

# SUMMERTIME FAMILY FAITH

Summer is a great time to build faith habits. Every day has a different theme! Do your best to complete as many activities as you can for the month. For each activity you complete, put a star on the calendar!

Don't worry if you miss a day or if the activity doesn't work for you. Just pick it back up again the next day.

## SCRIPTURE SUNDAYS

On Sundays we read a very short scripture for the week. Just reading it is enough for a star! If you'd like to post the verse somewhere in your house for the week to memorize or think about more deeply, feel free! Note that sometimes only a part of the verse is listed. All wording comes from the New Revised Standard Version of the Bible (NRSV).

## MINDFUL MONDAYS

On Mondays we practice mindfulness by recalling something we felt or experienced. Share your answer with your family members around the dinner table or before bed and put a star on for the day!

## TRANQUIL TUESDAYS

On Tuesdays we find peace and stillness through nature by observing something special about the world God created. We look for ways to appreciate nature and unwind in the beauty of our natural world! Put a star on the calendar when you complete the activity!

## I WONDER WEDNESDAYS

On Wednesdays we'll talk about an open ended "I wonder" question that invites us all to think about something with curiosity and flexibility. Just spend a few minutes wondering together and put a star on your calendar.

## THANKFUL THURSDAYS.

On Thursdays we think of the many things we are grateful for by naming a unique gratitude. After everyone shares, you can put your star on the calendar!

## FUN FRIDAYS

On Fridays we do a fun activity together as a family. These ideas are suggestions, and you might choose something different to do together or modify the activity to better suit the ages and preferences of your family. Put a star on the day if you do something fun together for the day!

## SERVICE SATURDAY

On Saturday we show our faith through acts of service. Sometimes the activities are within our own household or family and other times they are in support of the world around us. Add your star to the day when you complete your activity for the week!

## REMINDERS

These activities are to help you build a habit. Don't try to be perfect! If there's a day or activity that doesn't work for you, either complete the activity on a different day, or skip it altogether. Feel free to modify the activities to best suit your family. Have fun! Share your progress with your church leaders or friends so you can build these habits together!

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# FAMILY FAITH IN JUNE

SCRIPTURE  
SUNDAY

MINDFUL  
MONDAY

TRANQUIL  
TUESDAY

I WONDER  
WEDNESDAY

THANKFUL  
THURSDAY

FUN  
FRIDAY

SERVICE  
SATURDAY

						1 Deliver treats to a neighbor.
2 "Be still and know that I am God" Psalm 46: 10 (NRSV)	3 "One time I felt peaceful today was..."	4 Listen to the sounds of birds chirping outside. How many different chirps and songs can you identify?	5 I wonder if it's easy for you to be still and quiet?	6 A friend I am thankful for...	7 Play a game together.	8 Make a simple bird feeder to care for the birds in your neighborhood.
9 "Sing to the LORD a new song!" Psalm 98:1 (NRSV)	10 "One sound I noticed today was..."	11 Lie on your back and look at the clouds. What do they look like? What shapes do you see?	12 I wonder what songs you sing when you are happy?	13 A place I am thankful for...	14 Paint, color, or play with play-doh together.	15 Pick up trash in your neighborhood.
16 "You are the light of the world!" Matthew 5:14 (NRSV)	17 "One texture I touched today was..."	18 Close your eyes and listen for the rustling of leaves. Can you hear them or is the air too still?	19 I wonder how others know we love them?	20. A person I am thankful for....	21 Listen to songs form different decades.	22 Make a card and send it to someone you needs extra love and support.
23 "Love is patient." 1 Corinthians 13:4 (NRSV)	24 "One time I felt happy today was..."	25 Draw a picture of a plant, tree, or flower.	26 I wonder when you feel God's love the most?	27 A thing I am thankful for...	28. Make a collage of things that make your family unique.	29 Reuse something instead of throwing it in the trash.
30 "Love is kind." 1 Corinthians 13:4 (NRSV)	© 2024 Traci Smith, All Rights Reserved					



# FAMILY FAITH IN JULY

SCRIPTURE SUNDAY	MINDFUL MONDAY	TRANQUIL TUESDAY	I WONDER WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SERVICE SATURDAY
	1 "One color I noticed today was..."	2 Go outside in your bare feet and feel the grass on your feet or mud in your toes.	3 I wonder how we can show others we love them?	4 A freedom I am thankful for...	5 Have a family talent show!	6 Give away toys or clothes you don't need anymore.
7 "We love because [God] first loved us." 1 John 4:9 (NRSV)	8 "One smell I smelled today was..."	9 Eat a meal or snack outside on a picnic blanket.	10 I wonder what it means to say that "we love because God first loved us?"	11 A book I am thankful for...	12 Go on a nature walk	13 Help organize the recycling in your home.
14 "Rejoice always." 1 Thessalonians 5:16 (NRSV)	15 "One sound I heard today was..."	16 Sit outside with your eyes closed and notice how the sun feels on your face.	17 I wonder what makes you rejoice?	18 A color I am thankful for...	19 Tell silly jokes!	20 Learn about an organization in your community that is making the world a better place.
21 Jesus said "I am the light of the world." John 8:12 (NRSV)	23 "One thing I tasted today was..."	23 Find a tree to sit under. Thank God for its shade.	24 I wonder why Jesus said "I am the light of the world?"	25 A memory I am thankful for...	26 Make your own ice cream sundaes.	27 Write an encouraging message on the sidewalk in chalk.
28 "Jesus said to them 'Peace be with you.'" John 20:21 (NRSV)	29 "One feeling I felt today was..."	30 How many different colors do you see in nature? Look for every color in the rainbow.	31 I wonder how we can show peace to others?			



# FAMILY FAITH IN AUGUST

SCRIPTURE SUNDAY	MINDFUL MONDAY	TRANQUIL TUESDAY	I WONDER WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SERVICE SATURDAY
				1. A food I am thankful for...	2 Draw with chalk outside.	3 Donate food to a food pantry.
4 "You shall love your neighbor as yourself." Mark 12:31 (NRSV)	5 "One thing I saw out my window today was..."	6 What bugs or insects can you find outside? See if you can find at least three different ones.	7 I wonder how we can love our neighbors as we love ourselves?	8. Something in nature I am thankful for...	9. Watch a movie or show	10 Leave a kind note on someone's windshield.
11 "I can do all things through Christ who strengthens me." Philippians 4:13 (NRSV)	12 "One thing I noticed about the weather today was..."	13 Collect five interesting rocks or branches from outside.	14 I wonder when it might be hard to follow Jesus' example	15 A family tradition I am thankful for...	16 Make homemade lemonade.	17 Help with some of your household chores.
18 "In the beginning God created the heavens and the earth." Genesis 1:1 (NRSV)	19 "One thing that made me smile today was..."	20 Read or listen to music outside today.	21 I wonder why God decided to create the world?	22 A teacher I am thankful for...	23 Go to the library together and read.	24 Write a thank you note to someone who helps others in your community.
25 "Jesus Christ is the same yesterday, today, and forever." Hebrews 13:8	26 "One time I felt peace and calm today was..."	27 Take a short walk outside today and notice the beauty of God's creation.	28 I wonder how Jesus is the same yesterday, today and forever?	29 A summer memory I am thankful for...	30 Blow bubbles together outside.	31 Say a prayer for world peace.

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# CERTIFICATE

## of Participation

This certificate is presented to:

For successfully participating in the Summer Faith at Home Challenge!  
Very well done and keep it up!

