



Family Time Activity Sheet: Embracing the Joy Beyond Screens

As Christian families, it's essential to balance our time well, strengthen our relationships, and deepen our faith. This activity sheet offers practical ideas and suggestions to help reduce screen time and enhance family bonding, guided by the light of Scripture.

Activities to Enjoy Together

- **Nature Walks:** Explore God's creation together. As Psalm 19:1 says, "The heavens declare the glory of God; the skies proclaim the work of his hands." Appreciate the beauty of nature and discuss what you see.
- **Bible Story Time:** Set aside time for family Bible reading, discussing the stories and their applications in your lives.
- **Crafting and Drawing:** Engage in crafts or drawing sessions tied to biblical themes, making learning about the Bible fun and interactive.
- **Community Service:** Volunteer as a family in your community, living out teachings like Matthew 25:40.
- **Gardening Together:** Start a family garden, reflecting on verses like 1 Corinthians 3:6-7 about growth and nurturing.
- **Game Time:** Schedule regular family game nights with board games or interactive games that encourage teamwork and communication, strengthening family bonds away from screens.
- **Audiobooks and Crafting:** Listen to audiobooks or the audio Bible as a family while working on crafting projects together. This combines learning and creativity, enriching your mind while your hands are busy.



Matthew 6:22

*"The eye is the lamp of the body.
If your eyes are healthy, your
whole body will be full of light.
But if your eyes are unhealthy,
your whole body will be full of
darkness."*

This verse reminds us of the importance of what we choose to focus on and fill our lives with, encouraging us to seek out what enlightens and enriches us spiritually.

Strategies for Reducing Screen Time

- **Set Clear Limits:** Establish screen time limits for both parents and children, creating a family media plan.
- **Tech-Free Hours:** Dedicate hours of the day as "tech-free," focusing on activities that promote family bonding.
- **Lead by Example:** Parents set the example in screen time reduction, demonstrating the value of personal interaction.
- **Encourage Independent Play:** Guide children towards activities that promote critical thinking and creativity.

A Screen-Time Prayer Idea

Dear Lord, give us the strength to choose face time over screen time. Give us the work ethic to spend our family time wisely, cherishing the moments we have together. Forgive us when we choose laziness instead of family growth and help us believe we can do better next time. Give us the drive to seek activities that enrich us spiritually, strengthen our bonds, and bring us closer to You. Amen.