



unplug

to PLUG in



*unplug - electronics, homework, distractions

*PLUG in - connection, discussion, reflection, prayer, family time



What is the purpose of UNPLUG to PLUG IN?

To UNPLUG by removing the distractions that so often consume our time and thoughts allowing us to quiet our minds and still our hearts, to give space to listen to God, and to reflect on how God is speaking and leading.

By unplugging during this week, we can then have the time and space to PLUG IN to God through prayer, discussions, even solitude as God speaks and leads. To PLUG IN using this unplugged time to invest in connecting with our peers and teachers at school and our family at home.

How will we UNPLUG?

At school, we will not use electronic devices, even the iPads. In addition, we will unplug from homework or studying for tests or quizzes throughout the week. In class, we will unplug from any assessments, instead devoting more time and plugging in to discussion, reflection, and prayer.

How can your family join us and UNPLUG?

We want to extend an invitation (and a challenge) for every family to join us by setting time aside each night to unplug as a family. We encourage you to take advantage of the time without homework, studying, and school devices and unplug from personal devices, TV, even social media so that you can plug in to each other.

How can your family PLUG IN at home?

*** PLUG IN** through Discussion: Using the DAILY HOME CONNECTION QUESTIONS provided for you (see the back) & spend time each night discussing and reflecting on the SEW chapel that day.

*** PLUG IN** through Prayer: Devote time each night to praying as a family seeking to listen to His voice and follow His leading.

*** PLUG IN** through Family Time: The gift of extra time is a rare gift! Use this unplugged time to have a little fun and connect as a family. Feel free to use any (or all) of the FAMILY NIGHT CONNECTION ACTIVITIES (see back) to create some family fun and great memories!

daily home connection questions:

- What was the chapel topic today? Was there anything new or that stood out to you from the message?
- What activity did you do during response time? Is there anything you would like to share about how God led you during response time?

Monday, 4/8	Monday, 4/15	Tuesday, 4/16	Wednesday, 4/17	Thursday, 4/18
"His Promises"	"His Sacrifice"	"His Way"	"His Hope"	"His Victory"
God is good and faithful. <i>Share with each other the times you have seen God be faithful, the times you've seen Him fulfill His promises in your life and your family's life.</i>	Jesus's sacrifice has saved us all. <i>Share with each other when you first accepted Jesus as your personal Lord and Savior or when you really understood the meaning of the cross and decided to follow Him.</i>	Jesus said, "if you are my follower, you must give up your way and follow mine." <i>As a family, discuss some of the ways that together, you can follow Him more closely.</i>	Through Jesus, we have a foundation of hope. His hope is undeterred by circumstances. <i>Are there any areas your family needs more of His hope? Share them and pray together trusting in His hope.</i>	The cross was necessary for our salvation but it didn't end there! Jesus was victorious over the cross and over death and Jesus has victory over all things! <i>What are the God victories your family can celebrate now and what future victories can you celebrate now?</i>

family night connection activities:

- * **Game Night**— spend time playing your favorite board or card game
- * **Make Your Own Pizza Night**— spend time in the kitchen together making your own individual pizzas (or any other meal everyone can make together) with all the toppings then enjoy eating them together at the dinner table
- * **Walk or Ride**— take the whole family for a walk or bike ride around your neighborhood or Back Bay, at the beach, or another favorite spot spending time enjoying nature and fresh air together. This could even become a family prayer walk/ride.
- * **Dine and Don't Dash**— Take the whole family to your favorite place to dine together. Check out <https://thefamilydinnerproject.org/> for some amazing dinner game ideas and conversation starters that will keep you from dashing through dinner.
- * **Family Date Night**— Instead of staying home, head out on a unique family date doing something you don't normally do together as a family. Go roller skating, bowling, or miniature golf. Rent a Duffy boat and enjoy dessert together on the water. Head to Color Me Mine and design your own art pieces.
- * **Picnic Dinner**— Picnics aren't just for lunch time! Pack a picnic dinner and head to the park or beach. Don't forget your Frisbee, football, or Smashball!

The middle school staff is committed to unplugging 4/15-18 both at school and in our homes! We would love all middle school families to join us and commit to taking on the UNPLUG TO PLUG IN challenge at home! Homeroom teachers look forward to hearing the stories of how your family is using this time to unplug to plug in!

