

# Welcome to The Strong Family Project

For more articles and resources subscribe to [Faith Along the Way](#), founder of **The Strong Family Project**.

In a world of busyness and rushing at a fast pace, the family can easily lose connection and find themselves without a sense of unity. This movement was started to encourage families to make each other a priority, have fun together, grow in faith and make memories along the way.

When you start **The Strong Family Project**, you're pledging to intentionally connect with your family over the next 65 days using the *Challenge Calendar* as your guide to investing into the lives of those you love the most, with intentional activities and prompts to help you grow closer together.

One of the great things about **The Strong Family Project** is that most of the challenges aren't incredibly time consuming. Some ideas include: holding hands that day, sending a text about how much you care, or writing a love note!

The first 32 days of the *Challenge Calendar* for **The Strong Family Project** are activities for couples, and the last 33 days are activities for your family life with kids! While not everyone is a parent or spouse, we all are a part of a family. Whether that's: a husband and wife, empty nesters, expecting parents, single parents, those who are waiting to meet the spouse God intends for them, a group of close knit friends, and the list goes on! The point is, that with a little bit of altering, you can make **The Strong Family Project** work for you!

## A few examples of altering *the person focus* of **The Strong Family Project**:

- Use the first 32 days to focus on one person: a friend, spouse, family member, co-worker, neighbor, or another person you want to grow closer to.
- Use the last 33 days to continue to focus on the one person from the first 32 days *and* add a group of other people to focus on: neighbors, your children, a group of co-workers, siblings, cousins, or another group you want to grow closer to.

## A few examples of altering *the activities* of **The Strong Family Project**:

### **Days 1-32**

- Have a date night with your spouse *or* a night out with a friend or family member. (Day 1)
- Hold hands with your spouse *or* give a hug to a family member. (Day 4)

- Have a “Marriage State of the Union” *or* talk about the relationship you have with this friend or family member and how you want to improve the relationship. (Day 9)
- Watch the movie “Fireproof” (a great movie about Christian marriage) *or* watch other great Christian movies like: “War Room”, “Facing the Giants”, or “Courageous”. (Day 18)
- Recreate your first date *or* how you first met this person. (Day 24)
- Slow dance together *or* show off you best moves in a dance contest. (Day 27)

### **Days 33-65**

- Set boundaries on technology for the family *or* have a tech-free day with the group of people you’re focusing on. (Day 35)
- Start or tweak family meetings *or* set up a weekly meeting with the group of people you’re focusing on. (Day 47)
- Create a family creed *or* a group creed to live by. (Day 48)
- Have a mother/son date night and daddy/daughter date night *or* have a night out with someone from the group of people you’re focusing on. (Day 55)

These examples are just ideas to get you thinking of how you can make **The Strong Family Project** work for you and the people you’re focusing on. So feel free to change the activities or add to this list of suggestions to suit your specific needs. As long as you’re investing intentionally in those people you love, you can’t go wrong!

**The Strong Family Project** is filled with unique printables to make connecting with your family easier, so you can focus on your relationships and those you love. It includes:

### ***Challenge Calendar***

Follow along with **The Strong Family Project** and pledge to intentionally connect with your family and friends over the next 65 days. This calendar will help!

### ***Love Notes***

Surprise your family or friends with handwritten love notes to make them feel loved and let them know how much you care. (Days 10 & 38)

### ***Conversation Cards***

Make time together more memorable as you get to know each other through conversation. Let these simple cards be your guide! (Day 36)

### ***Date Night Jar Cards***

Spice up your date nights with a significant other, friend or family member, with a jar filled with fun ways to connect! Simply print, cut and place the cards in a jar. When you need to have a creative night together, choose a card from the jar and follow the directions to create a special time!. The blue cards are ideas to do at home, while the green cards are ideas for out on the town. (Days 1, 14, and 55)

### ***Easy Verse Prayer Cards***

Teach yourself, friends, and family members to pray with these easy prayer cards and help them develop a solid foundation of faith (more instructions are in the *Easy Verse Prayer Cards Instructions* document on the **Strong Family Project** tab on the website or you can click on the link [Teach us to Pray](#)). (Days 6 & 49)

(Written & designed by Anna of [Path Through the Narrow Gate](#))

### ***Monthly Goal Review & Smart Goals***

Learning to set and work towards goals is a crucial skill for everyone. You'll love these easy to use charts for yourself, and other people of all ages to help keep track of progress. (This isn't included on the *Challenge Calendar*, so it's up to you when you want to do it, and if you want to do this as an individual, with family members or friends).

(Written & designed by Alisa of [Flourishing Today](#))

### ***Write the Word 30 Day Challenge***

Grow closer together with family and friends as you study and write God's Word together for 30 days. You'll be amazed at how your relationship will bloom after you explore the heart of God together. (This also isn't included on the *Challenge Calendar*, so it's up to you if you want to start it on Day 1, 33, or even once the 65 day challenge is over).

(Written & designed by Arabah Joy of [Arabah Joy](#))

For more family focused discussion, conversation and activities, join the [Facebook group, The Strong Family Project](#) or check out the [Pinterest board](#).

Whatever your calendar of events includes for the next 65 days, focus on having fun and not on perfection! Taking back your family and fighting for your relationship will help you all make memories to last a lifetime!

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