

LEADING THROUGH A CRISIS: TIME FOR A FAMILY RESET

What are you leading your family towards?

If you've asked yourself something similar, maybe it's time to consider a *family reset*. Because it's hard to lead when you don't know where you're going.

In a recent interview with FamilyLife, husband, father, author, and podcast host Carey Nieuwhof shared something he tells himself daily: "Live in a way today that will help you thrive tomorrow."

The same can be said regarding your home: *Lead in a way today that will help your family thrive tomorrow.*

When it comes down to it, the way we lead our families—in part, the decisions we make, the things we spend our time and money on—should reflect what we value.

We may have lofty ideas about what we think we value: God, family, church, friends. But our choices, family schedules, and even bank statements often conflict with what we say.

Over the past months, many of us have had time to pause and reflect on our family life. Multitasking managers who rarely made it to family dinners are now home chefs in charge of the mac and cheese. Traditional nine-to-fivers are finding themselves up late for the third family game night this week.

The good news is, we decide what we value. And with a *family reset*, you can refocus and begin leading your family toward what matters most.

This simple project is designed to help you define your own family values. Once you know these, you've laid the path toward leading your family with purpose.

So grab a pencil and a cup of coffee, and let us guide you through deciding what you want to matter most to your family.

STEP ONE: DETERMINE YOUR PERSONAL VALUES

If married, answer the following questions individually

A // List as many values as you can that you would like to live your life by (it's OK if your life doesn't currently reflect any of these). Also think about the values you would like to pass on to your children. Don't limit yourself to 10 if you think of more. **This is just the brainstorming phase.**

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

If you have a problem thinking of some core values, the following categories might spark your thinking.

Spiritual values

- Trusting Christ as Savior and Lord
- Loving God with a whole heart and serving Him
- Childlike faith
- Trusting the Scriptures
- Humility
- Dependence upon God
- Forgiveness

Personal values

- Health—emotional, mental, and physical
- Intellectual growth
- Work ethic
- Developing skills and hobbies
- Discipline
- Basic life skills
- Financial responsibility

Character values

- Honesty
- Love
- Truth

- Faith
- Trustworthiness
- Obedience
- Tolerance
- Temperance
- Patience
- Loyalty
- Purity
- Financial responsibility

Relational values

- Respect for others
- Friendliness
- Graciousness
- Compassion
- Mercy
- Thoughtfulness
- Kindness
- Helpfulness
- Generosity
- Commitment to family
- Commitment to spouse

B // Consider your calendar before the pandemic—how did your schedule reflect these values? What did you spend money on? Where did most of your mental and emotional energy go? How did you spend your free time?

Be honest about where your life reflects the values you've listed and where it doesn't. Record your observations here.

C // Out of your list of values, which five you would most like to influence the way you live? List them below in order of priority:

1.

2.

3.

4.

5.

STEP TWO: CREATE YOUR FAMILY CORE VALUES

Interact as a couple. If you are a single parent, consider sharing your list with a trusted mentor, parent, or friend for honest feedback.

A // Pray. Ask God to show you what values He wants your family to live by.

B // Share your answers from Step One with your spouse. Do they agree with your observations about what you currently value? Give them freedom to weigh in and point out things you might have missed.

In what areas do you agree with each other's lists of values? Where are you different? Talk about how you need one another for balance. If you need to adjust your top five values, do that now.

C // Now you're ready to develop your unified list of Family Core Values. Using each of your individual top five lists, compile a list of your top 10 values in order of priority:

- | | |
|-----|------|
| 1 . | 6 . |
| 2 . | 7 . |
| 3 . | 8 . |
| 4 . | 9 . |
| 5 . | 10 . |

D // Pray and ask God to help you start ordering your lives around these core values.