


*A Healthy
Togetherness*

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1. **Show up.** Hebrews 10:24-25. The first step is to make a habit of showing up. Meet together often! This will give you the opportunity to practice the next 6 steps for healthy growth in your family. **Show up for your family.**
2. **Share conversation.** Proverbs 27:17 Once you show up, make the most of your time together. Meaningful conversation brings growth to everyone in the family. Depending on the ages of your children, talk about books, ideas, opinions, current events, funny stories from your day, travel, missionaries, goals, questions someone has, something new someone has learned, God's Word—the possibilities are endless! **Share conversation with your family.**
3. **Share battles.** James 5:16 We all struggle and we are all sinners. Confession brings freedom and healing from the battles and promotes closeness and trust in one another. Is there a secret sin that your child needs to share with you so that you can help them find freedom? Is there someone in your family you need to ask for forgiveness? **Share your battles with each other.**
4. **Suit up.** James 5:16 Pray for what has been confessed. Bring it to God. Set aside time to pray for each other. **Suit up with prayer.**
5. **Spur on.** Hebrews 10:24-25 Encouragement keeps us going in the right direction. It helps us persevere through both the battles and the mundane routine and live for Christ to the fullest. **Spur on each family member** during this next month.
6. **Shout praise.** Romans 15:5-6 With one voice praise God. This verse doesn't say "only in church." If you have never sung together to worship God in your home, it may seem awkward at first, but God calls us to be united in bringing praise to Him. You can also put on worship music or go around the table sharing praises to God. **Fill your home with praise.**
7. **Share bread.** Acts 2:46 Eating supper together produces numerous physical, mental, and emotional benefits. Start with eating one meal all together. During the meal, all electronics must be out of sight to intentionally enjoy fellowship with each other. If this is new to you, please see the "Let's Talk!" link in the email to jump start conversation. This is also a great time to go around the table and practice the steps above. "It's not what is on the table that matters. It's who is in the chairs." (Author Unknown) **Share bread with your family** as often as possible.