

# BE PRESENT FAMILY CHALLENGE

## Recipe for Distraction

The world around us moves a million miles a minute. Pair that with work demands, family activities, church activities and constant access to news and entertainment at our fingertips and we end up with a recipe for a distracted life. Sadly, the many distractions of this world often keep us from upholding one of life's most important responsibilities, training our children.

As parents, we are the Primary Faith Trainers of our children. We are called to teach the truth of God to our children in a diligent manner. The great news is, God has given us everything we need, through His Spirit that dwells within us, to fulfill that call. However, in order to allow the Spirit to guide us as we teach and train our children – we must actually **Be Present** with them – not just physically near them but emotionally and mentally engaged.

## Remove the Distractions

One very big distraction that we have complete control of is the amount of time we spend on our devices in the presence of others, especially our families. Are you ready to scale back on the time you give to your devices?

We invite you take the Be Present challenge with your family by mindfully staying off your phone, computer, smart watch, tablet or other devices during key family times. Particularly at the dinner table, at bedtime, during the morning routine, on car trips, or even standing on the sidelines at sporting events. Commit to **Be Present** with your family for the next 30 days to experience more quality time for important conversations like Faith Talks (intentional conversation about who God is with your family) and increasing your sight for God Moments (moments where you acknowledge God working) that you will certainly miss if your attention is on a device.

**Take a photo of your family together (during a distraction free time) and save it as the wallpaper on your device to help serve as a reminder to Be Present for the next 30 days!**

Need help staying on track? Answer the questions on the next page to dig deeper into being present with your family.

## DIG DEEPER TO BE PRESENT

**What is the biggest obstacle you face to being more present with your family? Is this something you can control?**

**Ask your children how you are doing at "Being Present" with your family? (Be open to hearing what they have to say and thank them for their honesty.)**

**Go to the settings on your phone and check your screen time average and answer the following questions:**

**What is your daily average?**  
\_\_\_\_\_

**How much of that time is work related/necessary?**  
\_\_\_\_\_

**How much of that time is distracted time?**  
\_\_\_\_\_

**List 3 practical goals to help you Be Present with your family:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_