

STRENGTHENING THE FAMILIES
CHRISTIAN FOUNDATIONS FOR THE HOME

A celebration of love
and
Family



Adventist[®]
Education

INTER-AMERICAN DIVISION

OBJECTIVE

This program is developed in the interest of strengthening family ties from a Christian perspective, thus focusing on providing parents with practical tools to meet educational and social challenges, promote family unity, and consolidate the home as a pillar in the construction of the student's reality, so that throughout the development of this program it is intended:

1. To provide a space where families can deepen their understanding of the Christian faith, seeking to understand how Christian principles and values allow the consolidation of a solid home and their influence in other spheres of society.
2. Promote activities and reflections focused on family unity and connection, strengthening emotional and spiritual bonds among family members.
3. Develop resources and practical activities for families to integrate Christian values into their daily lives actively.
4. Create moments of celebration and worship that reinforce the joy of serving and living a Christian life as a family, generating a positive and thankful environment.
5. Encourage families to commit to the principles learned, providing them with resources and strategies to maintain and develop a family life rooted in Christian foundations.



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A celebration of love and Family

INTRODUCTION

This proposal is consolidated through a workshop that allows constant reflection on integrating family ties within the Christian faith. This workshop is reduced as a means for the central participation of parents recognizing their role in society and the construction of the educational processes of both the institution and the students so that from the same, it is intended to develop a means of interaction with Christian values and principles generating commitments and reflections on how Christian life is related within the homes of each of the participants.

Based on the above, the following is a one-week workshop (seven days) of active participation where family members, especially parents, will have the opportunity to generate joint reflections on the principles at home, commitments, parenting, the importance of marriage, among other topics, which will facilitate a path for interaction in society. Additionally, this workshop is proposed as a means of action for parents to assume Christian commitments at home and share them with family members.

Therefore, seven sessions are presented below (each one corresponding to one day) where an introduction, development, and closing of each session are integrated, accompanied by the specific objective of the session and the description of each activity to be developed. It is essential to recognize that the activities are flexible according to the number of participants attending each session and the family members participating.





PART

VARIOUS TOPICS PRESENTED BY EXPERTS IN THE FIELD

Topics to start the School for Parents cycle.

1. Importance of parental involvement in their children's education.
2. Health and nutrition in the family.
3. Positive parenting skills and effective discipline.
4. Prevention of school bullying and cyberbullying.
5. Responsible use of technology in the family.



THE FAMILY ACCORDING TO GOD'S PLAN

Session: 1

Duration: 40 minutes.

Objectives:

- Establish a solid foundation around the biblical principles that support the family.
- To provide parents with practical tools of spiritual understanding to strengthen relationships in the home.

| Moment | Description | Weather |
|--|--|-------------------|
| <p>Introduction: Icebreaker and family presentation</p> | <p>Icebreaker: To begin with, a game of questions will be held to promote family participation. The questions will be focused on values and Christian faith, as well as personal questions.</p> <p>To ask the questions, a game of “bingo to tango” will be played where the instructor will stand backward, repeating the word “tango” while the participants pass the ball; when the instructor says tango and turns around, the person left with the ball will have to answer a question at random.</p> <p>The questions will be:</p> <ul style="list-style-type: none"> - What does God represent in my life? - In what moments of my life do I seek God? - What do I like about my family? - Who is the most important person in my life? - What are my expectations of the workshop? - What is the most important value in my life? | <p>10 minutes</p> |

passage has on their life, as well as share with those present how they integrate the perspectives of this passage into their life.

Closing

Christian family principles

Seven principles for a Christian family will be presented, and during the presentation families will be interacted with by asking what they think each principle means and how they apply it in their daily lives:

1. The word of God is the final authority.
2. A healthy marriage makes us better parents.
3. Every stage is a gift, so treasure every moment.
4. Time is of the essence in a relationship.
5. There must be unconditional love and high expectations.
6. Success is in relationships, not in achievements.
7. Choose faith over fear.

Retrieved from: idiciple.org (<https://www.idiciple.org/post/siete-principios-para-una-familia-cristiana>)

It will be specified that the next session will continue working around the principles.

10 minutes

Activity at home

Parents will take a principle and consider how they integrate this principle at home into their daily lives, think of a principle that can be strengthened in their family bond and develop how they can strengthen it.





EFFECTIVE COMMUNICATION BETWEEN PARENTS AND PRAYER AS A FAMILY BONDING

Session: 2

Duration: 40 minutes.

Objectives:

- To highlight the spiritual and emotional relevance of prayer in family life, emphasizing its ability to strengthen the bonds between family members.

| Moment | Description | Weather |
|---|---|------------|
| <p>Introduction: Activity in the home and conclusion of the Christian principles of the family</p> | <p>Socialization of the activity at home: Each person present will recall one of the Christian principles mentioned in the previous session and will share with the members of the group how this Christian principle is represented in his or her daily life, as well as recognize a Christian principle that can be strengthened in his or her home.</p> | 10 minutes |
| <p>Development: Prayer and reflection on practice</p> | <p>Beginning: presentation of biblical passages SThree family prayers will be presented:</p> <ul style="list-style-type: none"> - Spousal prayer - communication between spouses - Prayer for the children - Prayer in the difficulties of life <p>This will be followed by a reflection on how effective communication in the home and how communication with God can be a powerful bond that strengthens family ties and a video will be shown: Why Pray https://www.youtube.com/watch?v=2N01QoJ83cQ&t=29s With this, each of the families will share what commu-</p> | 10 minutes |

| | | |
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| | <p>nication means in the home. A video will be presented to the parents.</p> <p>Development guide</p> <p>The guide attached in APPENDIX 1 will be handed out, and parents will develop it according to the instructions.</p> | 10 minutes |
| Cierre Closing | <p>Group discussion:</p> <p>Once the development guide is finished, parents will work in groups to socialize their answers, find the points they have in common and generate new reflections if possible. Finally, they will socialize the reflections for all present, following up on each of the questions in the guide.</p> | 10 minutes |





STRATEGIES FOR FOSTERING EMOTIONAL INTELLIGENCE IN CHILDREN

Session: 3

Duration: 40 minutes.

Objective:

- To strengthen parents' understanding of the importance of emotional intelligence and values in children, providing practical tools and promoting reflection on how they can help children grow up effectively.

| Moment | Description | Weather |
|--|--|------------|
| <p>Introduction: Icebreaker on Christian values</p> | <p>Icebreaker: Participants will position themselves in a large circle in the middle of the room or an open space if possible. To strengthen the bonds in the group, each member will mention the name of a person who is not a member of his or her family and say a value that he or she wants to share with this person and why he or she considers it important. For example: "My name is Camila, and I want to share dignity with Laura because it will help her to value herself within the groups, she attends..." Later, Laura will do the same exercise with another group member.</p> | 15 minutes |
| <p>Development: Coherence of Christian principles and values.</p> | <p>Beginning: <i>presentation of principles and values.</i> The values mentioned in the previous activity will be considered and written on the board, values will be added if needed, and the principles integrated into previous sessions will be recalled.</p> <p>Each parent will think about how they would integra-</p> | 20 minutes |

te these values into their children’s daily education, this activity will not be socialized yet.

Subsequently, small groups will be created in the classroom and will share their reflections with the members. Thus, in a playful space, the members will mime one of the situations that allows the integration of some value, then they will present it to all the members and the others will guess which value they are representing.

losing

Family reflection:

A reflection on the topic of emotional intelligence and values will be presented, then groups will be formed to discuss the most important points and parents will be encouraged to decide to apply them in their homes and generate a commitment to that objective.

15 minutes





EDUCATING WITH CHRISTIAN VALUES

Session: 4

Duration: 40 minutes.

Objective:

- To strengthen the family's understanding of marriage as a Christian witness, providing a space for reflection and specific commitments that strengthen the marriage relationship as a reflection of Christian love and fidelity.

| Moment | Description | Weather |
|--|---|------------|
| <p>Introduction: Christian marriage</p> | <p><i>What is marriage?</i> To introduce the session, attendees will watch the following video: What is marriage, and what is its purpose? -Dr. Braham and wife). After watching the video, each present will reflect on the question, "What role do I play in my marriage? If the whole family is present, including the children, the question will be rephrased as "What role do I play in my home? The reflections will be shared with the group.</p> | 10 minutes |
| <p>Development: Testimonial marriage.</p> | <p>Home: <i>Presentation of the marriage commitment</i> Each family will reflect and discuss how marriage can be a living testimony of Christian love and fidelity according to the elements reviewed in previous sessions. The passages to be read will be: - Matthew 19:4-6 - Proverbs 18:22.</p> | 10 Minutes |

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| | <p>- Ephesians 5:25-26a</p> <p><i>Marriage as a Christian Witness Billboard</i></p> <p>A sheet of paper will be given to each of the attendees, where they should highlight visually (it can be with a drawing or graphic scheme) how their marriage is a Christian testimony, in their presentation they will include elements such as the values they share, family activities and significant moments. Additionally, they should share a piece of advice to the couples present, this advice should be dedicated to strengthening family ties.</p> | 10 minutes |
| <p>Closing</p> | <p><i>Presentation of billboards:</i></p> <p>Parents will share their posters with the rest of the group, present it and include the thoughtful advice at the end.</p> | 10 minutes |





THE MISSION OF THE FAMILY IN THE COMMUNITY

Session: 5

Duration: 40 minutes.

Objective:

- To understand the active role of the family in the community by encouraging reflection, dialogue and concrete planning of projects that contribute to the community environment.

| Moment | Description | Weather |
|--|---|-------------------------------------|
| <p>Introduction: The family mission</p> | <p><i>What is the family mission?</i> The session will begin with a family prayer, starting with an address to God saying, "Dear Heavenly Father", then each (or some) of the attendees will address God with their thanks, feelings and blessings.</p> <p>We will continue to ask those present what the family mission is and how they represent it in their family.</p> | 10 minutes |
| <p>Development: The family in the community</p> | <p>Home: <i>The family in the environment</i> We will begin this reflection by asking parents about the challenges they have had in raising their children, then we will ask how the family can have a positive impact on the environment. These reflections will be written as a brainstorming session to strengthen the perspective of the family in society.</p> <p><i>Circle of the word.</i> Each of the parents will take a moment to share an ex-</p> | <p>10 minutes</p> <p>15 minutes</p> |

perience about their family's mission within the community in which they live, in addition to adding future visions they have about what impact their mission may have on the family.

After brainstorming on projects to serve and contribute to the community, three projects will be developed as a whole group, so that they can be appropriated by all attendees. Each of these projects will need to integrate concrete objectives, timelines, and development steps.

Closing

Expression of commitment

Each parent will select a project to commit to and explain why.

5 minutes

Pending for the next session:

Each of the families will bring a food item to the next session that they wish to share with their companions, to generate a bond through food with the people who have participated in the different sessions.





CELEBRATING OUR FAITH AS A FAMILY

Session: 6

Duration: 40 minutes.

Objective:

- Create an atmosphere of celebration and gratitude, strengthening the sense of community and spiritual connection in the family.

| Moment | Description | Weather |
|--|--|------------|
| <p>Introduction: Festive atmosphere around the Christian faith.</p> | <p>Why celebrate family faith The session will begin by asking the families if they have traditions related to the celebration of the Christian faith, in this space they will share their experiences with their families and how these moments strengthen their relationship with God.</p> | 5 minutes |
| <p>Development: Fruits of my family</p> | <p>Tree of fruits of the spirit</p> <ul style="list-style-type: none"> - Materials: Cardboard, colored paper, scissors, glue, markers, and pencils. <p>A tree with extended branches is drawn on half a sheet of cardboard or brown paper.</p> <p>Cutouts of various fruits (apples, grapes, oranges, cherries, etc.) will be drawn on colored cardboard.</p> <p>One of the Fruits of the Spirit according to Galatians 5:22-23 (love, joy, peace, long-suffering, gentleness, goodness, kindness, goodness, faith, meekness, temperance) will be written on each fruit.</p> | 25 minutes |

The fruits will stick to the branches of the tree.

Each member will put a fruit with his/her name on it and stick it on the tree and reflect on how to cultivate these fruits in his/her daily life.

Closing

Sharing and expression of commitment

In this space a moment will be dedicated to give thanks for the food and to share it with the group, and to reflect on the activity carried out.

10 minutes





COMMITMENT AND CONTINUITY

Session: 7

Duration: 40 minutes.

Objective:

- Consolidate the families' commitment to Christian principles by providing a space to express written commitments and share final reflections.

| Moment | Description | Weather |
|---|---|------------------------------------|
| <p>Introduction: Acknowledgment of participation</p> | <p>The session will begin by thanking the attendees for their commitment to attending the workshop, and a moment will be taken to reflect on what we have learned, why it has been valuable, and what we would like to learn more about in the future.</p> <p>This space will be taken as a moment of feedback both to the instructors and among the attendees to the various sessions that have been carried out.</p> | 10 minutes |
| <p>Development: Family commitments.</p> | <p>Commitments Based on all the elements reviewed during the development of the sessions, parents will think of one or two commitments they can make to strengthen their Christian life at home, which they will share with the rest of the group.</p> <p>Letter writing To thank and celebrate the Christian family, it has been decided to dedicate a moment to reflection and gratitude. So on a piece of paper or colored sheet, each of the attendees will write a letter to their family expressing</p> | <p>5 minutes</p> <p>10 minutes</p> |

| | | |
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| | <p>their commitment and love, as well as share everything they have learned during the week.</p> | |
| <p>Closing</p> | <p><i>Final reading and commitment</i></p> <p>To energize and share the letters created by the participants, each of the attendees will voluntarily read excerpts from their letter, to promote family connection and commitment.</p> <p>Participants will also be asked to take a moment at home to read and reflect on the written letter, so that they can strengthen this bond in an intimate way at home.</p> <p><i>Continuity activity: family diary</i></p> <p>It will be proposed that each family keep a family diary, where they will have the opportunity to write a short note of gratitude or where they can express how they are applying Christian principles and values in their daily lives.</p> <p><i>Closing prayer</i></p> <p>A closing prayer will be said thanking for the week, for the commitments made and asking for divine guidance for the continuity of the principles learned.</p> | <p>15 minutes</p> |

ANNEXES

FAMILY PRAYER

Welcome to this space where we will explore prayer as a powerful family bond! This guide will help us generate a series of reflections and activities to strengthen the practice of prayer in our home.



1. REFLECT:

What is your current experience with prayer in family life? Reflect on significant moments or challenges you have faced.

2. READ AND REFLECT

- Read the following verse:

"I beseech you therefore, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment" 1 Corinthians



- Reflect: how would you apply this verse in your home?

3. Prayer intentions: write down three specific prayer intentions for your family and how you integrate them into your daily life (for example, health, unity, spiritual growth, among others).

4. Prayer routine: write down how to integrate prayer naturally into your daily routine. Can you establish a specific time for family prayer?

FINAL ACTIVITIES

Lined writing area for final activities.

*RENEWAL
OF MARRIAGE VOWS*

Lined writing area for the Renewal of Marriage Vows ceremony.

RETREAT

Handwritten notes on lined paper.