

MAY 2025

“A FLOURISHING, THRIVING GARDEN”



Spiritual Practice:
Savoring



Bible Story:
Review God's Story



Memory Verse:
Psalm 126:3 NIV



***“The Lord has done great things for us, and we are
filled with joy.”***

FAMILY INTERACTION PLAN

You may use this four-week format or develop your family plan for this month. The Growing Families program is designed to use one or more days each week, but you can find your family rhythm. We've given you the approximate participation time to interact with the program each week.

Week 1 (May 1 -3)

- Watch the Formation Video with Laura Hunter for an Introduction to this month's curriculum. (8 minutes)
- Parents: before your family eats the snack, read the curriculum page, 'God's Big Idea for May: Savoring'. There are three sections to this Spiritual Practice. Plan a time to go through each section. (10 - 15 minutes each) Your snack bag will be used for part 2 - slowing down and savoring the present moment.
- Spend time this month reviewing the 'Measuring Our Family's Growth' document. This is an overview of your year in Growing Families. As you read each month's activities, don't keep score of what you've accomplished. More importantly, remember family moments, conversations, and play time together. Savor your family's growth, then give thanks.

FAMILY INTERACTION PLAN

Week 2 (May 4 - 10)

- Play the God's Story game to see how well you remember what happens in God's Story.
- Parents watch Dr. Stratton's video about setting goals and use the corresponding worksheet. This is a great exercise as we complete our Growing Families cohort. What goals will you set to continue your new Rule of Life and Family Discipleship Plan as a family?
- Read Part 1 of the Savoring practice. Use your rock wall as you remember.

Week 3 (May 11 - 17)

- Sunday, May 11th, is our last Growing Families dinner. Come ready to enjoy being together one last time. We will give you a special book as a gift this evening. Please let us know if you cannot attend the dinner.
- Read Part 2 of the Savoring practice. Slow down and savor the present moment with your snack.
- Take some quiet time and begin reading the book, 'Breathe'. Two special church year celebrations are coming up, and you'll be reading about them in the book. May 29th is Ascension Day, and June 8th is Pentecost. Plan as a family how to celebrate these days.

Week 4 (May 19 - 25)

- Read Part 3 of the Savoring practice. Think about your unknown future and trust in God's help.
- Do you want to do a mission/service project as a family this year? We will reimburse your family for food, lodging, and travel up to \$500.00. Talk to our Growing Families Team for some great ideas.
- We need your online Exit Survey for each family member by the end of May. Look for the link in your email.

PARENTING VIDEO



PARENTS:

Watch the video – Dr. Steve Stratton

Watch Dr. Stratton's video as he shares how to set goals for your family. Please use this process to plan how to continue the weekly family time you experienced in Growing Families. Parents, after you discuss the goals you want to set, bring your children into the discussion. Let them have ownership in the goals you set as a family.