

PARENTS PODCAST



Main Ideas

Find the freedom to say “no” to a lot of great things so that you can say “yes” to intentional time with family.

Investing in your own health and the health of your marriage overflows into an investment in your kids.

Build your family priorities around your family identity.

Cultivate the ability to think “big picture” instead of getting stuck in the “immediate crisis.”



Discussion Questions

What is the vision of where you want your family to end up? If you don't have one yet, plan a time to dream about that with your spouse this week.

Think about the last time you went into “crisis mode.” What would it look like to step out of this in the future and start pursuing a clear vision for your family?

Share about a time when you saw a simple, intentional investment have a significant impact on one of your kids.



Three Tips

Keep it simple.

You don't need to have the perfect plan for your family time. Release yourself from that pressure. What makes a greater impact are the simple things that happen consistently over the elaborate things that happen occasionally.

Make it intentional.

Intentional doesn't mean intricate; it just means purposeful. Keep the big picture in mind. Maybe your family stays an extra 30 minutes at the dinner table on Thursday nights to cultivate great conversations. Whatever it is, think about the purpose it serves.

Be consistent.

Creating consistency around the things we value as a family is how we influence legacies. Further, it's what actually fuels our kids' desire to be part of what's happening in our family culture! They will start to look forward to these “staples”—the things that make us, us.



Next Steps & Resources

Join the Life.Church Parent's Facebook group!

Check out Family-iD and the associated resources to help your family live with intentionality and purpose.