

Family Time Training

THE FAMILY TIME FORMAT

A guide for getting started having Family Time in your home. See more at [FAMTIME.COM](https://famtime.com)



MEET WEEKLY

The ultimate goal is to lead a once-a-week Family Time in your home. Most Family Time activities take 20 minutes or less to complete



NO FUSS DINNER

Eat leftovers, fast food or order a pizza; use paper plates; paper cups; whatever it takes to keep it simple. You want to focus your time on the activity, not on cooking and cleaning.



DISCUSS YOUR LAST FAMILY TIME

Sometimes children will remember lessons from one, two and three weeks ago. Other times you may have to give them a hint or mention the activity which will remind them of the lesson.



PLAY OR SING YOUR FAMILY TIME THEME SONG

Pick a song that is important to your family. Since this is for your spiritual training time consider songs that talk about the faith, family, relationships, and love.



PRAY

Use this time to expand your children's conversation with God. Many families pray at mealtime and bedtime. During Family Time you can expand your conversation with God to include school, neighbors, health issues, etc



PRESENT THE OBJECT LESSON & MESSAGE

You can find hundreds of activities when you join Total Access, or visit famtime.com for or free monthly activity.



OPTIONAL MEMORY EXERCISE

Some activities have a memorization for younger children. Consider using this to drive home the point