

# RECLAIMING

## Family Time Together

**PRIORITIZE**

**PRAY TOGETHER**

**ENGAGE**

**ASK QUESTIONS**

"Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

Deuteronomy 6:4-7



**Begin Every Meal  
With Family Prayer**



**Engage With  
Intentional  
Conversations**



**Prioritize Time  
Together**



**Keep The Table  
Tech-Free**  
Turn Off and Tune In

**"Face to Face ~ Heart to Heart"**

*Connecting individuals, couples, families and clergy through the heart toward healthy Christ-centered relationships.*

Family Wellness Ministry Mission Statement

for conversation starters - visit our website:  
[www.familywellnessministry.org](http://www.familywellnessministry.org)