

5-MINUTE FAMILY CHALLENGE

DAYS 15 TO 21 – FINISH STRONG, KEEP GROWING!

THE DAILY 5-MINUTE STRUCTURE (5-10 MINUTES)



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.



4. DO
(2-3 min)
Do the challenge for the day.



5. PRAY
(1 min)
Pray together as a family.

DAY	THEME	BIBLE VERSE	THINK (2 QUESTIONS)	DAILY CHALLENGE	PRAY TOGETHER
DAY 15	GOOD CHOICES	Joshua 24:15 "Choose today whom you will serve."	<ul style="list-style-type: none"> What are some good choices? How can good choices help others and please God? 	Make one good choice even when it's hard.	God, help us make good choices that please You today.
DAY 16	FORGIVENESS	Colossians 3:13 "Forgive as the Lord forgave you."	<ul style="list-style-type: none"> Why is forgiveness important? Is there someone you need to forgive? 	Forgive someone and be kind to them.	Thank You, God, for forgiving us. Help us forgive others.
DAY 17	HONESTY	Proverbs 11:3 "The integrity of the upright guides them."	<ul style="list-style-type: none"> Why should we always be honest? How does honesty build trust? 	Be honest in everything you say and do today.	God, help us to always be honest and trust in Your truth.
DAY 18	GENEROSITY	2 Corinthians 9:7 "God loves a cheerful giver."	<ul style="list-style-type: none"> What does it mean to be generous? How can we share what we have? 	Share something with someone today. It can be your time, things, or kindness.	Thank You, God, for all You give us. Help us be generous like You.
DAY 19	PERSEVERANCE	Galatians 6:9 "Let us not give up in doing good."	<ul style="list-style-type: none"> What does it mean to never give up? How can we keep going even when it's difficult? 	Finish what you start today. Don't give up!	God, give us strength to keep going and do what is right.
DAY 20	ENCOURAGEMENT	1 Thessalonians 5:11 "Encourage one another."	<ul style="list-style-type: none"> Why do people need encouragement? How can we encourage others? 	Encourage at least one person today with your words or actions.	God, help us build others up with kind and loving words.
DAY 21	WORSHIP & THANKFULNESS	Psalms 100:4 "Enter His gates with thanksgiving."	<ul style="list-style-type: none"> Why should we thank God? What can we thank God for today? 	Worship God with a song, a prayer, or a heart of thankfulness.	Thank You, Lord, for You are good! We praise and thank You today.

DAY 20: REFLECTION DAY (5-10 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!



DAY 21: CELEBRATION DAY (10-15 MINUTES)

1. READ & REJOICE

Read 3-5 notes from the jar and rejoice together.



2. AFFIRM EACH CHILD

Speak life and encouragement over 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 these 3 weeks.



THE FAMILY VICTORY JAR



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

EXAMPLES:

- I helped my brother.
- I told the truth.
- I prayed for my friend.
- I was kind to someone.
- I obeyed quickly.
- I forgave someone.



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

