



BEST SUMMER EVER

DEAR CHURCH FAMILY,

We are excited to provide resources for your home to make this summer the **BEST SUMMER EVER!**

Summer is a great opportunity to be intentional to grow personally, with your spouse and with your kids. As you prepare for these months ahead, we want to equip you to make this a significant time for you and your family. This kit is our gift with the hope that the information and activities will foster great conversations and experiences with your spouse, teens and kids.

DR. KEVIN MCKEE

Senior Pastor

For additional information, visit
Thechapelbr.com/parents

BUCKET LIST

Create a bucket list for intentional times this summer. Consider writing your ideas on a poster board, popsicle sticks or paper to go in a jar. Come up with your own list, or borrow from these suggestions:

- | | |
|---|--|
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Camp in your back yard |
| <input type="checkbox"/> Take a walk together | <input type="checkbox"/> Go to the zoo |
| <input type="checkbox"/> Visit the library | <input type="checkbox"/> Do a service project |
| <input type="checkbox"/> Sing a favorite song | <input type="checkbox"/> Bake something together |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Go bowling |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Go to a museum |
| <input type="checkbox"/> Have a picnic | <input type="checkbox"/> Do a puzzle |
| <input type="checkbox"/> Watch a favorite movie | <input type="checkbox"/> Play on a playground |
| <input type="checkbox"/> Write a letter | <input type="checkbox"/> Work in the yard/garden |
| <input type="checkbox"/> Build a fort | <input type="checkbox"/> Go through old pictures |
| <input type="checkbox"/> Run through the sprinkler | <input type="checkbox"/> Put together your family tree |
| <input type="checkbox"/> Play in kiddie pool/slip and slide | <input type="checkbox"/> Try a new restaurant |
| <input type="checkbox"/> Go on a family bike ride | <input type="checkbox"/> Write out your home's prayer requests and pray for each other |
| <input type="checkbox"/> Play frisbee | |
| <input type="checkbox"/> Have a water balloon fight | |

SUMMER FAMILY TIME

Take advantage of the warm evenings to plan a few outdoor Family Time activities. Try this one to get started then discover more Family Time ideas at heritagebuilders.com

Following The Directions: Create a map or use a GPS to guide you to a favorite place such as park. Load up the family and let them know you are going for a fun surprise. Have children give directions from the map/GPS device-guiding you step by step. As you get directions, insist you know best and turn the wrong way. Try to end up at some dead end and admit you got lost. Ask the kids what you should do. (Answer: Start over and follow directions!) After you finally arrive at the destination after properly following directions, read **Psalm 119:104-105** and discuss the following:

- What went wrong the first time we drove? (Answer: I ignored the map)
- What is the map for us to make right choices in life? (Answer: The Bible)
- How much fun would we be having now if I kept insisting I knew best? (Answer: None!)

SUMMER SERVING

Summer is a great opportunity to teach your children about serving and helping others. See if there is a neighbor or friend that has a need. Your project can be as simple as providing a meal to going on a mission trip with your family.

SUMMER RESOURCES

- **Making Summer Count**, by Joyce Heinrich and Annette Heinrich LaPlaca, includes scriptural devotions, stories, reinforcing activities for the whole family, suggestions for vacations with a difference, and more.
- **Sanity in the Summer**, by Linda Dillow and Claudia Arp. This fun-filled book features easy-to-do, creative activities, games, recipes, and more to help you and your children enjoy the summer months together.
- **The 4:8 Principle**, by Tommy Newberry, is a great Date Night resource for couples to go through together and/or with older children during the summer months to help create a joy-filled culture at home.
- **Adventures in Odyssey:** The Ultimate Road Trip Family Vacation Collection audio (age 8 and older)

BEST SUMMER EVER

Connect your kids to the spectacular things going on this summer at The Chapel.

* Go to thechapelbr.com/children for more information on Vacation Bible School and more for kids grades K-5.

* Check out thechapelbr.com/youth for information on Ignite summer events for grades 6 -12.

INTENTIONAL TIME YOUR FAMILY WILL NEVER FORGET

SUMMER SCRIPTURE

Choosing a summer scripture for your home helps focus on the importance and power of God's Word and allows you to have fun together along the way. The following ideas can help you get started:

- **Pick:** Work together as a family to pick a summer scripture. Consider choosing a topic in an area in which your family might need to grow. (eg: kindness, gratitude, compassion)
- **Write:** Spend some time writing out the verse in different ways. Use little cards that can be put on bathroom mirrors, computers, in the car, etc. Have kids draw if they are too young to write out the verse.
- **Move:** Create hand motions for each word in the verse. This is helpful for memorization and is great fun creating together.
- **Sing:** Put your verse to a popular tune to sing together.
- **Play:** Use the words in the verse to play a game. For example, sit in a circle and toss a bean bag to each other. The first person starts with the first word of the verse and tosses the bag. Whoever catches the bean bag next says the second word to the verse, and so on.
- **Repeat:** Throughout the summer, choose specific times like bedtime, dinner or in the car that you go through your verse together.

SUMMER STORIES

Awaken your family's moral imagination with great stories rooted in Christian values.

As a place to start, we highly recommend all seven Chronicles of Narnia stories by C.S. Lewis. (age 8 and older) These can be found in both book and audio format. We also suggest the following titles to help you select age-appropriate literature for each of your children.

- **Honey for a Child's Heart**, by Gladys Hunt
- **Honey for a Teen's Heart**, by Gladys Hunt and Barbara Hampton

SUMMER TRAVEL

"Are we there yet?" Summer is often a time with hours in a car or plane. Make the most of travel time together with these great ideas.

PREPARATION

- To help children get the most from traveling, include them in the preparations for the trip. Get a road map for each school-age child, and find books or search online about the places you will see.
- Pack a special activity bag for each child. Ideas to include in the bag: games, notepad, favorite snacks, a fun craft or activity, or books.

ACTIVITIES

You can also get creative and work together to make up your own games.

- **Alphabet Thankfulness:** You can play this game out loud or have older kids write out their lists. Starting with the letter A, each person names something that they can be thankful to God for. This can be a person, place or anything! Examples: A-Aunt Peggy, B-Brothers, C-Chocolate. At the end of the game, say a prayer thanking God for all the things He has blessed you with.
- **Car Bingo:** Search online for a free car bingo game printable or make your own. You can draw pictures or use stickers of items you might see.
- **Talk Time:** Travel time is a great opportunity to connect and communicate with each other. Have a list of questions to talk through. Take turns asking questions, letting your kids ask you questions as well. Questions can be as simple and silly as "If you were any animal what would you be and why?" to deeper questions like, "What is one thing you want us to pray for you this next year?"
- **Drive-time Audio:** Hours in the car fly by when enjoying these wonderful stories that reinforce Christian faith and values. Consider listening to Adventures in Odyssey and Chronicles of Narnia.

SUMMER MOVIES

Watching movies together as a family can be fun and intentional. Watch together and use the following questions to open up dialogue.

- What was the "big idea" in the story?
- Who were the main characters and what were they hoping for or trying to achieve?
- What qualities did you admire in the main characters?
- What qualities did not honor God?
- What themes or scenes from this film touch issues of faith and/or morality?
- Did the story affirm our beliefs or undermine them?

SUMMER JOURNAL

Kick off an "All About Me" project that can continue throughout the entire summer!

- **Make A Journal:** Get items to make a small journal for your child. Let them use stickers, cut out items they love in magazines, etc. to decorate their "All About Me" journal.
- **Pose Questions:** Create some questions for them to answer in their journal about themselves, their age, their favorite things, etc.
- **Keepsakes:** Encourage them to collect keepsakes from particular activities that you do during the summer months.
- **Pictures:** Buy a disposable camera for them to take special photos of their summer fun to add to the journal.
- **Celebrate:** At the end of the summer, go through the "All About Me" book and talk about all the wonderful memories that you have made. Celebrate God's goodness for all His many blessings!
- **Share:** This is also a great project for kids to take back to school to share when their teacher asks them what they did this summer.

SERVING OPPORTUNITIES

For the Family

CHURCH EVENTS

M.A.S.H. Week July 16 — July 20 8:30 — 1:00 PM

For Entering 6th—8th Graders

Wildwood Elementary Workday July 21 8:00—4:00PM

For the entire family

OTHER SERVING IDEAS

Local Nursing Homes or assisted living facilities

- Sunrise Assisted Living 225-359-9940
- The Haven 225-769-7538
- St. James Place 225-215-4500
- The Blake at the Grove 225-424-6714

In your neighborhood

- Go for a walk picking up trash around the neighborhood
- Bake a batch of cookies and write a Thank-you note to give the garbage collectors when they reach your house
- Write a Thank-you note for your postal worker, and tape it to the front of the mailbox.
- Ask your neighbors if you can help them mow their lawn or water their flowers

Reaching out to others

- Pick flowers, and take them to someone who needs to be cheered up
- Send a care package to one of the missionaries The Chapel is supporting
- Have children write Thank-you notes to the adults who invest in them
- Write letters to grandparents
- Assist at the BR Foodbank 225-359-994

SERVING TOGETHER

To Build a Stronger Family

Why Serve together?

One great way a family can grow closer to God and one another is by doing simple acts of service together. Benefits include...

- The joy of making a difference together
- An opportunity to emphasize virtues like generosity and humility with our children
- Increasing a child's sense of gratitude through exposure to those less fortunate
- Meet abundant needs of others

Going Further Resources

Our FAITHMAP Giving & Serving packet is available through the Family Life Ministry Office. We desire to help you become intentional about building a God-honoring family one step at a time.



BEST SUMMER EVER

SERVING AND MISSIONS OPPORTUNITIES

Be intentional to lead your
family on mission together
this summer!

Galatians 5:13b "... through love serve one another."

BEFORE SERVING TOGETHER

FIND A SHARED PASSION:

Spend some time talking with your child/teenager about the things that interest and concern them. It will be more meaningful if you have a shared passion for the specific area of service. (Examples: If your family has an interest in poverty-stricken areas, find a place to feed the homeless. You may have a teenager that loves kids and it would be great to serve in an orphanage or at the church with the children's or special needs' ministry.)

FIND A GOOD FIT:

Serving can be as simple as baking cookies for a homebound neighbor or making birthday cards for those in a nursing home. It can be an extended serving time such as a missions trip or meeting a particular need on a regular basis. Keep in mind, there are often great projects and scheduled mission events already planned that your family may want to take part in. (For ideas, stop by the Family Life Ministry Office) It is important for the kids to participate in the selection process. Share a short list of pre-screened opportunities with them and ask each to make a case for which they would like to do and why. If you can't select just one, schedule several over the coming summer months. Think through each of the following questions as you consider serving options for your family ...

- **Skills:** What are the skills, strengths and talents of each family member that might influence your choice of where you serve?
- **Learning:** What kinds of things would your family like to learn from volunteering?
- **Logistics:** What are the best times and locations for your family to volunteer?

WHILE SERVING TOGETHER

BUILD RELATIONSHIPS:

Serving together is an ideal time to get to know each other better. Take note of what different family members do well. Intentionally encourage them and tell them you are proud of how they demonstrated a great attitude or area of strength.

GO DEEPER:

Work as a family to really invest in others' lives. Spend some time learning the names of those you serve. Look them in the eyes and find out their interests and their story. Allow those you serve to learn about your family. This will allow your children to see those you are serving as valued individuals and possibly similar to your own family. This may also create great conversations later with your child.

BE SAFE:

While it is great to serve together and try new things, it's just as important to make sure that you are not putting anyone in your family in a risky situation. Keep a close eye on one another, especially children and teenagers. You might want to make sure that you are working directly with each other or that you can see your child at all times.

SERVING WITH YOUR SPOUSE

Helps create intimacy

Allows you to learn more about one another

Provides opportunities for greater communication

Models meaningful partnership

AFTER SERVING TOGETHER

TALK ABOUT IT:

Take time right after you finish serving to talk about your family volunteer experiences. By reflecting and talking about it, the experience will have a greater impact and allow family members to share what really meant a lot to them, moved or challenged them. This is also a great way to get to know each other better.

DISCUSSION QUESTIONS:

The following questions may be helpful to guide your conversations when you finish your time of serving together:

What?

What kind of difference did we make together?

Allow each family member to share stories about the experience. They can be sad, silly, frustrating, funny or serious and touching stories.

Why?

Why was it important to do this project together as a family?

How did it fit with the values and beliefs that are important to our family?

How did it impact you? (Everyone share)

Now what?

Is there anything that we can do differently as a family as a result of our time serving together?

How did it impact our entire family?

What kinds of activities do we want to do in the future?

PRAY FOR THOSE SERVED:

Take a few minutes to pray as a family asking God to bless those you served by using your act of service to bring hope, healing and grace into their lives.



OUR SUMMER TECH PLAN

BEST USE

As a family time discussion guide to create a healthy plan for using devices and technology in a God-honoring way during the summer

ADVANCE PREPARATION

- Schedule a family time and include some special treats such as ice cream sundaes or cookies
- Look through the ideas found on the reverse side and think through what will work best for your family

DURING THE FAMILY TIME

1. Read through the ideas/tips together.
2. Discuss and create a summer tech plan using this guide to talk about the positive/negative aspects of technology. Your family will have the greatest success if you help establish the “why” behind the plan.

READ:

Look up and discuss two scriptures as a foundation for setting internal values and talking about the “why” behind technology boundaries.

- Guard your mind (see **Philippians 4:8**)
- Setting time limits (see **1 Corinthians 6:12**)

CHOOSE A STRATEGY:

- Tech Tickets:** Do a chore or make a good choice to earn a ticket/sticker, which you may turn in for a certain amount of tech time.
- Before Tech Time:** Have a list of items/chores that need to be completed before your tech time.
- Create Your Own Strategy:** Use your current system or create a new one, and add a summer technology plan to help manage time and priorities. Check out Choremonster and OurPact to set limits, block, schedule, and grant access to devices.

TECH TIPS:

- **Be Together:** Engage in technology together vs everyone on their own devices.
- **Protection:** Invest in software services such as Covenant Eyes to help protect your family when using a device that can access the web. Use promo code CONNECTED for a free 30-day trial at **covenanteyes.com**
- **Charging Time:** Set a time frame when everyone will charge their devices in one place like the kitchen or parent’s bedroom. (ie. 8pm-7am)
- **Time Limits:** Set limits for how long each family member can be on devices, including yourself. (Exceptions may apply for time spent on trips and work.)
- **Tech-free Zones:** Create certain times or places (mealtime, car time, bedrooms, etc.) that are tech-free to help protect and promote family interaction.
- **Model Behavior:** Put your device down and connect with your child. Model now what you want your kids to do in the future.

OUR HOME SUMMER TECH PLAN:

Below, write out your summer tech plan. Include the strategy, exceptions, limits, and tech-free zones. Have everyone sign it and then go enjoy a dessert together.

Signatures: _____

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COUPLES BUCKET LIST: TOGETHER LET'S...

BEST USE

As a date night discussion guide to nurture a pattern of fun dates and creative times for couples to connect with each other

ADVANCE PREPARATION

- Schedule a dinner or coffee date
- Each spouse check at least three activities found on the reverse side that you would like to do together

DURING THE DATE

1. Take turns sharing your top three bucket list ideas
2. Spend some time dreaming of other things to do together
3. Plan and schedule three additional dates—taking turns selecting from your top choices on the bucket list

TOGETHER LET'S...

- Go bowling
- Go to a museum
- Find new games to play
- Take a cooking class
- Go dancing/take lessons
- Camp out or camp in
- Have a movie marathon
- Go on a mission trip
- Find a new hobby
- Go to a concert
- Have a progressive dinner
- Put a puzzle together
- Find a drive-in movie
- Serve others
- Go on walks
- Play on a playground (without kids)
- Work in the yard/garden
- Go through old pictures
- Research our family trees
- Go on a road trip
- Try a new restaurant
- Take goodies to a neighbor
- Go roller-skating
- Play putt-putt golf
- Go horseback riding
- "People watch" at the mall
- Eat on our good china
- Plant a tree
- Pick fruit to bake with
- Read a book
- Memorize a scripture
- Make coupon books for each other
- Go to a musical
- Have a massive food or water fight
- Make scavenger hunts for each other
- Spend a preset amount of money on each other
- Window shop with "pretend" money
- Take a photography class
- Go fishing
- Build a fire to make s'mores
- Rent a favorite movie
- Star gaze
- Go to the aquarium
- Fly a kite
- Ride go-carts
- Build something
- Go to a sporting event
- Run through the sprinkler
- Go on a day trip
- Ride bikes or take a hike
- Start a collection together
- Make a list of compliments to share with each other
- Find a new recipe, grocery shop and cook together
- Pray aloud for each other
- Go to an arboretum/park for a picnic and pictures
- Go to the zoo

1. _____
2. _____
3. _____

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Christmas In

JULY

Why not celebrate God's amazing love by hosting a Christmas Party in July? Pull out your Christmas tree, wrap up some presents, invite some friends, and let them know that the Savior was born to save us from our sins. Here are some examples of what you could do.

- Decorate your Christmas tree.
- Find three things you own that you think would bless someone else. Wrap them up and give them away.
- Bake a birthday cake for Jesus, and remember to thank Him for His wonderful gift of salvation.
- Cut out paper into snowflakes, and hang them from your ceiling. You can also tape them to your front door.
- Build a snowman out of scrap paper
- Play paper snowballs. Put on earmuffs, scarfs, and mittens and sing a carol.
- Make hot chocolate and sprinkle it with marshmallows. Perhaps you are in the mood for some apple cider and cookies?
- Make ice cream.
- Above all else, thank God for giving His only Son to die for you, and ask Him to give you the same generous heart.

Creating Memories with A Time Capsule

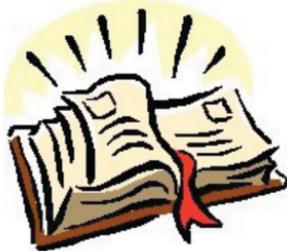


There's nothing better than family memories and sharing them. We've come up with a suggestion sure to please everyone no matter what age... with a lasting memory to boot. We love the idea of creating your own backyard time capsule where everyone contributes and places the items in a container; then organize a family 'dig' to bury it. Choose a date in the future to retrieve, and relive the memories together and all over again! Here are some ideas of things to include.

1. A current photo of your family. Why not a few photos depicting key events from 2018?
2. Traced cut outs of every family member's hands with the following information: 1) What are your dreams? "ten years from now I want to ... 2) What is your favorite Bible verse? 3) What is your favorite memory of 2018? 4) What is one thing you have learned about God in 2018?
3. Any objects, that means something from 2018. Hopefully in 10 years, these items will evoke fun and fond memories. Use a sharpie pen to write the date and family member's name on each item.
4. Take pictures of everyone creating their contributions and take pictures of where your capsule is buried (just in case you forget where the treasure is hidden).

For the container, you can use a coffee can, a plastic jar with a screw-top lid, or a zip lock bag. It just needs to be something durable and waterproof. Don't forget to place a date on your calendar (10 years from now) when you will dig up your time capsule.

Scripture Memory



The rhythms of summer can provide us extra time to memorize scripture. As a family, pick a few verses to learn together! Hold each other accountable! Make it FUN! Sing the verses to your favorite tunes! By memorizing scripture, you will help your children see the value of hiding God's Word in their heart. After you've learned a verse, try to reflect back on it often so your children will see the instruction in God's Word and how it can always be applied to their life! Set a goal (verses learned) as a family and plan toward celebrating accomplishing that goal with a special treat!

Listed below are some short verses for children.

Acts 16:31	Matthew 28:20	Psalms 139:14
Psalms 145:9	Ephesians 4:32	Isaiah 43:5
Genesis 16:13	1 John 3:23	Psalms 1:6
Philippians 4:4	Psalms 56:3	Matthew 28:6
Proverbs 14:5	Psalms 118:24	Acts 5:29
Numbers 6:24	Psalms 119:105	1 Thessalonians 5:17
Colossians 3:2	Psalms 136:1	1 John 4:19
Colossians 3:16	Luke 6:31	Psalms 46:10
1 John 5:3	Philippians 4:13	Proverbs 2:6
Ephesians 4:30	Psalms 138:1	Psalms 150:6
Hebrews 13:8	John 10:11	Ecclesiastes 12:13
Psalms 150:6	Ephesians 6:1	Isaiah 26:4
Proverbs 3:5	Proverbs 30:5	Galatians 6:7
Romans 10:13	Matthew 6:24	John 11:35
Romans 3:23	Deuteronomy 6:5	
Matthew 5:14	Matthew 22:39	
Psalms 145:9	1 Corinthians 10:31	
Colossians 3:20	Psalms 19:1	
James 1:17	Genesis 1:1	

And for parents:

Exodus 20:12	Proverbs 20:17	Acts 20:24
Deuteronomy 6:6-9	Proverbs 22:6	1 Corinthians 15:58
Deuteronomy 11:18 -19	Proverbs 22:15	Ephesians 6:1-4
Deuteronomy 32:46	Proverbs 29:15	Philippians 4:6-7
Joshua 4:20-24	Proverbs 29:17	Colossians 3:21
Psalms 78:1-7	Lamentations 3:22-23	II Timothy 3:14-16
Psalms 127:3-5	Malachi 4:5-6	Titus 2:2-8
Proverbs 1:8-9	Matthew 6:33-34	Hebrews 12:7-11
Proverbs 13:14	Acts 2:38-39	I Peter 5:2-3



For more information on teaching God's Word to your child, you can pick up a FAITHMAP packet entitled God's Word at the Family Life Ministry office.

Thoughts from a School Teacher

A parent asked me the other day, “Are you sending home a packet of work for the summer?” I paused and felt half-guilty as I replied, “No...”

You see, there are these packets you can create to send home so that parents can work with their child reviewing skills learned and preparing for what is up ahead.

This is so great, in theory. And maybe one day I'll put one together. Although the more I thought, the more I decided that this summer packet should be less addition practice and sight words and more...LIFE.

So take it or leave it...here's my “Summer Packet.”

- Teach your child to tie their shoes. Find a fun trick! Watch a video! Give an incentive! Be persistent! Just make sure your child isn't the one dragging their laces through the bathroom and cafeteria then asking the teacher to tie it.
- Keep bedtime in the routine. It may be a little later and there will be nights that bedtime doesn't apply. But overall, if we keep our bodies in a routine with sleep, August won't hit quite so hard.
- Choose a few family members and friends to write a letter to this summer. Ask your child to write in full sentences, ask questions and give details. Writing with a purpose makes it relevant and real for your child. Maybe someone will write them back! Include an envelope with return address and stamp to encourage that!
- Sit at the table and eat together. Really watch your child. Is he sitting on his knees, mouth wide open, food everywhere? This is how he looks in the cafeteria. Work on that.
- Encourage kindness. Find someone or several others that your child can do something simple for to bring a smile. Deliver cookies, make a card, flowers, chores, a song...something simply for a smile.

(continued on back)

- Don't rush to the rescue. Hear me out. Our children need us. But they need us to let them learn to problem solve. If your child is in a situation that is frustrating, but not harmful (example: can't put together a new toy, can't open a Lunchable, can't decide which color shirt to wear) let them work it out! It saves time and our nerves to just do it! But in the long run, it's crippling our children of the basic and necessary skill to problem solve and think through an issue...for themselves. Hang back...just a bit. They'll be ok!
- Read TO your child. I can't encourage reading enough! Please visit the library and make books a part of your summer days. Most importantly, let your child see you read- to yourself and to them. Let them hear your silly voices. Let them tell you the best parts and predict how it will end. We tell them all the time they must read, but are we showing them WE read?
- Put down your phone. On Mother's Day, I create a booklet with my students. They answer questions all about their Moms, write sentences and draw pictures. One page is "Mom's Favorite Things." Can I tell you the top item colored first on most booklets? **iPhone!!!** We must look up from our screens and look at our children. They are growing so incredibly fast. We could spend this summer scrolling through strangers' vacation pictures wishing we had their reality or we could be chasing our reality through the sprinkler in our own backyard.
- Rest. Be ok with not constantly going somewhere. Society, media, Facebook all have us believing we must seize the day and do it all. Our children have worked hard and they need to rest. If we keep them in perpetual motion through the summer, it will feel like a continuation of the chaos with less homework. Squeeze in the fun, but allow the time to rest. Boredom gives way to creativity. Rest renews our bodies and our minds for all the next school year has in store.

Mrs. Eggart
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