



FAMILY

WHAT'S AT THE CORE?



zionchurch



xtreme kidz
zion's children's church

OPENING PRAYER

(Anyone in the family is welcome to pray)

FAMILY CHECK-IN: (5 -10 minutes, depending on family size): What is something in your life that's brought you joy and/or purpose lately?

QUESTION: (aim for about 15 - 20 minutes of conversation) When you hear the phrase "Core Values" what comes to your mind?

BIBLE VERSE: *Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Philippians 2:2 NLT*

FAMILY CONVERSATION: Every family is unique! Everything from the way you speak, to the way you live, the foods that you all love to eat, your memories, and even the jokes that only your family "gets" are different! Just as those things previously mentioned are what make your family unique, so are your core values. Contrary to what some may think, Core Values aren't rules and surely they're so much more than just traits or qualities; they're actually at the root of everything that you believe and they ultimately serve as a guide as to how you'll navigate through life. While it's important to have individual core values, it's equally as important to establish Family Core Values. The way you treat others, as well as one another, are all impacted by what you value. Some of the most common values that families often subscribe to are honesty, respect, fun, and spirituality, which are all amazing but as a family, it's vital that you discuss not only what you believe but how you'll put what you believe into action. Making the decision to come together as a family and agreeing wholeheartedly with each other and working together with one mind and purpose is sure to be a gamechanger for generations to come!



LET'S TALK ABOUT IT! Each member of the family takes turns sharing...

*Note: Take time to really think about and unpack what is being shared during this time.

- **As a family, what do you believe is our greatest strength and weakness?**
- **How would you describe the way we show our love and support to one another?**
- **How do you think others would describe our family and why?**
- **What are 3 things that you greatly admire about one another?**
- **Complete the following sentences...**
 - "I feel the most valued when _____."
 - "I feel the least valued when _____."

FAMILY ACTIVITY (Courtesy of PureDesire.org)

DEVELOP A FAMILY MISSION STATEMENT & CREED

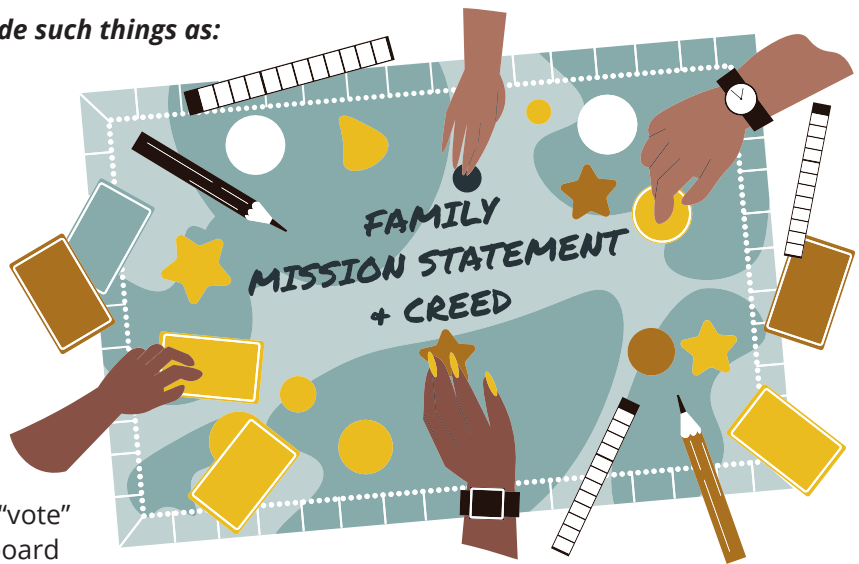
To be successful, every family member must have equal input: the children's ideas are just as important and valued as the parents' ideas. The process takes time, ideally over several days. Set up your family for success: be sure everyone is rested and fed! Make the sessions fun and light. Play some music, have some fun snacks, and take breaks if necessary. Parents, you are the ones who will set the tone—be upbeat and positive.

STEP 1: Create a Collage! Yes, it's that old elementary school activity! Get some magazines, scissors, glue, and construction paper—or create a virtual collage. Have everyone make their own collage that expresses what they want their family to look like or values they want the family to stand for.

STEP 2: Identify Your Values! Everyone gets a chance to share their collage and to explain what's important to them about the family. Have one person in the family (doesn't have to be a parent!) be the note-taker for this part, writing down the values that are expressed in the collages on a piece of poster board. Remember, every value is important and should be written down on the poster board. No editing!

Your family values list may include such things as:

- Unconditional love
- Loving God
- Integrity
- Happiness
- Respect
- Express feelings
- Communication
- Responsibility
- Having fun



STEP 3: Write Your Family Creed!

Give everybody some sticky dots, foil stars, or stickers and have each member of the family "vote" for 5 to 10 values on the poster board that they think are the most important for the family to adopt as part of the mission statement. Circle the values that get the most votes.

Voila! Now you have the basis for creating your mission statement! Write it together, and then post it somewhere visible and important in your home. Make it as artistic and appealing as you can. Using some of the ideas above, a Family Mission Statement, or Family Creed, might look like this: In our family, we love God, love each other no matter what, tell the truth, keep our word, help others, practice forgiveness, choose joy, have fun together, and remember who God called us to be.

FAMILY PRAYER: (Anyone in the family is welcome to pray)

"Father God, thank you for the gift of family. We know that you have designed us especially for one another. Together we pray that our Family Core Values and Mission Statement aligns with your purpose for us and honors you in every way. Please allow our family to be a reflection of the love that you share with us so generously each day. Lord, we ask that you cover our family and continue to show us new ways to love and respect one another. We ask all these things in Jesus' name. Amen."