

# Selah

## 90 DAYS OF SUMMER

### **1. SPIRITUAL LIFE**

- Have a daily time with God
- Be faithful to church
  - 1) Come to every service
  - 2) Change your seat
- Listen to a preaching podcast online
- Listen to Christian music
- Bring someone to church

### **2. FAMILY LIFE**

#### As a Couple

- 1) Have a weekly date night
- 2) Pray together as a couple
- 3) Have a mini trip/getaway
- 4) Read a book about marriage

#### As a Family

- 1) Have a family night
  - Games
  - Movie
  - Night out (mini golf, bowling, arcade, shopping, picnics, watch sunset)
- 2) Take a Family Vacation
  - One-day vacation
  - 3-day weekend
  - Week vacation
  - Staycation
- 3) Control Media Devices
  - Limit time of devices
  - Have a device-free time
- 4) Eat together at the table
- 5) Do a service project together
  - Reach your street for Christ
  - Serve at church events together
  - Clean/help at the church outside of main church events
  - Take cookies & tracts to police/fire stations
- 6) Have family devotions
  - Pray and praise together
  - Read and discuss Scripture together

#### As a Parent

- 1) Guide your children by talking with them
- 2) Spend time with your children
- 3) Have a schedule (bedtime, waking time, chores, daily routine)
- 4) Set your family up for success (push through problems and challenges)

#### As an Individual

- 1) Start a new habit or quit a bad habit
- 2) Diet and exercise
- 3) Read a book or group of books
- 4) Set some personal goals
- 5) Take up a hobby
- 6) Learn something new (sewing, cooking, cleaning, computers, etc.)
- 7) Take inventory of your finances
- 8) Re-evaluate your budget
- 9) Do something you've been putting off
- 10) Get an accountability partner

### **3. YOUNG ADULT LIFE**

- Hang out with your family
- Be a blessing not a burden to your family
- Offer to help your family (ask what you can do)
- Further your education
- Be involved in serving & helping at church
- Live by a schedule
- Exercise
- Encourage your friends to be faithful to the Lord

### **4. RESOURCES**

- Family Devotions: Bible.is (*select KJV*)
- iTunes Podcasts
  - 1) LBC Audio
  - 2) Enjoying the Journey by Scott Pauley
- Sermons
  - 1) [www.templebaptistchurch.com](http://www.templebaptistchurch.com)
  - 2) [www.preaching.lancasterbaptist.org](http://www.preaching.lancasterbaptist.org)
- For Ladies: [www.sbcdaughters.com](http://www.sbcdaughters.com)