraged. Well, let me encourage you! DON'T GIVE UP... DON'T GIVE IN! God is on your side! He desires that we come to Him in our moments of discouragement.

**APPLICATION:** As a family... Identify a Praise & Worship song you can play to encourage your family to finish your commitment strong! If you need some help, check out, "Love Theory" by Kirk Franklin or "Your Great Name" by Todd Dulaney.



## **WEEK 5: REMEMBER, THE LORD IS YOUR STRENGTH.**

*"He gives power to the weak and strength to the powerless." Isaiah 40:29 NLT*

No matter the person, there are times when life just feels hard. While you can't always control the circumstances, you must remember even in the toughest times, you can trust God. You can trust Him with your life, finances, health and most importantly, the family He has entrusted you to steward. Remember to rest in knowing that God's strength, which He offers to your family so freely day after day, will sustain you!

**APPLICATION:** As a family... Share a moment/experience in your life where you felt so weak (literally or figuratively) you wanted to give up but God showed His strength in your situation.

