

101 WAYS TO GIVE REST & PEACE TO YOUR FAMILY

66. Make a list of people who you feel may have hurt your feelings over the past year . . . then check your list to see if you've forgiven them.
67. Make a decision to honor your parents, even if they made career out of dishonoring you.
68. Take your children to the dentist or doctor for your spouse.
69. Play charades with your family, but limit subjects to memories from the past.
70. Do the dishes for your wife.
71. Schedule a free day for yourself and stay home with your family.
72. Get involved in a family project that serves or helps someone less fortunate.
73. As a family, get involved in a recreational activity.
74. Send your spouse flowers/helium balloon.
75. Spend an evening going through old pictures from family vacations/trips.
76. Take a weekend once a year to get away and renew your relationship with your spouse.
77. Praise your spouse and children, in their presence, to someone else.
78. Discuss a world or national problem, and ask your children for their opinion on it
79. Wait up for your teens when they are out late with friends.
80. Have a 'quiet Saturday' with no TV - no radio, no stereo!
81. If your children are little, spend an hour playing with them, but let them choose the game.
82. Get your parents to tell your children about life when they were young.
83. Give up soap operas.
84. De-clutter your house.
85. Change your habit (if you have it) of routinely watching late night television.
86. Don't accept unnecessary business breakfast appointments.
87. Write missionaries regularly - they need emotional, intellectual and spiritual support.
88. Go through your closets and give everything you haven't worn in the last year to an appropriate relief agency (Salvation Army; Red Cross etc).
89. Become a faithful and frequent visitor of your church's library.
90. Support a *Third World* child monthly.
91. Keep mementos, school projects, awards, etc of each child for when they've *left the nest*.
92. Read a missionary biography aloud with your family.
93. Give regularly and faithfully to charitable church projects.
94. (With your will) Place a letter to each family member telling why you were glad you got to share life with him/her.
95. Go through your old records and tapes and discard any that might be a bad testimony to your children.
96. Furnish a room (or portion of a room) with comfortable chairs and declare it *the disagreement corner*. When conflicts arise, go to this place and don't leave until it's resolved!
97. Give each child the freedom to pick his favorite dinner menu at least once a week.
98. Go over to a shut-ins house as a family and completely clean it and get the lawn work done (or some other real need that will be a blessing and help).
99. Call an old friend from your past, just to see how he/she is getting along in life.
100. Get a good friend to hold you accountable for a specific important need (bible reading, prayer, spending time with your family, etc).
101. Establish and maintain a budget.
102. Go to a Christian marriage enrichment seminar at least once every other year!

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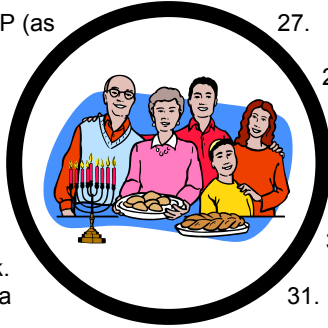
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Building an inner confidence and assurance within our families takes practice - and sometimes more than a dash of creativity! The following list may provide some cloud-seeding for a brainstorm or two. Have fun with your family . . . and get ready for God's rest and peace . . . for He gives His beloved rest . . . !

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1. Pay off your credit cards ASAP (as soon as possible)!
2. Take off 10 pounds or accept your weight without further complaint.
3. Eat dinner together as a family for 7 days in a row!
4. Take your spouse on a dialogue date (no movie)!
5. Read your kids a classic book.
6. Memorize the 23rd Psalm as a family.
7. Give each family member a hug for 21 days in a row.
8. Pick one night of the week (when you are home) and don't watch TV!
9. Go out for dinner as a family, something other than fast food.
10. Pray for your family every day.



27. Exercise a little every day for a month with your family (family sport?).
28. Make sure you have adequate life insurance on both you and your spouse.
29. Write out info about your finances, wills, and important business info that your spouse can use to keep things under control in the event of your untimely death.
30. Make sure your family car is safe (tires, brakes, etc) and get a tune-up.
31. Replace the batteries in your smoke alarm.
32. Put a security system in your house.
33. Attend the parent/teacher meetings of each child as a couple.
34. Help your kids with their homework.
35. Watch the kids on Saturday while your wife goes shopping (and if a friend calls, don't say you are just 'babysitting').

11. Plan a family vacation together.
12. Take a vacation together
13. Read a chapter from the Bible every day until it becomes a good habit.
14. Sit together as a family in church.
15. Surprise your teenager - wash their car or fill up their gas tank.
16. Take an afternoon off; surprise your child by excusing him/her from school and take them to something they'd especially like: ball game/skating rink etc.
17. Take a few hours one afternoon and go to the library as a family.
18. Take a walk as a family.
19. Write each member of your family a letter sharing why you value them :-)
20. Give your spouse a weekend getaway with their best friend (same-gender).
21. Go camping as a family.
22. Get rested - go to bed early for a week.
23. Take each of your children out to breakfast (separately) once a month for a year.
24. Turn down a promotion that demands more time from your family.
25. Religiously wear your car safety belts.
26. Get a complete physical (and obey your doctor's advice).

36. Explain to your spouse/kids what work you do.
37. Put together a jigsaw puzzle (1000 pieces +).
38. Take time during the week to read a Bible story to your children and then discuss it with them.
39. Encourage each child to submit his/her most perplexing question, and promise to discuss it with him/her.
40. Finish fixing something around the house.
41. Tell your kids how you and your spouse met.
42. Tell your kids about your first date.
43. Sit down and write your parents a letter thanking them for a specific thing they did for you (don't forget to send it!).
44. Go on a shopping spree where you are absolutely committed to buying nothing!
45. Keep a prayer journal for a month. Keep track of the specific ways God answers your needs.
46. Do some stargazing away from the city with your family. Help your children identify constellations and conclude the evening with prayer to the majestic God who created the heavens.
47. Treat your wife to a beauty make - over (facial, manicure, haircut, etc).
48. Give the kids an alternative to watching Saturday morning cartoons (breakfast at McDonald's, garage sales, the park, help them with

49. Ask your children each day what they did at school (what they learned, who they ate lunch with. Listen with both ears!).
50. After you make your next major family decision, take your child back through the process and teach him/her how you arrived at your decision.
51. Start saying to yourself, "My car doesn't look so bad!"
52. Call your spouse from work just to see how they're doing.
54. Compile a family tree and teach your children the history of their ancestors.
55. Walk through an old graveyard with your children (explain cycle of life?).
56. Say no to at least one thing a day, even if it's only a 2nd piece of pie.
57. Write a letter to the network that broadcast a show you felt inappropriate for prime time viewing.
58. Turn off the lights and listen to a *praise* tape while focusing on the Lord.
59. Write a note to your pastor praising/thanking him for something.
60. Take back books that were loaned to you long ago.
61. Give irritating drivers the right to pull in front of you without signaling and yelling at them!
62. Make every effort to not let the sun go down on your anger.
63. Accept legitimate criticism from your wife or a friend without reacting or defending yourself!
64. If your car has a Christian bumper sticker on it, drive like it!
65. Do a Bible study on the *wise man* and the *fool* in Proverbs, and start applying at least one wise thing in your life.

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