

The Strong Family Project Calendar

Special Note: the **bold** phrase **The Strong Family Project** refers to the tab under “Family Ministry Resources” on the church website. Any words in *italics* refers to documents you can find on **The Strong Family Project** tab on the church website. Any words that are underlined refers to an app you can download on your phone. And any words that are underlined in blue refers to a clickable link for something on the internet.

Days 1-32: Activities to Focus on Your Marriage

1. Have a date night. (Check out the *Date Night Jar Cards* and *Frugal Fall Date Nights* on **The Strong Family Project** church website tab or check out some Fall-themed ideas: [25 Frugal Fall Date Nights](#)).
2. Reminisce about your years together: Look at old pictures, watch old movies, go through your relationship keepsakes.
3. Have a technology-free night and focus on each other. (Here are a few ideas: [10 Tech-Free Date Night Ideas](#) or check out the document on **The Strong Family Project** church website tab).
4. Hold hands.
5. Serve your spouse by doing their least favorite chore.
6. Pray together. (If you want some inspiration check out: *8 Life Changing Prayers* and the *ACTS Prayer Bookmarks*. “Portals of Prayer” is also a great resource that is sent in the mail).
7. Do something to show your appreciation.
8. Play a game.
9. Have a “Marriage State of the Union”. (Check out the article: [The Conversation That Will Change Your Marriage](#) or the document: *Marriage State of the Union* on **The Strong Family Project** church website tab).
10. Leave a love note in a surprise place (There’s a sample document: *Love Notes* on **The Strong Family Project** church website tab).
11. Start or read a couple's devotional. (Some great devotionals are the [Lutheran Hour Devotions](#) and the [Lutheran Hour](#) app. This site posts 2 new couple’s devotionals each day: [Moments Together](#) and [Married Couples](#). This link gives you a few different daily family life emails you can subscribe to: [Family Life Emails](#). The [YouVersion Bible](#) app has great Bible plans for couples or take a look at the [You and Me Forever](#) app. Lastly there is a devotional called: *Couple Connect* on **The Strong Family Project** church website tab).
12. Give each other a massage.
13. Talk about your spouse's best quality.
14. Have a date night at home. (Check out the blue colored *Date Night Jar Cards* on **The Strong Family Project** church website tab if you need ideas).
15. Send a text letting your spouse know how much you care.

16. Read I Corinthians 13:4-13 and discuss.
17. Discuss the strengths and weakness of your marriage.
18. Watch the movie Fireproof and discuss. (You can rent it from [amazon video](#) or netflix dvd).
19. Exercise together.
20. Do a favorite hobby of the wife.
21. Do a favorite activity of the husband.
22. Plan a surprise for your spouse.
23. Read and discuss Galatians 5:22-26.
24. Recreate your first date.
25. Take a walk together.
26. Do something to show your appreciation.
27. Slow dance together.
28. Cook together.
29. Play a practical joke on your spouse. (Here's a youtube video with some ideas: [10 Amazing Practical Jokes](#)).
30. Have a special dinner once the kids are in bed and dress up.
31. Stargaze on a clear night. (If you want help identifying constellations you can try these apps: [SkyView](#), [Star Walk 2](#), or [Night Sky](#). These apps work on both iPhone and Android).
32. Plan a random act of kindness to do together.

Day 33-65: Activities to Focus on Your Family Life With Kids

33. Have a picnic.
34. Take a hike.
35. Set boundaries on technology for the whole family. (Here are a few ideas for activities that are technology-free: [Breaking the Screen Habit](#). Also look for the documents: *25 TV-Free Activities* and *Breaking the Screen Habit* on **The Strong Family Project** church website tab).
36. Use conversation cards to spice up your dinner conversation (Check out the documents: *Conversation Cards* and *15 Conversation Starters* on **The Strong Family Project** church website tab).
37. Plan your dream family vacation.
38. Write each other a love note. (There's a sample document: *Love Notes* on **The Strong Family Project** church website tab).
39. Do something silly (Have a silly string fight or a water balloon fight).
40. Play a game.
41. Do a service project (Check out the article: [20 Family Service Projects for All Ages](#) or the document on **The Strong Family Project** church website tab).

42. Start or continue a family Bible study. (Some great family devotions are the [Lutheran Hour Devotions](#) and the [Lutheran Hour](#) app. Also look for the *Family Bible Study Toolkit* and the *Wisdom Talks Family Bible Study* and journals as a couple of options on **The Strong Family Project**).
43. Read a book aloud, even to older children.
44. Have a dance party.
45. Volunteer to help a family member or friend in need.
46. Read Matthew 19:19 and discuss.
47. Start or tweak family meetings. (Here are some articles with helpful tips and example schedules: [How to Plan and Lead a Weekly Family Meeting](#), [10 Tips for Holding a Family Meeting](#), and [Family Meetings](#)).
48. Create a family creed or a set of "rules to live by". (A good example is *Home Rules* or *Family Rules* on **The Strong Family Project** church website tab).
49. Pray aloud specifically for the family's weak areas. (If you want some inspiration check out these documents: *8 Life Changing Prayers*, *ACTS Prayer Bookmarks*, *5 Ways to Pray for your Kids* and *Easy Verse Prayer Cards Sets 1-2* on **The Strong Family Project** church website tab).
50. Fly a kite.
51. Exercise.
52. Go through baby books or photo albums.
53. Write letters to each other in a notebook (Ex: mommy/ daughter notebook).
54. Have a backyard Olympics. (Here's a great Bible-themed olympics: [Bible Olympics](#) or check out the document: *Summer Bible Olympics* on **The Strong Family Project** church website tab).
55. Have a mother/son date night and daddy/daughter date night.
56. Do a cooking project.
57. Memorize Scripture. There are many ways to memorize Bible verses and passages! (Here's a few documents with ideas to use: *16 Ways to Memorize Bible Verses*, *Bible Memorization Games*, *Index Card Ideas for Bible Memorization*, and *Bible Memorization Elementary & PreK* for younger kids, all found on **The Strong Family Project** church website tab).
58. Create a garden or grow plants.
59. Build a project.
60. Write cards or draw a picture to cheer up a friend or family member.
61. Make your own goo or slime. (Here's a recipe for [Homemade Slime](#) or check out the document on **The Strong Family Project** church website tab).
62. Have a bake sale and give the money to charity.
63. Go to the park.
64. Be a tourist in your own town and sight-see.
65. Learn a new hobby or sport.