

# 5-MINUTE FAMILY CHALLENGE

DAYS 8 TO 14 – KEEP GROWING TOGETHER!



**1. CONNECT**  
(1 min)  
Ask a simple question and listen.



**2. WORD**  
(1–2 min)  
Read one short Bible verse.



**3. THINK**  
(2 min)  
Ask 2 simple questions.



**5. DO**  
(2–3 min)  
Pray together as a family.

DAY	THEME	BIBLE VERSE	THINK (2 QUESTIONS)	DAILY CHALLENGE
DAY 8	GRATITUDE	1 Thessalonians 5:18 "Give thanks in all circumstances."	<ul style="list-style-type: none"> <li>What are you thankful for?</li> <li>Why is gratitude important?</li> </ul>	Say "thank you" 5 times today.
DAY 9	TRUTHFULNESS	Proverbs 12:22 "The Lord detests lying lips."	<ul style="list-style-type: none"> <li>What happens when we lie?</li> <li>Why does truth matter?</li> </ul>	Tell the truth—even if it's hard.
DAY 10	THINK RIGHT	Philippians 4:8 "Think about what is true, noble, right, pure, and lovely."	<ul style="list-style-type: none"> <li>What kind of thoughts are good?</li> <li>What should we avoid?</li> </ul>	Replace one bad thought with a good one.
DAY 11	HELPING OTHERS	Galatians 6:2 "Carry each other's burdens."	<ul style="list-style-type: none"> <li>Who needs help?</li> <li>How can you help?</li> </ul>	Help someone without being told.
DAY 12	BE A LIGHT	Matthew 5:16 "Let your light shine before others."	<ul style="list-style-type: none"> <li>What does it mean to shine?</li> <li>How can others see Jesus in you?</li> </ul>	Do something that makes someone smile.



## DAY 13: REFLECTION DAY (0–10 MINUTES)

**1. CONNECT (1 MIN)**  
Which challenge was your favorite this week?



**2. REVIEW (3–4 MIN)**

- What did you do well?
- Which one was hard?
- Did you help someone?
- Did you tell the truth even when it was difficult?



**3. CELEBRATE WINS (2–3 MIN)**  
Open the Family Victory Jar. Read a few notes and celebrate each one!



## THE FAMILY VICTORY JAR



Keep adding your wins every day!  
Look back and see how God is helping your family grow.

## DAY 14: CELEBRATION DAY (10–15 MINUTES)

**1. READ & REJOICE**  
Read 3–5 notes from the jar.



**2. AFFIRM EACH CHILD**  
Say something positive to each child.



**3. FUN FAMILY CELEBRATION**  
Enjoy a family treat, game, movie, or special time together!



**4. FAMILY PRAYER**  
Thank God for helping us grow this week.



### EXAMPLES:

- I showed kindness.
- I obeyed quickly.
- I prayed for my friend.
- I told the truth.
- I helped at home.

Every small win honors God!



Consistent, not perfect. Small steps every day build a strong character for life!

