

REALITY SHOW

WEEK 1

HEBREWS 11:20;
GENESIS 27:34–38

Every family is fractured, so choose compassion.

WEEK 2

COLOSSIANS 3:7–9, 3:12–14

Every family is frustrating, so focus on changing yourself.

WEEK 3

GENESIS 33:1A, 33:4, 33:17

Every family is forever, so treat them that way.

THINK ABOUT THIS

WEEK 1: Every family is fractured in some way, and that's because families are made up of broken people. But just because someone acts the wrong way or makes a mistake doesn't mean we stop treating them the right way; with kindness, compassion, patience, and love.

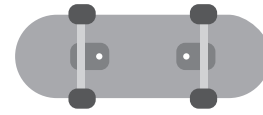
WEEK 2: Just like we can choose to change our clothes, we can also choose to change our own attitudes and actions. We can take off anger and put on kindness. And because family can be frustrating, there's no better place to practice changing ourselves than when we're at home.

WEEK 3: When you're in middle school, it's tempting to believe and act as if family is temporary—that once you graduate high school, you can get out of the house and leave it all behind. But, the truth is, family is forever, no matter what your family looks like. And the way we treat our family now matters.

REMEMBER THIS

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

COLOSSIANS 3:12 NIV



DO THIS



MORNING TIME

One of the most important things a student can hear is that they matter to you. As your kid starts their day, take a moment to look them in the eye and say, "I love you" or another phrase your family uses to communicate value.



DRIVE TIME

If we're going to treat the people we live with in a way that shows we care about them, it's important we spend time having fun together as a family. This week, ask your student the questions, "What's something you like doing as a family?" and, "What do you wish we would do more of together?" Then set aside at least one time this month to do one of those things.



MEAL TIME

Before one meal this week, write down the names of everyone you live with on sheets of paper and toss them in a hat. Have each family member draw a name and take on that person's role for the meal. Whether it means changing up who cooks, who cleans up, and who makes the rules, have fun with it and give yourselves permission to laugh at the strangeness of putting yourselves in one another's shoes.



BED TIME

As your day is winding down, ask your student about something they liked about your family that day. Then talk about what could have been better—like not arguing with their brother, choosing a better attitude at dinner, or telling the truth about the test they bombed. Decide together on one change you'd both like to make the next day to show more love to your family.

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