

HABITS FOR THE HOUSEHOLD

FALL 26



SCAN HERE

visit www.stouffville.church/habits for resources listed below

How to think about Anchor Habits:

Anchor habits help keep us grounded and rooted in our faith. These are the habits that help us to stay consistent in the busy and at times overwhelming seasons of life.

DAILY ANCHOR

a home that reads scripture together

this habit means daily reading and thinking on scripture. This can look like:

- + a family devotional at dinner (Daily Bread)
- + a daily bible reading plan (YouVersion App)
- + video devotional series (Daily Bread)

Pro Tip: If you want to make scripture a more regular habit, make the new home for your bible your kitchen table. Meals are a great opportunity to be fed spiritually as a household

WEEKLY ANCHOR

a home that belongs to a local church

this habit means weekly being apart of your local church. This can look like:

- + making Sunday regular
- + joining a small group
- + SK Clubhouse, Jr.High & Youth

Pro Tip: Relationships are essential for feeling like you belong to a local church. Connect with a Pastor to help assist if you or a member of your home is experiencing a challenge in getting connected.

How to think about Expression Habits:

Expression habits help keep us engaged and active in our faith. These are the habits that help make our faith feel personal, and bring our gifts, and uniqueness to our relationship with Jesus.

DAILY EXPRESSION

a home that prays with & for each other

this habit means daily praying for and with each other. This can look like:

- + keeping a family prayer request list
- + each person praying for one thing they are thankful for that day
- + keeping a prayer journal

Pro Tip: Keep a prayer list on your fridge or public area, every time you walk by take 10 seconds to pray over an item on the list.

WEEKLY EXPRESSION

a home that serves others together

this habit means weekly thinking of and serving others. This can look like:

- + Serving together at church
- + Taking a meal to a neighbour as a family
- + Checking in on a senior on your street

Pro Tip: If your kids have an idea, either big or small act on it. When we help realize a students idea to serve, it helps inspire them to dream bigger and more often.