

# Preparing your home – Parent Summit 2019

## I. Introduction

- a. Getting to know your presenters – Joel and Sophia Howard
- b. Opening question: What is one thing already established in your home that you would like to share?
- c. Plug for baby dedication

## II. Today's focus: *Self-care as home preparation*

### a. Caring for your heart – Spiritual preparation

- i. Personal/Family worship and study; praying for your household
- ii. Being connected to a church
- iii. Discipleship – getting mentored (Discipleship groups), also pouring out in mentoring
- iv. Pastorates, small group communities,
- v. Truth for Living – getting trained

Notes:

### b. Caring for your body/mind – Being healthy people

- i. Emotional health – emotional fluency, communication, doing healthy conflict
- ii. Physical health
- iii. Mental health
- iv. Women and Pregnancy – postpartum needs

Notes:

### c. Caring for your schedule – Developing good rhythms

- i. Skill of saying “no”
- ii. Establishing priorities – how priorities change with kids
- iii. Talking about calendar
- iv. Sabbath: daily, weekly, seasonally

Notes:

## III. Q&A

**IV. Reflection** – couples or individuals; What is one thing you have established in your home already and one area to improve / take-away?

Notes:

**V. Share your take-away** – whole group; keep it brief