

DEVELOPMENTAL ASSET™ #20
X Time At Home *X*

**YOUNG PERSON IS OUT WITH FRIENDS
"WITH NOTHING SPECIAL TO DO" TWO OR FEWER NIGHTS PER WEEK.**

By Nicole Lyman

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Nikki is a junior in the Director of Christian education program at Concordia University. Her favorite scripture verses are Exodus 14:14 and Titus 3:5. She loves to play softball, collect movies, and hang out with friends.

Deuteronomy 6:5-9 ...Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up...

- What is family "supposed" to be like according to traditional stereotypes? Media? Church? Society?
- What are all the "shoulds" that are put on families? A family should spend time... Should eat... Should talk...
- What are your own "shoulds" or wishes for family?
- How does your family measure up?
- What is your favorite memory of time spent with your family?
- If a family actually was perfect what would you miss out on learning?
- How do you see God working in the midst of your family?
- What does God wish for your family? How might God find joy in your family?
- What are things do you enjoy doing with your family? What do you wish you could do more of?
- How does your family help structure your time? What if they didn't?
- What is your role in your family? What is it that you contribute?

EXPLORE

Micah 6:8 What does the LORD require of you but to do justice...
Genesis 3:11 Have you eaten from the tree...
Hebrews 12:11 "Discipline always seems painful...but later...
Proverbs 3:11 ...the LORD reproves the one he loves, as a father...
Ephesians 4:32 and be kind to one another, tenderhearted, forgiving...
Psalms 94:12-13 Happy are those whom you discipline...

What Time! ✂

SoWhat?

Select one of the follow starters and reflect on how your own family spends time together or how you would like them to do so.

- I need... ● I hope...
- I learned... ● I will pray...
- I am still wondering...
- I am feeling...
- I will take action by...



Candle Time

Gather around a table as if it were a family table. Turn lights off except for a candle. Take turns sharing prayers of thankfulness and hope for your families. Close by eating together something special to your group.



Leader Page

Discussion Goal

Establish the importance of quality family time in development.

Background

According to a study done in 2005 by *Playing for Keeps*, a national non-profit organization dedicated to improving outcomes and quality of life for all children, family dinners have decreased by 33% over the past 20 years, in fact on average less than 50% of families eat dinner together at least once a week. Family vacations have decreased by 28% and the average American home has the television on for around six hours a day. Kids are out of school a total of sixteen weeks per year for vacations and holidays; while working parents average two weeks of vacation per year.

Statistics show that families who attend church together regularly are closer. However, merely going to worship does not create opportunity for faith development in the home. Through the Holy Spirit, we are able to share our faith is nurtured especially within our own home. Families need quality time together in the home in order to share experiences and develop trust. Possible ways to do this are by incorporating the four keys (Caring Conversations, Rituals and Traditions, Family Service, and Family Devotion) into your daily lives at home. For instance, rather than listening to the radio on the way home from school, children and parents can discuss the day or a certain topic of interest. Instituting rituals within the home allows a child to personalize their faith within a trusted environment. If a child does not feel that their parents have a vested interest in their lives, they are less likely to want to stay home to spend time with them.

Motivate

Choose four volunteers. Assign each one a role (Mother, Father, one son, one daughter). Ask them to role play a family dinner according to how they think the perfect stereotyped American family should look and act. Encourage them to exaggerate the stereotypes in order to contrast this with real families.

In order to help motivate the role play begin by asking what the stereotype 'ideal' American family is supposed to look like.

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