



## Family R.E.S.E.T.

**Reading:** Begin by talking about what you have read as a family this week. Discuss how you have engaged with Scripture and any other discipleship materials.

**Emotions/Encourage:** Do a brief check-in with each person in your family. How is everyone doing/feeling? Are there any significant struggles that someone is having? Take time to encourage one another as a family.

**Sunday:** Discuss how this past Sunday went. What did Sunday look like for your family? Did you worship together? Did you serve the church together? Is there anything that you learned on Sunday that you would like to talk about as a family? What are you looking forward to next Sunday?

**Engagement:** Discuss how you have engaged outwardly with others this week. Did you have any gospel conversations? Did you have any other conversations (family, friends, peers, strangers) that stood out? Is there another person/family that you feel led to reach out to this week by means of prayer or service?

**Together:** Discuss how you have spent time together as a family this week. How much time did you spend together as a family? Did you eat dinner with one another? Have you made an effort to prioritize time as a family? Pray together.

### (R): READING

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### (E): EMOTIONS/ENCOURAGE

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### (S): SUNDAY

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### (E): ENGAGEMENT

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### (T): TOGETHER

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**S M T W T F S**

**This Coming Week:** Take some time to talk about this coming week. What's on the family calendar? How will you support one another? When will you prioritize family time?

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