



30 Days of Loving Your Family

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Start and end the day with a round of hugs.	Every hour, stop and pray for each family member.	Play outside together.	Lead a devotion for the family. Incorporate an activity if appropriate.	Go for a family bike ride.
Start a conversation about love. Love is...	Have family game night.	Go for a walk together.	Spend the day fasting and praying for each person. (Fast from TV, coffee, food, etc)	Write love notes and place them around the house (in dresser drawers, lunch boxes, etc.)	Bake something together.	Go to the park or playground together.
Use dry erase markers to write encouraging notes on bathroom and bedroom mirrors.	Pick one word to pray for each person today.	Tell jokes. Laugh together.	Read a book together as a family.	More hugs... and start the day with praying together.	Take silly pictures and make a collage (or visit a photo booth at the mall).	Have a picnic.
Intentionally say something to encourage each person.	Do something to make life easier for them today.	Play hide and seek together.	Watch old home videos or look at albums and scrapbooks.	Prayer walk in and around your house. Go to each person's room and pray for them.	Dance.	Clear all activities for the day (or afternoon) and spend time together.
Give free back massages.	Make a list of traits you love about each person and share it with them.	Survey everyone about their "favorites" in life (fav memories, trips, games, restaurants)	Plan a scavenger hunt.	Plan a special date with each person.	Turn off TV and computer and do something together.	