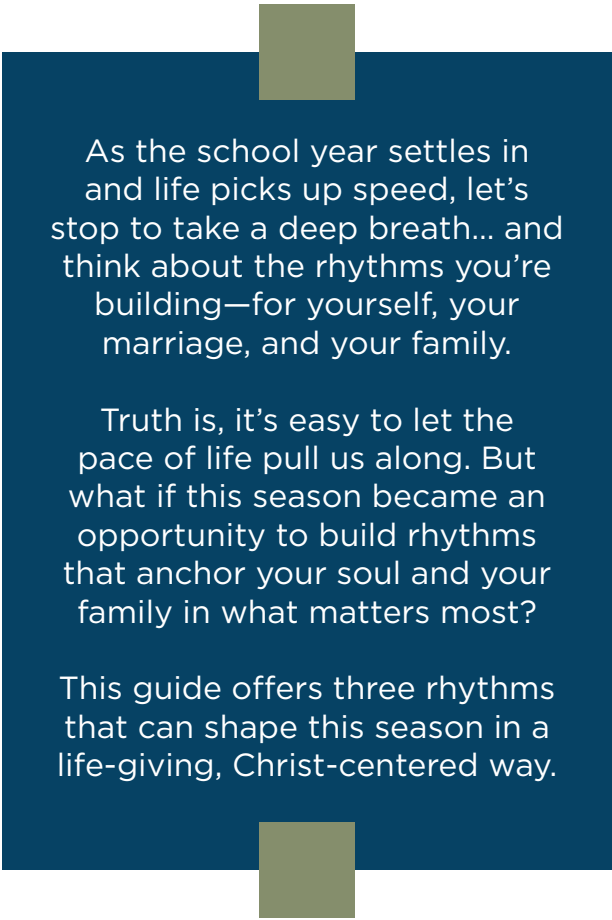




NEW RHYTHMS

FINDING LIFE-GIVING RHYTHMS
FOR YOURSELF, YOUR MARRIAGE,
AND YOUR FAMILY



As the school year settles in and life picks up speed, let's stop to take a deep breath... and think about the rhythms you're building—for yourself, your marriage, and your family.

Truth is, it's easy to let the pace of life pull us along. But what if this season became an opportunity to build rhythms that anchor your soul and your family in what matters most?

This guide offers three rhythms that can shape this season in a life-giving, Christ-centered way.

INTENTIONAL TIME IN THE WORD

“YOUR WORD IS A LAMP TO MY FEET
AND A LIGHT TO MY PATH.” — PSALM
119:105

If we want to lead our homes well, we must be anchored in the Word. And here’s the good news—it doesn’t have to be complicated.

FOR YOU

- Start simple: read one Psalm or Proverb a day.
- Journal one takeaway thought.
- Listen to a Bible-in-a-Year podcast during your commute or while you’re doing chores.

Consistency matters more than perfection.

FOR YOUR SPOUSE

- Choose one day a week to read and pray together—even just five minutes before bed or before leaving the house in the morning.
- Pray over one another’s day.

Small intentional steps build lifelong habits.

FOR YOUR KIDS

- Use everyday moments: the drive to school, bedtime, or mealtime.
- Share a Bible story, a memory verse, or a devotional thought.
- Try the YouVersion Bible App for Kids—fun, interactive, and Gospel-centered.

Help them see God’s Word is living and active (Hebrews 4:12).

REFLECTION QUESTION:

What is one simple way you can bring Scripture into your daily rhythm this week?

INTENTIONAL TIME

SERVING TOGETHER

BIBLE VRS

One of the best ways to grow spiritually—and grow closer as a family—is by serving shoulder to shoulder.

WHY IT MATTERS

- Serving creates shared memories.
- It shows your children faith isn't just talked about—it's lived.
- It strengthens unity in your marriage and family.

OPPORTUNITIES

- Fall Fest: One of our biggest community outreach events of the year.
- Run a game booth
- Greet families
- Help with setup, parking, or tear down

Sign up here: fbcm.me/FallFestVolunteer

REFLECTION QUESTION:

Where can your family serve together this month, in church, in your neighborhood, or at school?

INTENTIONAL TIME **AS A COUPLE**

BIBLE VRS

In the rush of drop-offs, practices, and work deadlines, marriages often get pushed to the background. But your relationship needs protected time together.

WHY IT MATTERS

- Strengthens your bond.
- Models a Christ-centered marriage for your kids.
- Brings joy and laughter back into busy seasons.

OPPORTUNITY TO INVEST

- Create-A-Date Night – October 18
- Location: The Farmer's Table, Livingston
- A hands-on cooking and dining experience for couples
- Cost: \$100 per couple (subsidized by the church)
- Childcare available upon request (email Wanda Kinsley)
- Register here: [Register Now](#)

REFLECTION QUESTION:

What is one small rhythm you and your spouse can begin this week—like a weekly prayer, a shared devotional, or a protected date night?

CLOSING ENCOURAGEMENT

Let's not let this school year fly by. Let's build rhythms that bring life—to your soul, your marriage, your kids, and the people around you.

Start small. Start now. And let's walk it together.

We're here for you. We're cheering for you. And we can't wait to see how God works through you this fall.