

# Faith and The Modern Family

## "What Should I Feed My Time Starved Kids?"

Romans & Ephesians

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**Feed Them** \_\_\_\_\_.

*"Please, my lord, go ahead of your servant. We will follow slowly, at a place that is comfortable for the livestock and the children. I will meet you at Seir."*

**Feed Them** \_\_\_\_\_.

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is."*

*Romans 12:2 NLT*

**Feed Them** \_\_\_\_\_.

*So then, be very careful how you live. Don't live like foolish people but like wise people. Make the most of your opportunities because these are evil days.*

*Ephesians 5:15-16 GW*

### This Week

**Monday:** As a parent ask and answer this question. "What one thing can I stop doing to have a better family life pace?"

**Tuesday:** Just before bedtime, Read Ephesians 5:15-16 together as a family then pray this prayer. "God, help us to be careful with our time. Give us wisdom as a family to know how to make the best use of our time together. Amen."

**Wednesday:** Have dinner together and ask this question and let everyone answer, "What were your highs and lows today?"

**Thursday:** Parents, on a separate piece of paper, write a note to each of your children letting them know how much you love them. Put it in their lunch or on the mirror in the bathroom for them to see.

**Friday:** Collect each family member's phone and put them in a drawer. Spend the next hour playing a board game that gets you all talking.