



## ACTIVITY #1

# Family Fun & Blessing Night!

## FIVE EASY STEPS TO PLAN THIS FFB NIGHT:

- 1 Plan a favourite meal that the whole family will enjoy. Perhaps have everyone chip in and help make it.
- 2 Talk about how your children are feeling about social issues that are going on in their lives. Talking can be a good way to help them process what they have heard. As you listen, you will also be better prepared to guide the conversation to help them navigate this the best way possible.
- 3 Bless each of your children, with special words affirming their gender, character, identity, and dreams.
- 4 Share a short scripture and biblical principal that applies to the conversation. Conclude this time with an opportunity for each person to pray about the current situation.
- 5 Play your children's favourite board games and activities that will build memories and relationships among the family. This is a great opportunity again to talk, engage, laugh and learn!

## THAT IS IT!

RESEARCH HAS SHOWN THAT FAMILIES THAT PRAY TOGETHER DO STAY TOGETHER. THE NUMBER ONE DETERMINING FACTOR OF FAITH AND WELL-ADJUSTED YOUNG ADULTS IN THEIR TEENS AND TWENTIES IS A FATHER AND MOTHER'S BLESSING. CLOSE BY PRAYING THE AARONIC BLESSING OVER YOUR HOUSEHOLD:

"MAY THE LORD BLESS YOU AND KEEP YOU; MAY THE LORD MAKE HIS FACE TO SHINE UPON YOU AND BE GRACIOUS TO YOU; MAY THE LORD LIFT UP HIS COUNTENANCE UPON YOU AND GIVE YOU SHALOM PEACE."

NUMBERS 6:24-26