



HOME IS A  
VERB

# FAMILY SUMMIT GUIDE 2024

Hello! We're so excited you have decided to plan a Family Summit! This has quickly become one of the most fulfilling and most productive times of each year for our family. Every year, we figure out childcare and we find a place to spend a weekend reflecting on the past year and planning the upcoming one. For our family, the clean slate of the new calendar makes January ideal and we use the ease of an intentionally slow and restful weekend to set our pace for the year. As a couple, we reflect on the past 12 months and dream about the future of our family and brainstorm ways to make dreams reality. This guide was designed to help you do the same!

We prefer to get out of town for a few days. Some prefer to get a hotel, go to the beach, or just let the kids stay with family and take a staycation at a quiet home. If you have older kids who you want to be a part of the family planning, then definitely bring them along! Planning and creating family goals are great ways to give older kids value and make them feel like part of a team. Just try to prioritize a place that has space where you can sit and plan for a while and has minimal distractions- hotel lobby, screened in porch, close by coffee shop, your local church, etc. A place with a view is a bonus!

This guide has slowly put itself together over the past few years to help our family put thoughts onto paper and set up some really fruitful conversations. We have read a lot of books, listened to a lot of podcasts/resources, and talked with a lot of mentors that have encouraged us as we try to make our family the best it can be and one that is just a little different from the world's standards. Some more than others have helped lay a foundation for a Family Summit and for this guide in particular. Some great resources like Abraham's Wallet, Family Teams, and more have their own versions of a summit guide and we have taken useful parts of those to help inspire this.

The guide is set up for parts of three days (ie a Friday after work through Sunday). It can be drawn out longer or it can easily be condensed into a shorter time frame. Again, ideally the purpose of the Summit is to enrich and enhance your family so set it to your pace, but try your best to eliminate the pressure of hurry and dependency on distractions. This is a great time to disconnect from the world and really connect with your spouse. Don't let it feel overwhelming or like you aren't doing enough. Remember, the point of this is not to be perfect but to make your family better. If you only improved one thing every year, in 10 years you would be 10x better. So you can take it slow.

We're so glad you made the decision to intentionally focus on your family! Enjoy your Family Summit!

Trey and Paige

*Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart and with all your soul and with all your might. And these words which I command you today shall be on your heart; you shall teach them diligently to your children...And you shall write them on the doorposts of your house and on your gates. Deuteronomy 6:4-9*

# FIVE FOUNDATIONS OF FAMILY

The heart of the guide is broken into five areas. These five areas, and what makes up each of them, is what you will use to organize ideas, goals, wins, losses, needs, etc. When answering the reflection questions on Day 1, use these as the filters to think through.

Day 2 will focus on each of these individually. Each of the sections have some sample questions. Those are meant to be conversation starters and lead to your own questions. If you really like to write everything out, bring a notebook or some extra blank paper.

## FAMILY

HOUSEHOLD, MARRIAGE,  
CHILDREN, IMMEDIATE  
FAMILY, PHYSICAL HOUSE

1

## FRIENDSHIP

NEIGHBORS, SMALL GROUP,  
CHURCH, CO-WORKERS,  
HOSPITALITY, SERVING

2

## FAITH

WALK WITH THE LORD,  
DISCIPLESHIP, SPIRITUAL  
FORMATION, SIN,  
EVANGELISM

3

## FORMATION

EDUCATION, BOOKS,  
PODCASTS, SELF AND  
FAMILY DEVELOPMENT,  
GROWTH

4

## FINANCES

BUDGET, GIVING,  
CAREER, WORK/LIFE  
BALANCE, INCOME  
RELATED

5

## BEFORE YOU GO

Before you head off on what just may become the best weekend of the year, there are some things you could do and know that would make the trip more enjoyable and help you make the most of your time.

- Glance over the guide before you go. Maybe tweak some prompts to fit your stage of life.
- Pray together and alone for the weekend.
- Start a shared Note on your phone of things you know you want to cover.
- Find a getaway spot. Use your community assets- aka ask friends if they have connections to place you could use.
- Reflect on the past year during some of your downtime.

There are a few things you can bring that can be helpful:

- *Calendars*: school, family, previous year, and next year calendars, dates of big events
- *Finances*: last year's budget, bank accounts, list of assets, upcoming costs/budget changes
- *Planning*: last years' Goals Sheet & Family Plan (if you have it), brainstorming from the year
- *Personal*: notebook/journal, fun pictures from the last year, this Summit Guide
- *Fun*: A good book, your favorite coffee or snack, board or card games.

# SUMMIT ITINERARY

CUSTOMIZE THIS FOR YOUR FAMILY

## DAY 1

ARRIVE, SETTLE IN AND RELAX. FLIP THROUGH THE GUIDE AND PRAY TOGETHER. THEN MAXIMIZE SOME SILENCE/SOLITUDE. GET ALONE AND REFLECT. MAYBE JOURNAL SOME THOUGHTS OUT.

LET IT BEGIN! GET TOGETHER AND FIND YOUR SPOT FOR THE WEEKEND. GRAB THE GUIDE AND START THE DAY 1 SECTION ON REFLECTIONS OVER THE PAST YEAR. LET YOUR CONVERSATIONS ROAM AND HAVE SOME FUN!

DINNER TIME! MAKE SOME DINER TOGETHER OR GO OUT ON A DATE. LET THE BRAINS REST AND JUST BE A MARRIED COUPLE ENJOYING EACH OTHERS COMPANY. MAKE THE MOST OF A SPECIAL NIGHT ALONE!

## DAY 2

HAVE A SLOW MORNING. MAKE SOME BREAKFAST, WATCH THE SUN RISE, DRINK SOME COFFEE, WHATEVER SLOWS YOU DOWN. LAUGH, READ, PRAY, JOURNAL... WHATEVER. GRAB THE GUIDE AND FLIP TO DAY 2!

FIVE FOUNDATIONS... FAMILY, FRIENDS, FAITH, FORMATION, AND FINANCES. THIS IS THE BULK OF WHAT YOU'LL BE TALKING ABOUT FOR THE DAY. MIX IN SOME STRETCH BREAKS AND GET SOME LUNCH. HIGHLIGHT AND SUMMARIZE THE BIG IDEAS OF THE DAY.

FINISH THE DAY OFF WITH SOMETHING EASY OR FUN LIKE A HIKE OR BOARD GAME. HAVE SOME DINNER AND READ A BOOK BUT THERE SHOULD DEFINITELY BE SOME ICE CREAM MIXED IN THERE SOMEWHERE.

## DAY 3

ANOTHER SLOW MORNING. ENJOY IT. HAVE SOME FUN CONVERSATION. MAYBE HIT THE HIGHLIGHTS OF THE LAST TWO DAYS, DISCUSS SOME PERSONAL NEEDS AND FAMILY ADJUSTMENTS.

GRAB THE GOALS SHEET AND FILL THAT OUT TOGETHER. MAKE SURE YOU BOTH HAVE YOUR OWN GOALS IN THERE. LOOK AT THE "FAMILY PLAN" SHEET AND FILL THAT OUT. THESE TWO DOCUMENTS ARE WHAT YOU'LL REFER TO ALL YEAR.

SET GOALS, SYNC THE CALENDARS, TALK, SUMMARIZE, PRAY. FINISH UP ANY OUTSTANDING CONVERSATIONS. LET YOUR MIND AND PACE SLOW DOWN ONE MORE TIME. GET EXCITED ABOUT THE YEAR TO COME!

# DAY 1: REFLECTION AND EVALUATION

This past year, what was your favorite...

MEMORY

DATE

MOVIE

MEAL

MOMENT WITH FRIENDS

THING WITH THE KIDS

NEW HABIT

How did we live out our family mission/vision/values? Or what might we want ours to be?

In general, what stands out that we did really well as a couple or family and what stands out that we need to work on? *(Family, Friends, Faith, Formation, Finances)*

What are our best habits and rhythms? Which ones do we need to work on or add? Any we need to take away?

Daily

Weekly

Monthly/Yearly









# DAY 3: ACTION PLAN AND SUMMARY

## Goals Sheet

The goal sheet is broken up in to the Five Foundations that you had great conversations about yesterday. Those are categorized in to three categories- Personal, Internal, and External. Here's is where you can make goals for each of the Five Foundations. We included a sample one to help.

**Personal:** goals that relate to you and only you. This will be ways you grow yourself, make adjustments, etc. "Spend 30min in the Word 3x/week." "Learn photography as a hobby." "Save for a new car." "Develop family Mission/Vision/Values."

**Internal:** goals that apply to anything inside the walls of your home... marriage, family, kids, home repairs, trips. "Sabbath 2x/month." "Make a family budget." "Get garage door fixed."

**External:** goals that apply to anything outside the walls of your home... job, church, extended family, friends, community. "Host people at our home 1x/month." "Serve at homeless shelter as a family." "Increase profits at work by 15%." "Share the Gospel with 2 people."

One of you just got really overwhelmed. Don't be! This will be so worth it because you're going to refer to this sheet throughout the year as use it as a guide and as fuel for what you want your family to accomplish. There are few things as satisfying as scratching a goal off of a list!

## Family Plan Sheet

This is our favorite part of the Summit- it summarizes the all the conversations you had. The main points and the things you don't want to forget go here. I even laminate this one and pull it out almost weekly to look and see where we measure up because vision leaks! Edit this document to be what you need, but it's a template for you. It includes room for mission/vision/values if you want to use those, individual and personal changes to make, plans for the kids, and even a spot to include some really big prayers that your family needs to be praying. We put prayers that may seem impossible for humans to achieve here.

## Calendar

Today is also is a chance for you to get the calendar organized. This may not excite everyone, but you will be super aware of what is going on for the year. Do you want to plan a beach week with just your family? Or maybe head to the mountains for a big reunion? What are the big school dates for the kids? Birthdays? Anniversary trip? Special Date Nights?

I have friends that spend an hour on this and friends that spend a day on this. We highly recommend you use your calendar to make some of your goals really happen. If you have a goal pf a quarterly outing with your staff at work, go ahead and put that on the calendar. If you want to have a night each week where you invite people to you house for dinner, have 1-on-1's with each kid, or go on a vacation or two then put them all on the calendar. Just like finances, if you don't budget your time and assign a space for things that are important, time will get spent before you know it and there may not be room for the things you want to make room for.

## Ebenezer

This one is fun. Joshua 4 and 1 Samuel 7 are examples of people building a memorial of God's provision and the people accomplishing something. Your turn to do the same and "raise an Ebenezer". Find a rock, something in a souvenir shop, a bottle of wine, make a craft or some wall art... anything that you can use as a reminder of this weekend and that you are trying to create a family that is intentional and intentionally different from this world. Display that thing in your house so you can see it every day!

Personal

Internal

External

## Family


## Friendship


## Faith


## Formation


## Finances


Example (italics indicate indicative goals for 2nd spouse)

## Family

Personal	Internal	External
Start 1-on-1's with kids	Schedule movie nights	Start regular grandparent night
Write Family Mission/Vison/Values	1 family trip (just us 5)	Start quarterly call with siblings
<i>Intentional prayer journals for kids</i>	<i>kids memorize 1 verse per month</i>	<i>Yearly beach trip with extended family</i>
<i>Teach son morning quiet time routine</i>	<i>Date night weekly</i>	
Find a mentor	1 trip with both sides of family	Start Prayer room

## Friendship

Weekly pickleball night with friends	Open door movie night on Fridays	Share the Gospel with 2 people
<i>Get phone out of the bedroom</i>	<i>1-2 "special nights" with each kid</i>	<i>Point all clients to Jesus</i>
		<i>Minister to neighbors</i>
Study 3 books of the Bible	Sabbath/shabbat 2x/month	New people over for dinner 1x/month

## Faith

Start Prayer Journal	Regular family Bible readings at meals	<i>Find "Timothy's"</i>
<i>30 min in Bible 3x/week</i>	<i>Memorize 1 verse/month</i>	
<i>Lead someone to Jesus</i>	<i>Service Projects</i>	
No screens 6-7:30	After dinner walks 3x/wk	Read more research articles for work

## Formation

Lose 15#	<i>Read chapter books out loud</i>	Read 3 job related books
<i>Exercise 3x/wk</i>	<i>Utilize YouTube over shows for education</i>	<i>Teach a skills class</i>
<i>Read 15 books</i>		

## Finances

Choose budgeting program	1 month no spending	Get picnic table for work
Hire CPA	Grow Family side business	Grow Business 15%
<i>Start saving for family land</i>	<i>Give to more individuals</i>	<i>Make family side business profitable</i>

# 2024 FAMILY PLAN

Word of the Year



HOME IS A  
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Mission

Vision

## FAMILY VALUES

## INDIVIDUAL CHANGES

Husband

Wife

## FAMILY HABITS

Start

Stop

KIDS

BIG PRAYERS