

HELLO SUMMER



A Summer Activity Guide
for the Whole Family

Communi⁺y
Fellowship

HEY FAMILIES,

We're so glad you picked up this Summer Activity Guide! It's designed to help you intentionally lead your family in consistent, meaningful connection and discipleship. Whether you're just starting out or have been guiding your family in faith for years, we encourage you to dive into the activities included--they're a great way to spark connection, conversation, and joy. Our prayer is that this guide helps your family GROW CONTINUALLY in your understanding of God's love and faithfulness in engaging memorable ways all season long.



7 ACTIVITIES TO BEAT BOREDOM
TIPS FOR FAMILIES TO THRIVE THIS SUMMER



SUMMERTIME CONVO CARDS
IDEAS FOR SPARKING FUN CONVERSATIONS



SCREEN CHECKLIST
ADJUSTABLE CHECKLIST FOR SCREENTIME



FAMILY DISCIPLESHIP PLANNER
FIND YOUR RHYTHM & COMMIT TO A SCHEDULE



FAMILY DISCIPLESHIP PLANNER
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SUMMERTIME IN EPHESIANS
A 6-WEEK READING PLAN FOR FAMILIES



SUMMERTIME GOALS
BUILDING HABITS FOR GROWTH

7 ACTIVITIES TO BEAT SUMMER BOREDOM

At the beginning of summer break, we envision a fun, relaxing, loosely scheduled summer, but with no more school schedules and lots of extra time often comes the dreaded phrase, "Mom, I'm bored." After several years of frustration and yelling at my kids to "find something to do or I will find something for you," I have learned that a little preparation goes a long way when it comes to beating summer boredom.

Check out these seven activities to help beat boredom this summer:

1

CREATE A DETAILED SUMMER SCHEDULE

Transitioning from a rigid school schedule to zero schedule at all is difficult, even for adults. Creating a detailed summer schedule and hanging copies around the house helps ease from school work mode to summer relax mode. If you have older elementary or teenage children, meet as a family to discuss a daily schedule. Allow your kids to speak in and express their goals or desires for the summer. We have found it helpful to create a daily, weekly and monthly activity schedule.

2

BUILD A BEAT BOREDOM JAR

Rather than trying to come up with an activity at each declaration of boredom from my kids, I have discovered that having pre-planned activities or tasks help take away my frustration and ultimately keeps the mood of our house more relaxed. Fill a jar with fun activities and helpful chores to encourage creativity and accomplishment.

3

SCHEDULE FAMILY SERVICE PROJECTS

Check in with local non-profit organizations to get information on their needs and schedule a time to serve together as a family once or even a few times. Moving in the direction of people in need opens our eyes to the world around us, often softening our hearts to love the least of these with God's incredible love. Serving together as a whole family gives parents the opportunity to lead by example with a servant heart and selfless influence. What could be a better way to beat the summer boredom than by serving others?

4

ADOPT PEN PALS & CALL FAMILY MEMBERS

Technological advancements have allowed us to connect and communicate with friends and loved ones at an incredible speed. And while I am mostly glad we are not at the mercy of payphones, extra long phone cords and long distance calling rates, I have to admit, sometimes, I miss handwritten correspondence and old fashioned phone calls where I stretched the phone cord as long as possible to have a little privacy in my room. This summer go old school and beat the boredom by writing notes or coloring pictures to send to a pen pal or two. Pen pals could be friends or family members or reach out to Community Fellowship for a list of our missionaries' addresses. Also, plan to call friends or family members your kids don't normally get to chat with. Before they call, help them brainstorm some questions to ask so they can also learn good conversation skills while catching up. I mean, who doesn't love getting mail, checking in with grandma, and improving communication skills all at the same time?

5**HOST
THEMED
HANG OUTS**

Choose your favorite theme or fun thing to do and host a hangout with friends, family or neighbors. Don't worry about being fancy or over-the-top. Keep it simple and focus on building connections. Plan the hangouts together as a family and ask others to pitch in for food or games. The hangout theme possibilities are endless- so have fun planning, prepping, and hanging out!

6**LISTEN TO
AUDIOBOOKS
/PODCASTS
TOGETHER**

Audio books and podcast stories are a great boredom buster at home or on the road. At home, my kids will color or play while they listen and they love listening in the car. Check out the local library for ways to download free audiobooks. A quick Google search will highlight the best podcasts for families and kids.

7**TEACH A
NEW LIFE
SKILL
EVERY WEEK**

Kids CAN often do so much more than we give them credit for. The summer is a great time to teach new life skills that will ease the load around the house AND even better, prepare them for life as an adult. Set aside some time to brainstorm important life skills you would like your kids to learn and then plan to teach a new skill once a week (or as often as you see fit.) Need some ideas for age appropriate skills...check out the KIDS CAN resource page at Empoweredhomes.org for ideas!



SUMMER ACTIVITES
FOR YOUR FAMILY

FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

In today's fast-paced, digitally-driven world, face-to-face connection and time spent outside are the things of the past. Parents, research is clear that kids are quickly missing out on so many benefits that come from free play and time outdoors, and the truth is, you are too! This summer, schedule some good old fashioned free play with your family! Here are a few ideas to spark some free play fun for the whole family:

CHARADES

This game never disappoints. For younger players, pick one category to act out and print out some pictures for them so they can play more easily.

WATER GAME DAY

Fill up the water guns and water balloons, hook up the sprinkler, and lay out the slip and slide for a day of wet and wild fun.

LOCAL ADVENTURE CHALLENGE

Create a checklist of places to visit in your community—parks, ice cream shops, hiking trails, or museums. Take photos at each stop and make memories close to home.

MOVIE NIGHT UNDER THE STARS

Use a projector or laptop outside with blankets and lawn chairs for an outdoor movie experience. Let each family member choose a movie night throughout the summer.

SIDEWALK CHALK ART CONTEST

Give each family member a pack of chalk and a mission to create a unique artwork. Pretend to be fancy art critics, giving fun feedback for each masterpiece.

CAMP IN THE BACKYARD

Go camping right in your own backyard. Cook hotdogs and roast marshmallows. Stay up late and tell stories. Borrow camping supplies, if needed.

FREE PLAY FUN

IDEAS FOR THE WHOLE FAMILY

DIY FAMILY OLYMPICS

Use objects from inside, or outside your house to create a fun obstacle course. Time each person and add new elements to make it more challenging each round.

STORYTELLING

One person begins by making up a story and then passes it to the next person who continues with the plot. Each person gets a turn or multiple turns until it ends.

DANCE PARTY

Turn on some old school music and boogie as a family. Free dance or make up a dance to one song and perform for each other.

HIDE & SEEK

This classic game never grows old and your kids will love both hiding and seeking. Add dart guns for a fun twist with older kids- the tagger must hit the hider with a dart.

CREATIVE ARTS NIGHT

Spend an evening painting, making tie-dye shirts, or building crafts. Families can display their artwork around the house or wear their creations together.

COOKING COMPETITION

Have a friendly cook-off where everyone helps create pizzas, burgers, tacos, or a themed meal. Kids love being involved in the kitchen and judging the final creations.

FAMILY COMIC BOOK

Create your very own family comic book with pictures that tell of amazing adventures your family has been on or wishes to go on.

PLAY KICK THE CAN

Gather the whole family, friends, or neighbors for this fun game where tag meets capture the flag.

For all the rules visit: <https://www.projectplaybooks.com/kickthecan-rules>



SUMMERTIME
IN THE BOOK OF EPHESIANS

A 6-WEEK READING PLAN FOR FAMILIES

FAMILY DISCIPLESHIP PLANNER

FIND YOUR RHYTHM & COMMIT TO SCHEDULE

Developing or maintaining a rhythm of family discipleship in the home can be challenging when summertime rolls around. Use this planning resource to help your family be intentional about scheduling time for discipleship. Begin by gathering your family to pray and discuss your upcoming rhythms and commit to schedule time on the calendar.

1

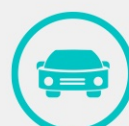
FIND YOUR RHYTHM



MORNING



MEALTIME



DRIVETIME



BEDTIME

Leveraging the natural rhythms of your day for family discipleship is key. Circle the time(s) that work best in your family's rhythm

2

COMMIT TO SCHEDULE

THE BEST DAY FOR OUR FAMILY TO GATHER IS:

Check which days work best.

| | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|

WE COMMIT TO GATHER ON THE FOLLOWING DATES AND TIMES:

Gather your family and schedule the days and times you will meet over the next 6 weeks. Put them on the calendar before you end your time together.

WEEK 1: _____

WEEK 4: _____

WEEK 2: _____

WEEK 5: _____

WEEK 3: _____

WEEK 6: _____

WEEK 1

Read or Listen:
Ephesians 1:11-14



FOCUS VERSE

In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will—

Ephesians 1:4-5

DISCUSSION:

Q: Have you ever been picked for a team or invited to a party?

Paul teaches us something amazing: God chose us because He loves us. God had a plan to bring you close to Him through Jesus. That means you are deeply loved by God.

Paul pointed out to these early believers that because they were loved by God, they had now been adopted into His family.

Q: What does it mean to be adopted?

Paul also explains that when they (or you or I) believed in Jesus by hearing the message of Christ, we were marked with a special seal.

Q: What is the special seal they were marked with?

(Hint: check verse 13-14)

PRAYER:

God, thank You for loving and choosing me to be part of Your family. Thank You for sending Jesus so I can be forgiven and know You. Help me remember that I am loved. Amen.

DON'T FORGET TO PRACTICE THE MEMORY VERSE!

WEEK 2

Read or Listen:
Ephesians 2:4-10



FOCUS VERSE

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—

Ephesians 2:8

DISCUSSION:

Q: Have you ever received a gift you didn't earn? Maybe someone surprised you with a treat, a toy, or something special just because they love you.

The Bible teaches us that God gives us the greatest gift ever—salvation through Jesus! And God saves us because He is loving, kind, and full of mercy.

The focus verse above says we have been saved by grace- that's God's free gift- and that it isn't "from ourselves."

Q: What does it mean that it's not from ourselves? (Hint, look at verse 9)

Q: What does Paul call us in verse 10?

That means God made you special and has good plans for your life. He wants you to love others, help people and tell the truth wherever you go.

PRAYER:

Thank You for saving me by Your grace through Jesus. Help me remember that I do not have to earn Your love and show me how to do the good things You created me to do. Amen.

DON'T FORGET TO PRACTICE THE MEMORY VERSE!

WEEK 3

Read or Listen:
Ephesians 3:14-21



FOCUS VERSE

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,

Ephesians 3:17-18

DISCUSSION:

Q: Have you ever tried to measure something really big—like the ocean or the sky?

Some things are just too big to measure! Here in Ephesians 3, Paul prays that believers would understand how enormous Jesus' love is for them. It's wider than any ocean, longer than any road, and deeper than the deepest sea.

Q: In the focus verse Paul prays that the Ephesians would be rooted in love so that they might grasp what?

Even when life is difficult, God gives us strength through His Spirit to keep trusting Him, loving others, and doing what is right.

According to Paul, what can God do because of His power in us?

(Hint: check verse 20)

PRAYER:

Thank You for loving me so much. Help me understand more and more how great Your love is. Make me strong on the inside and help me trust You every day. AMEN.

DON'T FORGET TO PRACTICE THE MEMORY VERSE!

WEEK 4

Read or Listen:
Ephesians 4:29-32



FOCUS VERSE

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

DISCUSSION:

Q: What is the kindest thing someone has ever said to you?

Words are powerful. In Ephesians 4, God teaches us to use words that help others instead of tearing them down. That means speaking kindly, telling the truth, encouraging friends, and thinking before we speak.

Q: According to the focus verse, why should we forgive others who have hurt us?

Is there someone that even right now, you know God would want you to forgive?

PRAYER:

Help me use words that encourage others. Forgive me for the times I say hurtful things. Please help me be kind, loving, and quick to forgive just like Jesus forgave me. AMEN.

DON'T FORGET TO PRACTICE THE MEMORY VERSE!

WEEK 5

Read or Listen:
Ephesians 5:29-32



FOCUS VERSE

Be very careful, then, how you live—
not as unwise but as wise

Ephesians 5:15

DISCUSSION:

Q: Have you ever looked back at a choice you made and thought: "That probably wasn't a good idea"?

Every day we make choices. We choose how we speak, what we watch, how we treat others, and whether we obey God.

Paul tells us in Ephesians 5 to live wisely.

Immediately following the focus verse, Paul says "making the most of every opportunity."

Q: What do you think Paul means here?

Instead of filling ourselves with things that help us make bad choices, what does Paul tell us to be filled with? (Hint: check verse 18)

PRAYER:

Dear God, help me live wisely making choices that please You. Thank You for giving me each day as a gift. Fill me with Your Spirit and help me live with joy, kindness, and thankfulness. Amen.

**DON'T FORGET TO PRACTICE THE
MEMORY VERSE!**

WEEK 6

Read or Listen:
Ephesians 6:10-17



FOCUS VERSE

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.

Ephesians 6:10-11

DISCUSSION:

Q: Have you ever had to wear special gear when playing a sport like football, baseball, or soccer?

That gear helps protect you keeping you safe and helps you play better. As Paul closes his letter to the church in Ephesus, he tells them about some special gear that can help them stand strong as they follow Jesus.

Q: Who does Paul say that our real fight is against?

Paul tells them to put on the "full armor of God."

Q: Can you name each of the pieces of armor? What about what each piece helps you do?

PRAYER:

Dear God, thank You for giving me Your armor to help me stand strong. Help me believe Your truth, do what is right, trust You, and remember that You save me. Teach me to use Your Word every day. Amen.

DON'T FORGET TO PRACTICE THE MEMORY VERSE!

MEMORY VERSE

Ephesians 2:4-10



Take time to memorize these verses as a whole family this Summer. Make up motions to help you remember!

Week 1

4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

Week 2

6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

Week 3

7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

Week 4

8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—9 not by works, so that no one can boast.

Week 5

10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Week 6: Work on reciting the whole passage from memory



SUMMERTIME GOALS

BUILDING HABITS FOR GROWTH

GATHERING. GROWING,. GIVING. GOING.



SUMMERTIME GOALS

BUILDING HABITS FOR GROWTH

GATHERING. GROWING. GIVING. GOING.

WHAT IS FAMILY DISCIPLESHIP?

Family discipleship essentially means putting into practice God's command in Deuteronomy 6 and Ephesians 6 for parents to teach God's Word diligently to their children.

When parents understand their role as the primary faith trainer in their home, they seek to love God with all their heart and soul and might, and they look for opportunities to intentionally guide their children to live the same way.

WHY SHOULD WE HAVE A FAMILY DISCIPLESHIP PLAN?

A family discipleship plan helps everyone in the family move in the same direction. A plan provides a framework to instill habits and teach with purpose while building a foundation for future discipleship.

A plan also provides accountability. The ultimate goal is to lead our children to grow in their desire to respond to God's love, purposes, and plans for their lives.

HOW TO USE THIS RESOURCE



GATHER

Gather as a family and discuss the importance of building strong spiritual habits within the four different habits of the Christian life- **Gathering Faithfully, Growing Continually, Giving Generously, and Going Daily.**

Use the guide to Community Fellowship's Family Habits to help you explain.

1

PRAY

Pray together for a few minutes and ask God to guide your family as you plan.

2

BRAINSTORM

3

Allow each family member to share and write down some ideas or activities for each of the four habits. Be sure to write each of them down on the planner.

Check out the sample planning sheet provided.

SCHEDULE

Create a schedule or add the activities to the family calendar!

4

GUIDE TO DISCIPLESHIP FAMILY HABITS

GATHERING FAITHFULLY



Gathering in community is a gift from God and it is meant to build up our faith. God created us in community and He created us for community. Teach your kids the importance of healthy relationships with people who love God too. Help them find friends who will always encourage them to run to God first before anything or anyone else!

Commitment: We will make gathering with other believers a priority for our family as we worship, pray, love and serve one another.

GROWING CONTINUALLY



Our relationship with God is personal. Teaching kids to study the Bible and pray on their own is foundational for their faith. Choose a family devotional and memorize scripture and pray together weekly. Help your kids form a habit of going to God's Word regularly.

Commitment: We will be devoted to prayer and the study of Scripture, we will trust in God's truth rather than our own.

GIVING GENEROUSLY



Giving sacrificially of our time, talents, and treasures reflects God's own love for His people. As families, we should be serving others this way. The hope is for your family members to learn to live a life that always moves towards others who are in need. Serving together regularly builds a foundation of seeing the needs of others around us- no matter where we are.

Commitment: We want to follow Jesus' example of moving in the direction of people in need.

GOING DAILY



Celebrate what God is doing in your family. Praise one another when you see a family member demonstrating Christlike behavior. Make your home a place that other people want to be by the way you love each other. Then be ready to share why you care so deeply for one another when other people see the difference.

Commitment: We will bless each member of our family by showing God's love and acceptance to them.

SUMMERTIME DISCIPLESHIP GOAL SHEET

Use this planning sheet to brainstorm and write down activities and habits for your family to follow throughout the summer.



GATHER

Gathering in Community

- attend Church on Sundays
- have family game night or movie night once a week
- have a family over for lunch once a month
- _____



GROW

Family Bible Study and Prayer

- Memorize Ephesians 2:4-10
- Book of Ephesians study Thursday Nights
- Put devices to bed by 8 pm and pray before bed
- _____



GIVE

Serving as a Family

- give weekly in the offering
- serve in the nursery together as a family
- _____
- make a lemonade stand and give the proceeds to missions
- _____



GO

Sharing Jesus as a Family

- have a meal with a neighbor
- make popsicles and share them at the pool
- _____
- offer to pray for people while on vacation
- _____

SUMMERTIME DISCIPLESHIP GOAL SHEET

Use this planning sheet to brainstorm and write down activities and habits for your family to follow throughout the summer.



GATHER

Gathering in Community

- _____
- _____
- _____



GROW

Family Bible Study and Prayer

- _____
- _____
- _____



GIVE

Serving as a Family

- _____
- _____
- _____



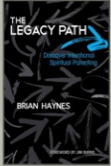
GO

Sharing Jesus as a Family

- _____
- _____
- _____

RESOURCES

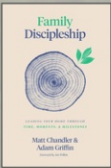
INTENTIONAL DISCIPLESHIP



The Legacy Path
by Brian Haynes



Parenting
by Paul David Tripp



Family Discipleship
by Matt Chandler &
Adam Griffin



**Raising Passionate
Jesus Followers**
by Phil and Diane Comer



The Blessing
by John Trent, Gary Smalley
& Kari Trent Stagebery



Restore the Table
by Ryan Rush, Ken Abraham



Spiritual Parenting
by Michelle Anthony

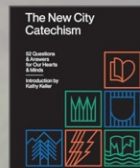


Faith Path Booklet
by Community Fellowship
*Free copy available at the Connect
Counter*

FAMILY DEVOTIONS



If...What If?
by Tony Myles, Daniel Myles



New City Catechism
by Timothy Keller



**The Very Best, Hands On,
Kinda Dangerous Family
Devotions**



Solomon Says Devotional
by Sarah Humphrey, Amy
Parker

| | | | | | | |
|----|----|-------------------------|---------------------------------|--------------------|-------------------------------|----|
| | 1 | 2 | 3 Student Life | 4 Kids Camp | 5 HS Late Night 6:30 PM | 6 |
| 7 | 8 | 9 | 10 HS Bible Study 6:00 PM | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Student Life | 19 Camp Jr. High | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 Student Life Camp | JUNE | | | |

| | | | | | | |
|--|----|----|--------------------------------|----|--------------------------------|----|
| JULY | | | 1 High School | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 HS Bible Study 6:00 PM | 9 | 10 | 11 |
| 12 Picnic in the Park 5:00 PM | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 Jr. High Pool Party 6:00 PM | 20 | 21 | 22 | 23 | 24 HS Late Night 6:30 PM | 25 |
| 26 High School Pool Party 6:00 PM | 27 | 28 | 29 | 30 | 31 | |

| | | | | | | | |
|---------------------------------------|----|----|--------------------------------|----|-------------------------------|----|---|
| AUGUST | | | | | | | 1 |
| 2 Space Cowboys Game 6:30 PM | 3 | 4 | 5 HS Bible Study 6:00 PM | 6 | 7 HS Late Night 6:30 PM | 8 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 Pool Party 6 PM | 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 Dodgeball Night 6:00 PM | 24 | 25 | 26 | 27 | 28 | 29 | |
| 30 | 31 | | | | | | |

For more information on summer events, please visit our website at www.cfeb.church