

Intentional Connection

for Families



Our family should be a sacred haven in the midst of the chaos of life. Often, we get so busy maintaining our life together that we forget to indulge in the safety and joy that we have in each other.

Use this guide as a template to create your own foundations for regularly scheduled intentional connection.



Connect with your family

Connection = being seen, known, and understood.

Carve out set times during the week to convey to your family how you see, know, and understand them. Consider infusing this time with fun by implementing a movie, trivia, board games, etc. around these special times together.



Come prepared to reflect on the week together and communicate about it.

- **RAVE:** Intentionally build one another up by expressing gratitude & admiration
 - Big and small things are welcome!
 - Express WHY you appreciated that about your family member; what need or desire did it fulfill (HINT: Did it make you feel safe, loved, considered, seen, proud, etc).
 - Example: *"I felt proud when you stopped to help your friend that fell and hurt themselves."*
- **RANT:** Express areas of hurt in a safe space, saving you from bringing them up during high emotional conflict throughout the week
 - Rants should be limited. If you have a rant, you must have a rave to follow it up with.
 - Do your best to express your primary emotions (hurt, fear, inadequacy), instead of secondary emotions (anger, sarcasm, withdrawal).
 - Example: *"I felt hurt when you didn't take out the trash when I asked you to."*

- **REPENT:** Vulnerably and transparently share your areas of growth with your family
 - Take responsibility and apologize for what you need to.
 - Assure your family member that you love them, your intent is never to hurt them, and you are committed to doing better
 - Example: "Because I felt hurt, I lashed out in anger. I know it's ok to feel hurt and express that to you, but I never want to do it in anger. I'm so sorry. I am continuing to work on this."
- **REVEL:** Share moments from the week that were meaningful enough for you to store up and treasure in your heart
 - This does not have to be a profound moment, just a moment that was meaningful to you.
 - Example: "I saw an amazing sunset on my drive home Tuesday and it evoked awe and wonder."



Example questions to help draw out Raves, Repents, and Revels

- "What did my (spouse, child, parent, sibling, etc.) do this week that made me proud of them?"
- "What did my (spouse, child, parent, sibling, etc.) do this week that made me feel safe?"
- "What was difficult for my (spouse, child, parent, sibling, etc.) this week and how did they handle it well?"
- "When did I feel most connected to my family this week?"
- "When was our family teamwork at its best this week?"
- "What are you most looking forward to next week?"
- "What will be difficult for my family member this week?"
- "As we move into this next week, what should I know so that I can better support you?"
- "What is difficult for me in my life right now that I can ask for support in from my family members?"



Example areas to check in about from time to time as a family

Note: Do not check in about every topic every week – that would be way too overwhelming!

- **Social Relationships**
 - What did you enjoy most this week during your time with friends?
 - What positive and negative influences do your friends have on you? / Do you have on them?
 - Which friendships brought you enjoyment and peace this week? Which ones brought you shame, anxiety, or insecurity?
- **School**
 - What did you enjoy about school this week?
 - Is there anything from school that is affecting your overall stress, self-worth, or security?
 - How can I support you in your schooling this upcoming week?

- **Household Tasks**

- Which household tasks do you prefer to do?
- Why is it important that we all contribute to household tasks?
- What are household tasks we should be aware of in the upcoming week?

- **Relaxation and Self-Care**

- What is your favorite soul-refreshing activity?
- What areas of self-care and relaxation did you enjoy most this week?
- What areas of self-care and relaxation are you hoping for in the upcoming week?

- **Boundaries**

- What boundaries do we need to renegotiate within our family this upcoming week?
- Why do you think we implement boundaries in our family?
- How can we respond to boundaries in a respectful way even if we do not agree or understand them?

- **Development/Sexual Identity**

- Do you have any questions about sex, sexuality, or gender that came up this week?
- Where do you go to get information about difficult topics like this?
- What do you think would make you feel safe enough to discuss these things within our family?

- **Spirituality**

- How is your personal relationship with God?
- What are you studying/learning about yourself/God in your personal time with Him?
- What can I be praying about for you in this upcoming week?

Set the Scene: Schedule it weekly in a safe, calm, distraction-free environment

We will meet every _____ (day) at _____ (time) for our time of intentional connection. Our location will be _____.