






# ENGAGE YOUR FAMILY WITH growthRings™

 <p><b>LOVE</b> 1 YR.</p>	<ul style="list-style-type: none"> <li>Take part in a baptism or dedication service at your church; remember to have someone take photos to post in your Growfamily Journal.</li> <li>Choose Bible scripture (a “life verse”) that reflects the love &amp; hope you have for your child; display it somewhere in his/her room.</li> <li>Tuck a short letter (from you, your spouse, a grandparent, etc.) to your child in the Growfamily Journal, to be opened as a young adult.</li> <li>Establish a consistent bedtime prayer to share with your child, as part of your bedtime routine; record this prayer in your Growfamily Journal.</li> </ul>
 <p><b>BLESSING</b> 2 YR.</p>	<ul style="list-style-type: none"> <li>Develop the practice of speaking scripture over your child, utilizing routine moments like morning &amp; bedtime, brushing teeth or while buckling up in the car. (scripture ideas at <a href="http://www.growfamily.com/resources">www.growfamily.com/resources</a>)</li> <li>Create a keepsake tag for your diaper bag with a blessing written on it, to be read at each diaper change; then, save it for your Growfamily Journal.</li> <li>Say “God bless you” (rather than simply “bless you”) after a sneeze!</li> <li>State blessings out loud as you stack blocks together.</li> <li>Record your favorite family blessings in your Growfamily Journal.</li> </ul>
 <p><b>FAITH</b> 3 YR.</p>	<ul style="list-style-type: none"> <li>Begin traditional devotions at mealtime, spending 5 minutes as a family reading scripture or utilizing a child-friendly devotional.</li> <li>Spend a few moments coloring or together, as you talk to &amp; listen to God.</li> <li>Mold play-dough into creations that show how God has blessed your family or things you’re thankful that He created.</li> <li>Take advantage of teachable moments, during which you can illustrate your faith. (For example: if you see a rainbow share Noah’s experience; after playing “Follow-the-Leader”, point out how you try to follow Jesus; when replacing a light bulb, explain what it means to be a “light” to others)</li> </ul>
 <p><b>WONDER</b> 4 YR.</p>	<ul style="list-style-type: none"> <li>Record your child’s innocent (&amp; comical) observations about God, about the world &amp; about life to record &amp; cherish in your Growfamily Journal.</li> <li>Get outside! Explore creative ways to enjoy all the seasons together as a family. (Catch butterflies or frogs, pick wildflowers, watch the moon rise, build sandcastles, chase fireflies, watch rain drops...)</li> <li>Investigate God’s creation on every level: invest in both a magnifying glass &amp; binoculars.</li> <li>Cook together, using all 5 senses, thanking God for His provision &amp; creativity.</li> <li>Discover God’s amazing design through simple science experiments &amp; observations.</li> </ul>
 <p><b>PRAYER</b> 5 YR.</p>	<ul style="list-style-type: none"> <li>Designate a space for a family “prayer board”. Update it once a week with family, friends &amp; situations needing prayer, along with answered prayers.</li> <li>Turn prayer into a dance!</li> <li>Give your child a “prayer buddy” (stuffed puppy, kitty or bear) as a comfort &amp; reminder to talk to Jesus anytime; post a photo in your Growfamily Journal of your child with his or her prayer buddy.</li> <li>Practice speaking to &amp; hearing from God while doodling, playing in the sand or blowing bubbles together.</li> <li>Bless passers-by by writing or drawing a prayer with sidewalk chalk.</li> <li>Create a prayer jar &amp; place prayer requests or answers on little slips of paper; take turns pulling a request to share &amp; pray over.</li> <li>Teach the “Five-Finger-Prayer” (thumb: family; pointer: teachers/pastors; index: leaders; ring: those who are sick/in pain/ needing God); pinkie: self)</li> </ul>

# ENGAGE YOUR FAMILY WITH growthRings™

 <p><b>TRUTH</b> 6 YR.</p>	<ul style="list-style-type: none"> <li>Invest is an engaging children's Bible. (consider The Jesus Storybook Bible)</li> <li>Utilize a scripture calendar (available at <a href="http://www.growfamily.com/Store">www.growfamily.com/Store</a>) to help make the Bible a routine part of everyday life.</li> <li>Look for examples of God's truth &amp; Jesus' teachings in nature--take adventures &amp; explore.</li> <li>Pray that God daily reveals His truth to your child.</li> <li>Find time to relax &amp; read scripture silently, side-by-side.</li> <li>Post a simple monthly focus verse for your family to memorize together; record meaningful family scripture in your Growfamily Journal.</li> </ul>
 <p><b>WORSHIP</b> 7 YR.</p>	<ul style="list-style-type: none"> <li>Make regular worship at a local church a priority; take a family photo in front of your church to post in your Growfamily Journal.</li> <li>Explore the fun of worshipping at home together; get creative by playing some homemade instruments or having a "Karaoke for the King" night.</li> <li>If your child plays an instrument or sings, encourage him/her to use this gift to serve or lead in some way; record these experiences in your Growfamily Journal.</li> <li>Experience alternative ways to worship through movement, art or mindfulness activities.</li> <li>Weave worship into your routine with playlists in the car, inspirational podcasts during dinner or worship music while cleaning the house.</li> </ul>
 <p><b>STORY</b> 8 YR.</p>	<ul style="list-style-type: none"> <li>Present your child with a keepsake Bible; take a photo &amp; post it in your Growfamily Journal.</li> <li>Take notes about your child's Biblical perceptions, reflections, observations to record in your journal.</li> <li>Read chapter books or watch movies together &amp; uncover spiritual lessons within a variety of narratives.</li> <li>Based on your child's attributes, decide what person in the Bible he/she is most like &amp; why. Or, talk about which character your child most admires &amp; why. Make notes about this in your Growfamily Journal.</li> <li>Have your child illustrate or retell a favorite Bible story in your Growfamily Journal.</li> </ul>
 <p><b>COVENANT</b> 9 YR.</p>	<ul style="list-style-type: none"> <li>Explore God's "promises" throughout the Bible.</li> <li>Together as a family, create &amp; display a "family statement of faith", outlining the spiritual basis of your home. Post a photo in your Growfamily Journal.</li> <li>Have intentional discussion about covenants your child may want to explore with you relating to safety; relationships; his/her body; social media; etc.</li> <li>In your Growfamily Journal, record 5 "I promise to..." statements between you &amp; your child.</li> </ul>
 <p><b>WISDOM</b> 10 YR.</p>	<ul style="list-style-type: none"> <li>Pray for God's guidance &amp; peace as you enter a season of allowing your child to make more choices &amp; experience more freedoms; record your feelings about this in your Growfamily Journal.</li> <li>Help your child identify 2 or 3 people that are perceived as "wise" &amp; available to address spiritual questions &amp; offer faith support; record these names in your Growfamily Journal.</li> <li>Explore a student-friendly Bible concordance, learning how to navigate &amp; utilize scripture.</li> <li>Host an energetic Bible study in your home for your child &amp; peers; post a group photo in your Growfamily Journal.</li> <li>In your Growfamily Journal, record Bible verses that have challenged, had an impact or elicited growth in your child.</li> </ul>

# ENGAGE YOUR FAMILY WITH growthRings™

 <p><b>MERCY</b> 11 YR.</p>	<ul style="list-style-type: none"> <li>Explore how to support families offering foster care (provide occasional respite care or needed items) or, become a foster family yourself!</li> <li>Keep several bottles of water in your car to share with those in need.</li> <li>Get to know &amp; offer friendship to families with children who are different than your own.</li> <li>Teach intentional eye contact and “hello” when encountering new faces.</li> <li>Donate unused or outgrown items to a charity.</li> <li>Take supplies to a local animal shelter, play with the kittens or walk a rescue dog.</li> <li>As a family, walk around the neighborhood &amp; hand out popsicles, making new friends along the way; take a photo to post in your Growfamily Journal.</li> <li>Spend Thanksgiving serving the homeless at a shelter.</li> <li>Visit a retirement home with Valentine’s Day Cards or Christmas decorations.</li> <li>Check out &amp; participate in “Merry Mercy Christmas” by Growfamily Ministry or Operation Christmas Child by Samaritan’s Purse.</li> </ul>
 <p><b>JOY</b> 12 YR.</p>	<ul style="list-style-type: none"> <li>Commit to “Thankful Thursdays”; together for one year, handwrite &amp; mail a thank you note to someone who has blessed you or your family.</li> <li>Explore a financial class designed for teens. (suggestion: Dave Ramsey’s Financial Peace for Teens)</li> <li>Share &amp; explain your family budget; engage your child somewhat in your financial plan &amp; process.</li> <li>Regularly assess your family belongings &amp; share excess with those in need.</li> <li>Tithe generously to your local church &amp; challenge your child to do the same; make note of the blessings your family receives in this process.</li> </ul>
 <p><b>IDENTITY</b> 13 YR.</p>	<ul style="list-style-type: none"> <li>For one year (on the first of each month) record a note in your Growfamily Journal a trait or gift that makes your child exceptional; give concrete examples for each; share all 12 at the end of the year or on his or her birthday.</li> <li>Maintain open &amp; honest dialogue with your teen; practice listening &amp; wondering more than advice-giving.</li> <li>Establish monthly movie nights, focusing on films that generate dialogue about personal struggles/decisions, family dynamics, forgiveness &amp; grace; save ticket stubs in your Growfamily Journal.</li> <li>Establish relationships with families of your child’s close friends; take adventures together &amp; put a few photos in your Growfamily Journal.</li> <li>Encourage your child to write a personal letter to him or herself, sharing thoughts on life &amp; faith &amp; the future; seal it (unread) for your Growfamily Journal.</li> </ul>
 <p><b>COMMUNITY</b> 14 YR.</p>	<ul style="list-style-type: none"> <li>Assist your child in developing &amp; sharing a creative representation of his or her growing faith (an artistic display; letter to share in front of church family; a dance or reading; a song or poem; an faith-building adventure to share about; etc.); record notes or photos in your Growfamily Journal.</li> <li>Host a celebration dinner in honor of “who your child is in Christ”. Invite those who have spoken life or demonstrated Jesus to him or her.</li> <li>Explore opportunities to be missional together, sharing Jesus with those across the street &amp; around the world.</li> </ul>
 <p><b>AUTHORITY</b> 15 YR.</p>	<ul style="list-style-type: none"> <li>Together, explore &amp; study leaders in the Bible who exhibited their own authority over God’s vs leaders who aligned under God’s authority.</li> <li>Have your child identify a favorite person who has held authority over them in some way (teacher, coach, parent, boss, leader, etc.); ask him or her to explain why this person earned that trust, appreciation, respect or honor.</li> <li>Ask someone who has held authority over your child (&amp; supports his or her spiritual growth) to write a short note to add to your Growfamily Journal.</li> <li>Have an honest discussion about whether or not your child feels God is in authority over his or her life.</li> </ul>

ENGAGE YOUR FAMILY WITH  
**growthRings™**

 <p><b>FOLLOW</b> 16 YR.</p>	<ul style="list-style-type: none"> <li>Find your child a trusted spiritual mentor; after significant time together, ask his/her mentor to write a note of observation &amp; encouragement to add to your Growfamily Journal.</li> <li>Connect your child with a small group of Christian peers or Bible-based youth group to study the Bible &amp; build spiritual confidence together. (Perhaps leading a group yourself.)</li> <li>Explore podcasts/blogs together that provide solid spiritual insight &amp; understanding.</li> </ul>
 <p><b>GRACE</b> 17 YR.</p>	<ul style="list-style-type: none"> <li>Identify your child's current top 3 strengths &amp; weaknesses. List them in your Growfamily Journal, while pointing to 2 Corinthians 12:9.</li> <li>Study/discuss examples of grace throughout the Bible, recognizing that grace is the unifying theme from Genesis to Revelation; talk together about the role of grace in life so far, &amp; the role it might play in the future.</li> <li>Write a short personal narrative to share with your child in your Growfamily Journal, exemplifying a moment of grace you received (or wish you had received) in your own life.</li> </ul>
 <p><b>PURPOSE</b> 18 YR.</p>	<ul style="list-style-type: none"> <li>Have your child illustrate, write about or build something that represents the biggest challenge or fear he or she has; share with your child about times when God has really challenged you.</li> <li>Connect your child with people who are experienced in fields &amp; opportunities that interest your child.</li> <li>Take a risk together--experience something new &amp; challenging that requires dependence on God.</li> <li>Spend time together in prayer over God's plans for your child.</li> <li>Explore &amp; experience ways to serve God; plan a mission/service trip together, recording the experience in your Growfamily Journal.</li> </ul>
 <p><b>LEAD</b> 19 YR.</p>	<ul style="list-style-type: none"> <li>Help your child speak into the lives of kids 5-10 years younger by finding opportunities to serve as a helper, teacher, mentor, camp counselor or small group leader; document these experiences in your Growfamily Journal.</li> <li>Encourage your child to develop &amp; utilize his/her gifts to serve the church, campus organization, local ministry or nonprofit organization.</li> <li>Share podcasts/blogs with your son or daughter that exemplify strong, Godly leadership practices.</li> </ul>
 <p><b>PEACE</b> 20 YR.</p>	<ul style="list-style-type: none"> <li>Write a letter in your Growfamily Journal to your child, celebrating how God has prepared him or her to share Him with the world; thank your child for how God has been revealed to you in the process.</li> <li>Prepare a "rites of passage" dinner with loved ones to mark this important time of "release"; present a gift (devotional/photo frame/etc.), along with your completed Growfamily Journal.</li> <li>Set up time for intentional prayer &amp; discernment about how to best support your child's continued spiritual growth, walk &amp; fruit-bearing opportunities.</li> <li>Seek relationships with other couples/friends who are releasing children for mutual support &amp; spiritual comradery.</li> <li>Come alongside (empower, equip &amp; encourage) young couples who are just beginning this journey with their children; gift them with a Growfamily Journal of their own!</li> </ul>