

## Use the activity below to help you prepare your personal Family Discipleship Minutes Plan.

### Instructions:

On a scale of one to three, rate how much time and consideration your family gives to the following activities.

*\*Note: If you are looking at this with someone else, it is okay to have differing opinions and preferences on many of these things.\**

1 = Not enough time and consideration

2 = The right amount of time and consideration

3 = Too much time and consideration.

\_\_\_ All family members have time to themselves.

\_\_\_ The whole family does something fun together.

\_\_\_ The whole family has an in-depth conversation together.

\_\_\_ We have fun spending time with people outside the family.

\_\_\_ We talk about the gospel together.

\_\_\_ We serve or worship together.

\_\_\_ The whole family eats meals together.

\_\_\_ The parents(s) plan(s) time for when the family will be together.

\_\_\_ We work out, participate in activities/hobbies, and/or play sports.

\_\_\_ We work at our job(s).

\_\_\_ We sleep.

\_\_\_ We watch TV, read, play video games, and/or listen to music.

\_\_\_ We build relationships with those who don't know Christ.

\_\_\_ We spend time with our biblical community.

\_\_\_ We manage conflict in a healthy way.

\_\_\_ If married: My spouse and I have time for just the two of us, without kids.

*\*This activity is taken from "Family Discipleship" by Matt Chandler and Adam Griffin\**

# SAMPLE FAMILY DISCIPLESHIP MINUTES PLAN

	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>
<b>S</b>	<ul style="list-style-type: none"> <li>•Attend worship gathering together</li> <li>•Family Game/Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>•Attend worship service together</li> </ul>	<ul style="list-style-type: none"> <li>•Attend worship service together</li> </ul>	<ul style="list-style-type: none"> <li>•Attend worship service together</li> </ul>
<b>M</b>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>
<b>T</b>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>
<b>W</b>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Meet with Small group</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Meet with Small group</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Meet with Small group</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>
<b>T</b>	<ul style="list-style-type: none"> <li>•Family Devotional</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Family Devotional</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Family Devotional</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Family Devotional</li> <li>•Bedtime: Read, Pray, Sing</li> </ul>
<b>F</b>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>	<ul style="list-style-type: none"> <li>•Bedtime: Read, Pray, Sing</li> </ul>
<b>S</b>	<ul style="list-style-type: none"> <li>•Big Family Breakfast</li> <li>•One-on-one time with child</li> </ul>	<ul style="list-style-type: none"> <li>•Big Family Breakfast</li> <li>•Dinner with Neighbors</li> </ul>	<ul style="list-style-type: none"> <li>•Big Family Breakfast</li> </ul>	<ul style="list-style-type: none"> <li>•Big Family Breakfast</li> <li>•Serve Project</li> </ul>

*\*This sample plan is taken from "Family Discipleship" by Matt Chandler and Adam Griffin\**

# FAMILY DISCIPLESHIP MINUTES PLAN

	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>
S				
M				
T				
W				
T				
F				
S				