

# FEBRUARY 2026

"MAINTAINING A HEALTHY GARDEN"



## Spiritual Practice:

Healthy Living



## Bible Story:

Christ's Death and Resurrection



## Memory Verse:

1<sup>st</sup> Corinthians 6:19-20



## INTRO TO THIS MONTH'S THEME

from Laura Hunter, GF Program Director

This month, God's Story is divided into two parts again. Your family will use story pieces to reenact the events in Christ's life from Palm Sunday through the Resurrection. Use your script and your new props to tell the story. The video QR codes are found on pages 1 and 2 in the 'God's Story' section of your curriculum.

Your families are the first group to experience this new Spiritual Practice for February. The ATS Fitness team will teach us about **Healthy Living**. Read your Parents' Guide for more information about this month's activities and watch the Fitness team's weekly videos (under 3 minutes each). **RSVP early** for each activity.

You will discuss the topic of Values again this month. Use your value card game from October. There is a new instruction sheet in your curriculum. This month is also a good time to introduce the book ***The Techwise Family: Everyday Steps to Putting Technology in Its Proper Place***. This is a must-read book as you consider your family's core values.

# FAMILY ENGAGEMENT PLAN: WEEK 1

Gentle reminder that this is not a to-do list. Feel free to pick and choose what works for your family. The goal is connection over perfection.

## FORMATION

Scan these to watch videos on the website

- Open your Resource Bag and read the weekly schedule for February. Gather at least one day a week to engage in Growing Families activities together.
- Watch the first two videos from our fitness team about Healthy Living. (1 minute and 47 seconds), Use the QR codes to the right. These will guide your month's activities.
- Sign up quickly for the Healthy Meal Prep on February 6<sup>th</sup> at 1:30 in the Community House. You must reserve a space. We close reservations on 2/4/26.



## TELLING GOD'S STORY

- Watch God's Story video part 1 with your children (7 minutes). Use this QR code here →
- Children and parents can interact with the story pieces while watching the video or use them to retell the story. Enjoy your snack anytime!



## MARRIAGE & FAMILY

- Parents, watch the video with Dr. Russell Hall about your child's temperament (18 minutes)



# FAMILY ENGAGEMENT PLAN: WEEK 2

Gentle reminder that this is not a to-do list. Feel free to pick and choose what works for your family. The goal is connection over perfection.

## FORMATION

- Watch the week 2 Healthy Living video and go have fun on Friday, Feb. 12<sup>th</sup> at 4:30 pm in the student center gym. No childcare needed. Bring the whole family. Snacks and water provided.
- Read The Techwise Family book. Last year, several of the older children and teens read the book with their parents. This was a hit with our team!
- Use your Value Cards from October with your new instructions. Get to know your family better through their responses to the game.



## TELLING GOD'S STORY

- Watch God's Story video part 2 with your children (6 minutes). Use this QR code here →
- Spend time wondering together about the significance of these events.



## MARRIAGE & FAMILY

- Put this date on your calendar: Thursday, February 19<sup>th</sup> in Cordelia with Dr. Russell Hall. Remember to register your children for childcare. Come at 11:30 for lunch.
- If you haven't watched Dr. Hall's parent video yet, you can find it at this [QR code](#) -->.



# FAMILY ENGAGEMENT PLAN: WEEK 3

Gentle reminder that this is not a to-do list. Feel free to pick and choose what works for your family. The goal is connection over perfection.

## FORMATION

- Beginning on Ash Wednesday, February 18<sup>th</sup>, use your Lenten Conversation Cards with your family. These are a great way to start conversations in the car, too.
- Watch the Week 3 Healthy Living video and reserve your space in the fitness center for spiritual rest on Saturday, February 21<sup>st</sup> at 2:00 pm. Childcare will be available for small children if you RSVP. (This space is upstairs in the gymnasium at the Student Center)



## TELLING GOD'S STORY

- Interact with all the story pieces for Videos 1 and 2. Can your family tell the story by memory? If not, your script will help.
- Toddlers and families can tell God's Story using the Rhyme Cards. Watch Steph Peterson's video here -->



## MARRIAGE & FAMILY

- Attend the discussion at 12 PM in Cordelia on Thursday, February 19th with Dr. Russell Hall. Remember to register your children for childcare. Watch the video and write some questions to ask Dr. Hall.



# FAMILY ENGAGEMENT PLAN: WEEK 4

Gentle reminder that this is not a to-do list. Feel free to pick and choose what works for your family. The goal is connection over perfection.

## FORMATION

Watch week 4, Healthy Living video and come to the Community House on Thursday, February 26<sup>th</sup>, between 2:00 and 4:00 to pick up your long-stemmed flowers. Please RSVP for this service project so we will have the right amount of flowers for each family.



Deliver your flowers anytime over the weekend. One suggestion is to visit a hospital parking lot and place the flower on the windshields of cars. You could also deliver flowers to anyone who needs a kind word, is grieving, or may be sick.

## TELLING GOD'S STORY

Families with youth, have you interacted with the Art Activity that accompanies God's Story videos? This can be a bonding experience for your family. Busy hands increase brain activity and help teens engage in deep conversation.



## MARRIAGE & FAMILY

Have you begun reading the book, The Techwise Family? Come to Cordelia on Wednesday, March 4<sup>th</sup>, with Dr. Hall (an extra lunch this month). You do not want to miss this conversation about technology and the family. Every family needs to create a plan for technology use. Come at 11:30, so your children can eat lunch. 12:00 childcare begins.

# BONUS SECTION: DIGGING DEEPER

Browse these activities after you've completed your family engagement plan.



Scan this code to visit this month's Recommended Materials page on the Growing Families website. All of these links can be found there.

## READ

- [Eight Simple Steps to a Healthier Family](#)
- [Organic Wesley](#) - In our Lending Library
- [Food and Faith: A Theology of Eating](#) - In our Lending Library

## WATCH/LISTEN

- For current content from the ATS Fitness Team, check out their page on Facebook:  
<https://www.facebook.com/asburyseminaryfitness>

## ENGAGE

- [Nutrition switches](#) (healthy recipes)
- Two mobile apps suggested by Robin Ferraro: The Yuka app and the Fig app to scan grocery barcodes for nutritional information.
- [Growing Intuitive Eaters](#) (free course videos)