

OCTOBER 2025

PLANTING SEEDS FOR GROWTH



Spiritual Practice:
Sabbath



Bible Story:
When things fall apart



Memory Verse:
Colossians 3:12-13



INTRO TO THIS MONTH'S THEME

from Laura Hunter, GF Program Director

Last month, your family discussed what a Christian believes using the Apostles' Creed. This month, your family will discuss Christian character. We all make decisions according to our value system. Our behavior reflects those same values. One way parents can shape children's spirituality is to review your family values often. For example, we teach children to share their toys because kindness is a Christian value. We share with them that when they tell the truth, they are practicing the value of honesty. As parents, we can model what correct behavior looks like, then ask the children to re-play the situation with a different outcome. They are practicing Christian values.

Every individual in your family is unique. Their actions reflect their value system and everyday decisions. For instance, having fun may be more important to some than hard work, or friendship more important than being honest. Children are developing their own value system. Your family will play a Value Card Game this month. There are two separate games for younger and older children. This is a fun way to introduce this topic, and in February, Dr. Russell Hall will share more about the importance of values.

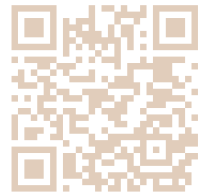
FAMILY ENGAGEMENT PLAN: WEEK 1

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

- Read through the Family Engagement Plan and consider your family's schedule this month. Plan to meet together once a week
- Watch the Introduction video (7 minutes), using this [QR code](#)
- Open the October Resource Bag with your family

Scan these to watch videos on the website



TELLING GOD'S STORY

- Watch the God's Story video as a family (10 minutes). Use this [QR code](#)
- Eat the popcorn snack during God's Story or your Sabbath rest



MARRIAGE & FAMILY

- Watch the video with Dr. Steve Stratton about Conflict. (20 minutes)
Use this [QR code](#)



FAMILY ENGAGEMENT PLAN: WEEK 2

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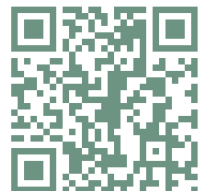
FORMATION

- ☐ Play the Value Cards Game. You will learn new things about your family members
- ☐ Read about the Spiritual Practice of Sabbath in your curriculum. What new idea does your family want to try? You may want to watch the first video by Dr. Matthew Sleeth (11 minutes). Use this [QR code](#)



TELLING GOD'S STORY

- ☐ Ask someone in the family to tell God's Story about when things fall apart. [Young children](#) may use the sensory bin while telling the story
- ☐ Watch the art video for [teens](#) using this [QR code](#).
Your family can participate with your art supplies



MARRIAGE & FAMILY

- ☐ Attend Dr. Stratton's lunch discussion on Thursday, October 16th, at noon in Cordelia. Remember to register your children for childcare. If you haven't watched the video yet, you can find it at this [QR code](#)

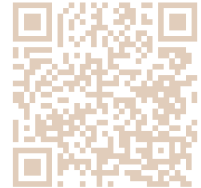


FAMILY ENGAGEMENT PLAN: WEEK 3

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

- ☐ Take a walk with your compass and the compass activity page
- ☐ Attend the October 17th Operation Christmas Child event
- ☐ Watch and try the 3 new Prayer Postures from Dr. Chris Kiesling using this QR code



TELLING GOD'S STORY

- ☐ Try telling God's Story for September and October together. Do you remember all of it?

MARRIAGE & FAMILY

- ☐ Go over the '10 steps to regulating Conflict' as a couple. Find this in your curriculum binder

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

- ☐ Play the Values game again and learn more about your family members
- ☐ Try another idea this week, found in the Parent's Guide to the Spiritual Practice of Sabbath

TELLING GOD'S STORY

- ☐ How can your family interact with God's Story this week?
Let the children decide.



MARRIAGE & FAMILY

- ☐ Are there ways you want to use the 10 steps to regulating Conflict" with your children?
This is found in your curriculum this month

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, which includes links to purchase or watch these resources and many more for this month.

READ

- ☐ [Sabbath Keeping by J.D. Walt](#)
- ☐ [How to Guard Sabbath for Your Children](#)
- ☐ [Sabbath Poem](#)
- ☐ [The Sabbath as Spiritual Practice](#)

WATCH/LISTEN

- ☐ [The Bible Project: Sabbath](#)
- ☐ [Matthew Sleeth's 24/6 videos](#)
- ☐ [Conversation on Sabbath with John Mark Comer](#)

DO

- ☐ Make a Sabbath box for your family with activities and/or toys you only use on the Sabbath
- ☐ Invite another family over to share a Sabbath meal
- ☐ Take a break from Technology during your family Sabbath