

EGCC 30 Days of Family Connection

It's that time of year again at EGCC, and we're excited to begin our 30 Days of Family Connection! This month is a special opportunity for us to intentionally strengthen our families, deepen our faith, and grow closer through meaningful conversations, prayer, service, encouragement, and quality time. No matter what your family looks like - a family of one, married with no children, a blended family, a single-parent household, grandparents raising grandchildren, or a large growing family - there's a place for you on this journey. Together, we will build stronger connections, create lasting memories, and grow in Christ as one church family. Get ready for a month filled with joy, reflection, healing, laughter, purpose, and faith-filled moments that will impact both our homes and our communities.

Be sure to pay close attention to the church website and weekly announcements to find additional ways to connect, engage, and participate throughout the month.

"As for me and my household, we will serve the Lord" - Joshua 24:15

Week 1 (June 1-7) — HEALTH WEEK

Theme: "Honoring God Through Healthy Living"

Weekly Scripture: *"Do you not know that your bodies are temples of the Holy Spirit?" - 1 Corinthians 6:19*

Focus: Physical health, nutrition, movement, rest, hydration, and healthy habits.

Suggested Family Activities:

- Take a family walk 2-3 times this week
- Cook one healthy meal together
- Try a new fruit or vegetable
- Have a family hydration challenge (don't overdo it)
- Attend a family fitness class
- Go biking, swimming, walking, etc.
- Practice better sleep routines
- Take a relaxing pottery class together
- Couples: Take a wellness date (walk, smoothie outing, gym)
- Singles: Practice intentional self-care and rest
- Families with children: Let children help prepare healthy meals

Discussion Questions:

- What health habits do we want to improve?

- How can we better care for our bodies?
- What helps us feel rested and peaceful?
- How can we encourage each other physically and emotionally?
- What unhealthy habits should we let go of?

Family challenge:

- Complete at least 30 minutes of physical activity together this week.

Week 2 (June 8–14) — WELLNESS WEEK

Theme: Strengthening Love, Communication, and Unity

Weekly Scripture: *Be completely humble and gentle; be patient, bearing with one another in love.*
Ephesians 4:2

Focus: Mental, emotional, and creative wellness.

Suggested Family Activities:

- Attend the EGCC Children’s Day Splash Party at E. H. McLin Pool on Sunday, June 14th
- Family painting night
- Create something together at a glass blowing or creative arts studio as a reminder of building with care and intention.
- Spend one-on-one time with each child or loved one
- Practice affirmations together according to the Word
- Have a screen-free evening
- Visit a peaceful outdoor space
- Have a “*no arguing*” challenge day
- Practice active listening
- Create a family recipe night of your favorite dessert, dish, etc., where everyone contributes
- Couples: Have a meaningful date night conversation
- Singles: Reconnect with someone important to you
- Families: Share traditions from each family background

Discussion Questions:

- What helps you feel peaceful?
- What brings you joy?
- How do we handle conflict in healthy ways?
- What does forgiveness look like in our family?
- What traditions do we want to build together?

Family Challenge:

- Each person speaks one encouraging word to every family member daily.

Week 3 (June 15–21) — FINANCIAL WELLNESS and STEWARDSHIP WEEK

THEME: “Managing What God Has Given Us”

Weekly Scripture: *“Whoever can be trusted with very little can also be trusted with much.” Luke 6:10*

Focus: Stewardship, saving, budgeting, and financial awareness.

Suggested Family Activities:

- Create a family savings goal
- Discuss savings goals
- Teach children about budgeting
- Plan a “no unnecessary spend” day
- Start a family coin jar
- Discuss needs vs. wants
- Plan a low-cost family outing
- Review subscriptions and/or spending habits
- Donate items or bless another family
- Couples: Discuss financial goals without judgment
- Singles: Create one new savings goal
- Families: Discuss shared responsibilities openly

Discussion Questions:

- What does financial responsibility mean?
- How can we practice generosity?
- What financial habits need improvement?
- How do we avoid allowing money to create division?
- What financial goals do we have as a household?
- What does God say about money?

Family Challenges:

- Stretch your family by blessing another family this week.
- Attend and give a family donation for the Gather for Life fundraiser for the Next Stepp Pregnancy Center, Saturday, June 20th

Week 4 (June 22–30) — COMMUNITY & CONNECTION WEEK

Theme: Family Bonding, Communication, Relationships, Service, and Community Impact

Weekly Scripture: *Serve one another humbly in love. - Galatians 5:13*

Focus: Family bonding, service, relationships, and community impact.

Suggested Family Activities:

- Volunteer together
- Write encouragement cards to family, church members, and/or friends
- Have a family game night
- Attend a community event
- Cook/Purchase a meal for someone in need
- Family fun night challenge: have each family member write down five words on a separate piece of paper and place them in a small box, hat, etc. Take turns pulling a word from the box, bowl, hat, etc., then you'll have just 3 seconds to start singing a gospel song using that word. If you have a large family, have two people compete to see who can start their song first. Get ready for laughter, creativity, and a faith-filled night of fun together.
- Have a family encouragement awards day/night, breakfast/lunch/dinner
- Create a monthly or quarterly community service project
- Family dinner together at the table
- Speak one word of encouragement to each family member daily
- Have a family conversation where each person gets uninterrupted time to share
- Pray together for your community and local leaders

Discussion Questions:

- How can we better support one another?
- What does serving others teach us?
- How can we respond with kindness when we disagree?
- Do you feel heard in your family?
- Why do you think serving others matters to God?
- How can our family use our gifts to make a positive impact?
- What is one prayer request you want our family to pray over together?

Family challenge:

- Encourage your family to participate in the **Health, Wealth, and Wellness Community Fair** at EGCC on **June 27th from 9am-1pm**. Invite other families!

Family Challenge for the month: Create one meaningful memory together for each week's theme and document it with a photo or journal entry. Please share photos on our social media sites.