

Faith and The Modern Family

What Should I Feed My Time Starved Kids?

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A quick internet search or conversation with your neighbor, if you find the time, will reveal that busyness and family balance tops the list for today's modern family. One survey asked what the top 10 issues facing today's family were. Three of the top ten responses involved time or lack thereof. Busyness, work-life balance and lack of family communication all appear on the top ten issues facing today's modern family. How does this impact family ministry in the church? How does this effect our own parenting? In this session we are going to answer the question, "What should I feed my time starved kids?"

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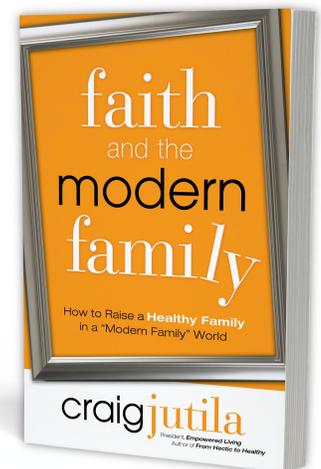
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What Should I Feed My Time Starved Kids?

1. Feed Them _____

5 Ways to Give Your Family a Healthy Life Pace

1. Define Your _____

“But Jacob said to him, ‘My lord knows that the children are tender and that I must care for the ewes and cows that are nursing their young. If they are driven hard just one day, all the animals will die. So let my lord go on ahead of his servant, while I move along slowly at the pace of the droves before me and that of the children, until I come to my lord in Seir.’” Genesis 33:13-14 NIV

2. Work at _____

Each night when she came home from work, Gina spent an hour playing with her six year old daughter, Amanda. Everything else came second: dinner, chores, even Amanda’s homework. Playtime was a ritual. But one night Gina had to bring home extra work; playtime with Amanda would have to wait. Looking around for something to occupy Amanda, Gina found a magazine with a world map on its cover. She tore the map into pieces and spread them on a table. “Once you’ve put the puzzle together, we can play,” she told her daughter, assuming the task would keep her busy for hours. A half-hour later, Amanda announced she was finished, and sure enough, she had pieced together the entire map. “How did you do that?” Her mom asked. Amanda said “It was easy, Mommy.” There was a picture of a family on the back, and when I put the family together, the whole world just fell into place.”¹

Amanda may be on to something here. When we put the family together, the world just seems to come together.

¹ Story Adapted From “The Whole World Came Together, <http://www.businesslead.com/msb/anecdotes.htm>, (accessed August 2012)

3. End to End vs _____ to _____

Drive Kids to School **THEN** Arrive at Office **THEN** Make a Call **THEN** Answer Mail
7:30am.....9:00am

Typical parent schedule from 7:30am to 9:00am. **NOW**

Drive Kids to School..... **AND**
Start Working..... **AND**
Make a Call..... **AND**
Answer Email..... **AND**
7:30am.....8:00am.....9:00am

Someone may say, "I'm allowed to do anything," but not everything is helpful. I'm allowed to do anything, but I won't allow anything to gain control over my life.
1 Corinthians 6:12 GW.

4. No Your _____

A healthy family boundary is something you set that indicates a healthy limit for your family.

Here are a few questions to discuss with your family.

How many sports can your child be involved in at one time?

How many times should your family have dinner together each week?

How much homework is appropriate each school day?

How many outside activities can your child be involved in at one time?

What time should you, as a parent be home from work?

How much TV time is allowed each day?

How much computer or phone time is appropriate each day?

How many church services is too much?

5. Simply _____

Reduce your choices by reducing clutter

2. Feed Them _____

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.”
Romans 12:2 NLT

Know Rest = No Stress

5 Steps To Moments of Rest

Day One: _____ It

Day Two: Say _____

Day Three: Plan _____

Day **Five**: Don't Worry



Day Four: Smarter Not _____

3. Feed Them

So then, be very careful how you live. Don't live like foolish people but like wise people. Make the most of your opportunities because these are evil days.
Ephesians 5:15-16 GW

5 Days To Uninterrupted Time Together

Monday

As a parent ask and answer this question. "What one thing can I stop doing to have a better family life pace?"

Tuesday

Just before bedtime, Read Ephesians 5:15-16 together as a family then pray this prayer. "God, help us to be careful with our time. Give us wisdom as a family to know how to make the best use of our time together. Amen"

Wednesday

Have dinner together and ask this question and let everyone answer, "What were your highs and lows today?"

Thursday

Parents, on a separate piece of paper, write a note to each of your children letting them know how much you love them. Put it in their lunch or on the mirror in the bathroom for them to see.

Friday

Collect each family member's phone and put them in a drawer. Spend the next hour playing a board game that gets you all talking.