

Family New Year's Resolutions

House on the Rock Family Ministries

December 26, 2009

As a family and as a couple

- Plan a family outing like a short road trip or apple or strawberry picking. Even little outings are great memory-making opportunities.
- Work on a family project together; engage the kids and your spouse in home improvement clean the van efforts or baking projects.
- One day or more a week, eat dinner together as a family with the TV turned off and talking to each other as a family.
- Get to know your kids; encourage your kids to get to know you Ask each other a question and give an honest answer (i.e. Who is your best friend? What did you eat for lunch today?). Be creative—this should be fun!
- Make a regular date night with your spouse. Even if it's just a couple of hours every other Tuesday, set aside connect time.

With extended family, friends and neighbors

- Take time/make time for a monthly call to out-of-town relatives and long-distance friends to catch up and share news.
- Create an e-mail list, or family website, to keep in touch monthly with extended family and friends regularly instead of just with holiday newsletters and cards.
- Connect with *other* families. Reach out to a neighborhood family that you don't know well and commit to getting to know them better.
- Get involved in something you can with extended family members.

Give to others through community service and volunteerism

- Offer your own time or adopt a project as a family.
- Participate in a family fundraiser for a local non-profit.
- Invite another family to an outreach event at your church.
- With every change of the season, plan a family weekend to package outgrown clothes, toys and little-used household items to deliver to a rescue mission, clothing closet ministry or goodwill.

Pebbles of Truth is a ministry of House on the Rock Family Ministries (www.hotrfm.org).

This worksheet is designed to complement the Pebbles of Truth radio feature heard on WJTL Saturday, December 26, 2009. If you missed the spot, or want to hear it again, you can listen to it on our website <http://www.pebblesoftruth.com>.

Adopt healthier eating habits

- Eat fast food one less time each month.
- No soda or sugary drinks. As your primary drink, choose water, 100% juice or fat-free milk instead.
- Add at least one fresh fruit snack to your daily routine.
- Switch to whole grain breads, pasta and cereals.
- Plan a family “pantry raid”—read labels and remove foods that don’t fit in your healthy eating plan—high sugar, trans fats, high fructose corn syrup. Then shop together to restock with healthy foods.

Find more time for physical activity and play

- Spend 30 minutes outside playing with your kids—regardless of the weather.
- Add physical activity or play time to the calendar. Schedule an evening walk, backyard soccer games with your kids with the same commitment as other important meetings. Busy families live by the calendar. If your time for physical activity as an individual or as a family isn’t on it, it won’t happen.
- Pick a fun run/walk or 5K a few months away. Sign up in advance, train as a family and participate in it together.
- Think in small steps. If you are just starting an exercise program, focus first on adopting the habit—regular walks or a low-impact class. As you attain your first goal, set the next one and raise the bar if you are ready.
- Be mindful of choosing an activity that is fun for you, fun for the whole family and will allow you to engage with others. It is much more fun to work towards success when you have the support of your personal community.

Spiritual Growth together as a family

- Begin devotions together as a couple. Choose a book of the Bible you would like to read and talk through together. Be sure to pray together.
- Schedule family devotions. Before you tuck them read some scripture with your kids, talk about it and pray together.
- Pray for non-Christian family members, friends and neighbors.
- Volunteer to help with your children’s programs at church or after school Bible Clubs. Let your kids see you serving the Lord.
- Adopt a missionary family that you can pray for and support regularly.

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