



# PEACE

## REFLECTION & DISCUSSION *Questions*

VIDEO: "FAMILY RHYTHMS THAT LEAD TO PEACE"

What consistent routines, events and traditions are currently a part of your family's daily, weekly and yearly rhythms?

How would you and your spouse describe your current weekly schedule?  
*think balance, thriving, orderly, purposeful, intentional, scheduled, spontaneous, chaotic, always changing, frantic, survival, struggling, volatile, items you would like to incorporate included/not included...*

What percentage of your week is proactive vs. reactive?

Who (or what) is currently planning your schedule?  
*e.g. you (and your spouse together), one of the spouses, kids, obligations, relatives, friends, social media...*

Are the things that are most important to you and your spouse happening at least one time every week?

Think of your family's vision, mission, culture, identity formation, training plan ... how could your family rhythms incorporate these things on a regular basis? Or put another way, how could you best utilize the daily, weekly and yearly cycles God provided to work for your family in carrying out your mission?

How would you craft an epic/fun week?

