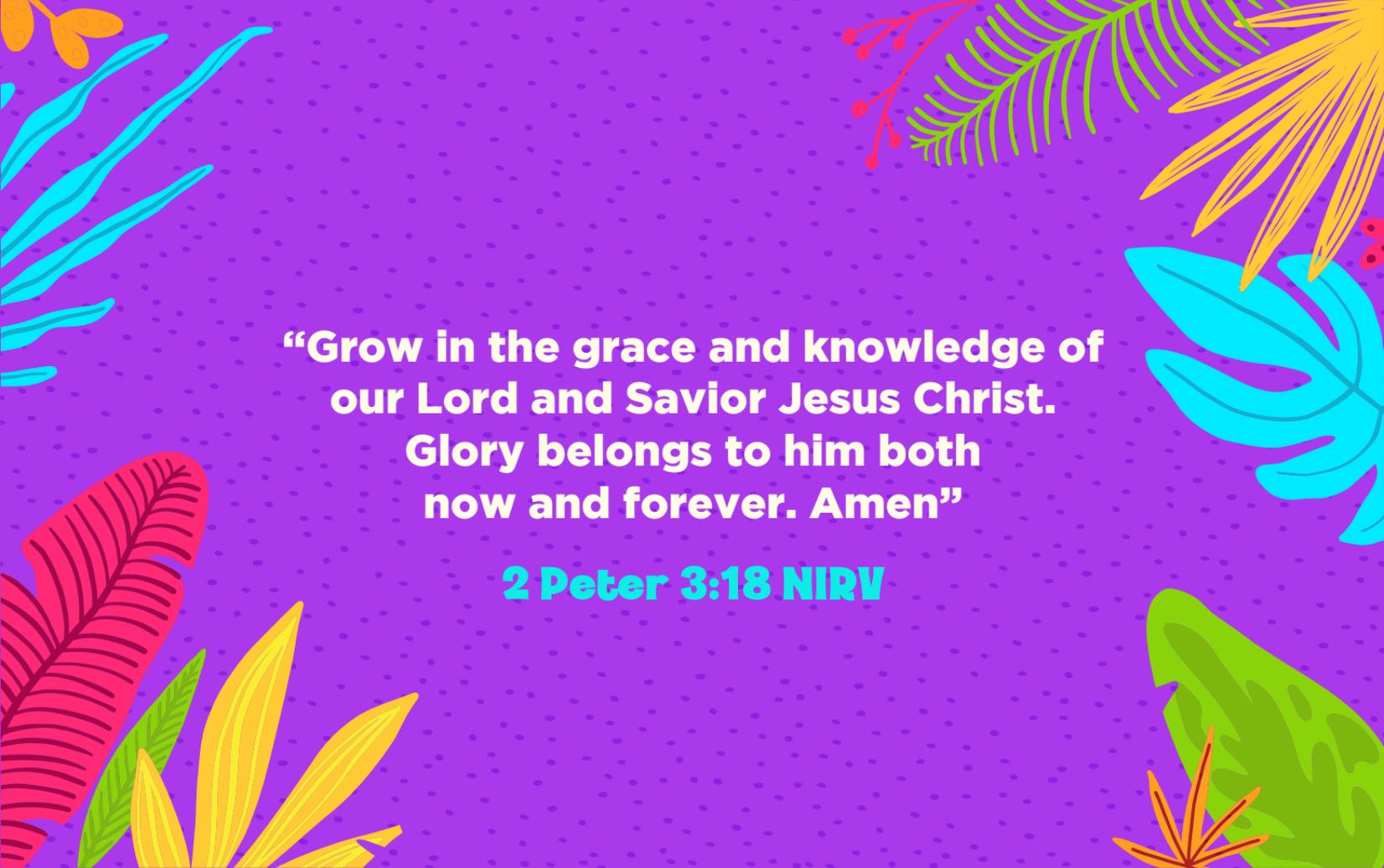


A vibrant, stylized illustration of a tropical jungle. The background is a bright blue sky with soft white clouds. In the foreground, there are various tropical plants and flowers in shades of green, yellow, purple, and pink. The text is centered in the middle of the image.

#lesssgrow

FAMILY ADVENTURE GUIDE



**“Grow in the grace and knowledge of
our Lord and Savior Jesus Christ.
Glory belongs to him both
now and forever. Amen”**

2 Peter 3:18 NIRV

Hey Catalyst Family,

We are SO excited that you are embarking on this fun Family Adventure together. Summer is a time when a lot of the rhythms in our lives change. It can be easy to want to take a break from everything and pick it all back up in the fall. However, we believe that this Summer can and will be a tremendous time of growth for your family. A time where you take intentional steps to create moments within your everyday lives to experience God and grow in your relationship with Him together.

Our desire is for the Family Adventure to give your family opportunities and fun moments to build spiritual disciplines into the ordinary moments of your life. We want this adventure to renew your perspective and recharge your batteries when it comes to discipling your kids. It can be a very overwhelming and daunting task, especially when you are in it every day. However, we want to come alongside you and encourage you to see it as something that can be woven into your everyday lives in a super fun and engaging way! And who doesn't love a good adventure, right?

So, get ready and fasten your seat belts for what is about to be an incredible Summer. We are expectant that God will do immeasurably more than we could ever imagine as we grow together over the next six weeks!

Cheering you on,
The Catalyst Kids Team

Let's Get Started

So you may be thinking, how does this whole adventure work? The next two pages contain everything you need to know to make this the best Summer adventure yet for your family!

The Family Adventure is a fun and engaging 6-week discipleship adventure to help your family grow in six different spiritual disciplines. Spiritual disciplines are simply practices found in the Bible that help us grow in our relationship with Jesus! We are very excited because everything that you will be doing as a family this summer will be reinforced through the Catalyst Kids Summer Series. So, as you are growing in the spiritual disciplines as a family, your Catalyst Kids will also be growing in them with their friends and leaders in all of our Catalyst Kids Environments!

You will have eight weeks to complete the six-week adventure. We have designed the adventure in a way that you can complete it no matter where you are. We encourage you to take it on vacation or when you visit family and involve them as well! However, we know that life gets crazy, and kids go to camp during the summer, so you do have a buffer of two weeks to complete the adventure by the desired date.

A few helpful things as you embark on the adventure:

- The NIRV translation of the Bible is helpful and easier understood by kids. We recommend using this translation in addition to any other that your family likes as you go through the adventure. You can find many translations, including NIRV, on the YouVersion Bible App on your smartphone.
- Have fun with the adventure. Make this a special time for your family. What you put in is what you will get out, as with anything in life. So, commit to making it a priority at the outset and we know that God will meet you as you do!
- We have created catalystchurch.com/cksummer to serve as a resource as you go throughout the adventure. If you have any questions or want additional information, visit us there at any time!

To give you an overview as you start, we have included a breakdown of each aspect of the adventure:

It's Know Time: It's Know Time begins the adventure each week. This time is designed for you and your family to spend around 15 minutes unpacking the spiritual discipline for that week. You will read a few short paragraphs together as a family that introduce the discipline that we will be focusing on, then go to God's Word to learn more about that discipline and lastly spend time discussing a few questions and praying to end your time together. It's Know Time is only once a week and will frame everything that you do that week.

It's Grow Time: After completing It's Know Time, you will spend the rest of the week in It's Grow Time! It's Grow Time is weekly challenges that are designed to be completed six days a week following the day that you complete It's Know Time and serve as the practical aspect of the adventure. These challenges help you establish a rhythm of incorporating the spiritual disciplines into your everyday family life. You should be able to complete them in just 5-10 minutes each day.

It's Go Time: It's Go Time is the FUN aspect of the adventure and will take place once a week on any day you choose! We suggest reading them at the beginning of the week so that you can plan what day works best to complete it! It's Go Time is designed to help your family create fun, lasting memories while growing in the desired spiritual discipline for the week. We want you to share your memories on social media throughout the adventure using **#catalystfamiliesgrow** so that we can follow along and celebrate all that God is doing as you grow together. AND as a little hint: *there are fun challenges hidden in the Family Moments where your family can win some fun prizes along the way!*

Adventure Map: We have created a fun Adventure Map so that you can follow along and see the growth you are making throughout the Summer. You can hang the map on your fridge, or any other visible place in your home, for your family to see as you are completing the adventure! Each week you will have corresponding stickers to put on your map as you complete the different elements. This is a great way for your family to celebrate the small steps that you are taking every day to grow in your relationship with Jesus! Each time you complete the It's Know Time or It's Grow Time activities, make sure to stick a square sticker on the map in the designated spaces. The bigger circle stickers will be what you put on the map when you complete the It's Go Time activity each week. At the end of the Summer, you will take a picture of your completed Adventure Map and submit it when you fill out the survey that enters you to win the Grand Prize!!!

Celebrate The Growth & Grand Prize: When your family has completed the adventure, you will go to catalystchurch.com/cksummer to fill out a quick form to celebrate the growth you experienced over the Summer. The survey will allow us to get a glimpse into how God moved throughout your adventure and also give you an opportunity to share what worked and what didn't work for your family. When you complete the form, you will attach a picture of your completed Adventure Map and then be entered to win the Grand Prize! Our desire is for all families to be growing in their relationship with Jesus and we want to celebrate BIG TIME when we see that happening! SO, we have chosen to give ONE family who completes the Family Adventure together the Grand Prize of..... A weekend trip to GREAT WOLF LODGE!!!!

***** The deadline to be entered to win is 11:59 PM on August 25th, 2019. In addition to one family winning the Grand Prize, we will also be donating a suitcase, with a Bible included, to The Kennedy Home for EACH family that completes the adventure! More information is included at the end of your Adventure Guide!**

We cannot wait to see how God grows your family through these six weeks! And now, **GET YOUR GROW ON!**

Week One: #lessgrow in Reading Our Bibles

IT'S KNOW TIME

Welcome to the adventure! This summer is sure to be the best one yet as you spend time growing together! Let's kick this thing off by growing in reading our Bibles together! We are so excited to see all that God does!

Isn't it so cool to think that God inspired every single word in the Bible? None of it was by accident. It is easy to read the Bible and think that it is just like any other book. However, it's not! Scripture says that the Bible is ALIVE and ACTIVE. Wow! Can you imagine that?! Every time we sit down to read the Bible, God is moving in our lives and teaching us through His Word. Not only does God teach us when we read the Bible, but we also learn more about who God is. It is important for us to know who God is because it is hard to have a relationship with someone you don't know, right? So, when we read our Bibles, we get to know God better, which helps us to have a better relationship with Him and that is what we call GROWTH!

Sometimes we can be scared to read our Bible because we think it is hard to understand. But the cool thing is that God knew we would need help reading the Bible and He gave us the Holy Spirit, when we began our relationship with Him, to help us be able to understand. How awesome is that? When we are about to read our Bible, we should take a minute to pray and ask God to help us understand what we are reading that day. See, reading our Bible doesn't have to be scary or hard because we know that He is with us as we do it. Think about that as you sit down to read your Bible this week, you just might be surprised at how fun it can be!

Now, let's read a few verses together that show us some of the things that God uses the Bible for in our lives! Read 2 Timothy 3:16-17 together.

Spend time discussing the following questions together:

Why do we need to read our Bibles? How do we know that the Bible is true? How does the Bible help us in our lives? What is one thing that you have learned about God from reading your Bible?

Pray for God to give you understanding as you read 1st and 2nd Peter together this week!

IT'S GROW TIME

Reading the Bible as a family doesn't have to require a lot of time or pre-planning, it just requires intentionality! We have broken down 1st and 2nd Peter over the next six days so that you can grow in reading the Bible together. During your family time, take a moment to map out when you are going to set aside a few moments each day to read together and then spend the following six days putting it into practice! Use the reading plan listed below to guide your reading this week. After you have read the Bible together each day, place a sticker on your map to celebrate the growth!

Day 1: 1 Peter 1

Day 2: 1 Peter 2

Day 3: 1 Peter 3

Day 4: 1 Peter 4 & 5

Day 5: 2 Peter 1

Day 6: 2 Peter 2 & 3

IT'S GO TIME

This week, build a fort in your living room and have a family night together. While you are hanging out in your fort, read the designated chapters for the day and have a conversation about what you have been learning about God and about how you should live your life as you have read 1st and 2nd Peter this week. After, pick a movie to watch together, maybe even pop some popcorn, and enjoy some good quality family time! Take a picture in your fort and post it using **#catalystfamiliesgrow!** Maybe even share a story that came out of your conversation tonight! We are excited to see and celebrate how God is growing your family!

Week Two: #Lesssgrow in Memorizing God's Word

IT'S KNOW TIME

Yippee! You completed your first week of the adventure! Isn't it so fun to grow together?!? Let's continue growing as we learn about memorizing God's Word!

It could be easy for us to think that memorizing God's Word is not that important. I mean, after all, we can carry the Bible around with us all the time and be able to read it or look up verses whenever we want. However, God tells us to write His Word on our hearts. That can sound kind of silly because we don't have a chalkboard on our hearts to write stuff down on, but what God is saying is for us to know His Word well. He wants us to know His Word so well that we carry it with us even when we don't have the Bible in our hands.

Memorizing God's Word helps us in a lot of ways in life. One thing it helps us do is to make wise decisions. When we know God's Word and have it memorized, we can make the right decisions in the moment without having to look back at our Bibles or spend a lot of time searching for help in making decisions. We will know in that moment what decision to make because we have God's Word written on our hearts helping guide us through life. Also, memorizing His Word helps us in conversations with friends. When we know God's Word, we can quickly share it with those around us when they have questions or need some encouragement. These are just two ways that we can see how memorizing God's Word can help us in our everyday lives.

Now, let's read Psalm 119:11 together and see what the Bible has to say about memorizing God's Word and how that can help us in our lives!

Spend time discussing the following questions together:

Based off of Psalm 119:11, how does memorizing God's Word help us in life? What other ways do you think memorizing God's Word can help us in life? What are some different ways that we can work on memorizing God's Word?

Pray for God to help you as you memorize a verse together this week and for Him to give you an opportunity to share that with someone around you as you learn it!

IT'S GROW TIME

Have your family memorize 2 Peter 3:18 NIRV together. Each day, have every member of the family recite the verse as you are eating dinner. There are many fun ways that you can help your brain remember the verse. We encourage your family to take a few minutes during your family time to make up motions to go along with the verse or to make it into a song to help you as you are growing in memorizing this week.

After you have recited the verse together each day, place a sticker on your map to celebrate the growth!

IT'S GO TIME

This week, get outside and enjoy the beautiful summer weather! Pick a night to have some fun with sidewalk chalk. Write out the memory verse for the week, from your memory :), with the sidewalk chalk and encourage your family to be creative!

Take a picture of your beautiful sidewalk drawings and post it using **#catalystfamiliesgrow!** We will be having a contest this week to see which family was the most creative with the memory verse. The winner of the contest will get a fun Summer Basket filled with outside activities for your family to enjoy!

Week Three: #Lesssgrow in Praying

IT'S KNOW TIME

You guys are cruising! Family adventures are so fun when we experience them together. This week we are going to continue our adventure by growing in praying! So get ready, we know God has so much in store! We are praying for you!

Isn't it crazy to think that when we pray, God actually hears us?! Seriously, like the same God who created the sky and the sun and you and me, also listens when we talk to Him. That is pretty cool, right? Sometimes when we think about praying, we think it has to be super fancy and that we have to say all the right words. But did you know that God doesn't want us to do all that? He just wants us to have a conversation with Him. And what's even better is He wants to talk to us about EVERYTHING! He doesn't want us to just come to Him when big things happen and we need His help, but He actually wants to spend time with us and for us to talk to Him about even the smallest things in our lives!

Think about if you are having a conversation with your parents or even your friends. What are you going to want to talk to them about? Most of the time, we talk to them about whatever is going on in our lives: both the good and the bad things. We ask them for help, we tell them what we like about them, and also how thankful we are for the things they do. Sometimes we even talk to them about random things that are on our minds. And we also have to ask them for forgiveness sometimes when we mess up. But, you know what we don't do? We don't just talk to them when we want something or need something from them. That wouldn't make them feel very good, would it? NO, of course not! So, when we are praying to God, we shouldn't just go to Him when we need something or want Him to fix something. We need to go to Him all the time about EVERYTHING in our lives.

And the cool thing is, we don't just have to talk to Him on our own, but we can talk to Him with other people too! God loves when we get together and all spend time talking to Him. Sometimes it can be scary to us to talk to Him in front of other people, but we don't have to be scared because we know He is listening and that He wants us to come to Him about everything just like we have talked about!

Let's read 1 Thessalonians 5:16-18 and James 5:16 together to help us think a little more about prayer.

Spend time discussing the following questions together:

How often should we pray? Is there a certain way that we have to pray? What are some things that we should pray for?

After you spend time discussing, have each member of the family pray out loud to wrap up your time together.

IT'S GROW TIME

Find a time each day this week to gather together as a family and pray. It could be in the morning before everyone heads off for the day, it could be during dinner time or even right before everyone is heading to bed. Whatever works best for your family, make a plan and stick to it this week. As you gather to pray, discuss any specific things that need to be prayed for, and then allow each member of the family to pray over the things that you discussed.

After you have prayed together each day, place a sticker on your map to celebrate the growth!

IT'S GO TIME

This week, get out of the house and out of your comfort zone! Since we are growing in prayer this week, we thought it would be fun for your family to enjoy a progressive dinner together. A progressive dinner is where you

enjoy dinner at three different locations: one for appetizers, one for your main course and then one for dessert. At each location, take the opportunity to pray for your waiter/waitress or an employee of the restaurant you have chosen. We know that growth happens outside of our comfort zones! We are so excited to see how God grows your family through this experience and the sweet connections that you make along the way! (For families with younger kids, you can adjust the progressive dinner and do it over three different days or any other way that you feel would accommodate your family the best!)

Take a picture of your family at each location you choose and post them using **#catalystfamiliesgrow**! When you post, be sure to share any stories that came from you stepping out and praying for those whom you encountered!

We recognize that most of us live on a budget. Below we have included a list of restaurants where kids eat free and list of budget-friendly options so that you can enjoy this fun family memory without breaking the bank!

Kids Eat Free Options:

Tuesday's — Kettle Diner, Ruby Tuesday, IHOP, Moe's, Texas Roadhouse

Wednesday's — Firehouse Subs

Saturday's — Denny's

Weekends — Steak N Shake

Budget-Friendly Options:

Appetizers — Buffalo Wild Wings, Applebee's, Chili's

Dinner — Highway 55, Chick-Fil-A, Cici's Pizza, Cookout

Dessert — Pelicans, Rita's

A vibrant border of various tropical leaves and plants in shades of green, blue, purple, and pink, set against a yellow background with a fine dotted pattern.

KEEP GOING

You're halfway there!

Week Four: #lessgrow in Living Our Lives as Worship

IT'S KNOW TIME

WOOOAHHH you're halfway there! Take a minute to share your favorite memory from the adventure so far! This week we are going to have some fun as we grow in living our lives as worship to God.

Worship can be a tricky thing for us to understand. A lot of times when we hear the word worship, we think about dancing and singing to God in Church. And that definitely is worship, but really it is only one tiny part of worship. The Bible tells us that our whole lives should be worship to God. That can sound a little crazy to us because of how we usually think about worship. But, we can actually live our lives in a way that everything we do is worship to God.

So, you might be thinking, can brushing my teeth be worship to God? And the answer might surprise you, but yes! It can be worship to God because your parents want you to brush your teeth so you don't go to school with stinky breath or cost them a lot of money at the dentist later in life. So, when you brush your teeth, you are obeying your parents, which is what God wants us to do. This may be a silly example, but it helps us to see what true worship really is. Worship isn't as much about what we are doing but how we are doing it. When we are living our lives the way God wants us to, that is when we are worshipping God with our whole lives!

The Bible helps us understand worship more clearly. Let's read Romans 12:1-2 together!

Spend time discussing the following questions together:

What does Romans 12:1 say that worship is? What does that look like for us? How can we live our lives as worship to God? What is something that wouldn't be worship to God?

Pray together and ask God to help you live your life as worship to Him!

IT'S GROW TIME

We have learned that worship is not just something that we do when we sing songs to God at Church, but that we should live our lives as worship to God. Each day before you head out for the day, decide on one way that you want to worship God and then everyone work to do that throughout the day. A few examples to help get you started are: worshipping God with your words, actions, or time and through music, prayer, or even reading your Bible. When you get home each day, take a few minutes to share how you did at worshipping God in whatever way you chose that day!

After you have discussed how you worshipped each day, place a sticker on your map to celebrate the growth!

IT'S GO TIME

This week, burn some energy off together! We want you to have a family praise party and have a blast while you celebrate all that God is doing in the lives of your family through this adventure. Choose a few songs from the Summer Soundtrack and get to praising! Visit us at catalystchurch.com/cksummer for links to our Summer Soundtrack, which we have made available on Apple Music & Spotify.

This week we will be having another fun contest! As you are choosing songs for your party, choose one to choreograph with simple motions! Take a video of your family praising together and post using **#catalystfamiliesgrow!** The winning family's choreography will be featured as a new worship song in the Catalyst Kids Environments and they will also receive an iTunes gift card to expand their praise playlist!

Week Five: #lessgrow in Serving Others

IT'S KNOW TIME

Keep the growth going! You are doing such a great job adventuring together as a family this Summer. Let's keep it going by growing in serving others this week!

As followers of Jesus, we should constantly be looking to Him as the perfect example of how we should live our lives. And one of the greatest examples that Jesus set was serving those around Him. Everywhere He went, He saw people's needs and He met them. Jesus consistently put others before Himself. Isn't it crazy to think that Jesus, you know the one who was completely perfect and more powerful than we could ever imagine, spent so much of His time serving the people around Him? Think about this, the most important person to ever walk on earth actually got down and washed the feet of His friends to serve them and to set an example for us of what it means to be a servant.

While we don't have to go around asking to wash everyone's stinky feet, God has called us to follow the example of Jesus and to serve the people around us. Sometimes that means doing things that we maybe wouldn't choose to do, but instead, we put others before ourselves and do it anyways to serve them and show them God's love. When we serve others, we aren't just obeying what God has told us to do or even just doing nice things for them. But when we serve others, we are actually showing them God's love for them. Isn't that so awesome to think that we can actually show people God's love?

Let's read Mark 10:45 and Matthew 5:16 together to learn more about what the Bible says about serving others.

Spend time discussing the following questions together:

Why is it important for us to serve others? When we serve others, should it point people back to us or to God? What are some simple things we can do every day to serve others?

Spend time praying together, asking God to help you see the opportunities around you to serve others every day.

IT'S GROW TIME

You can serve others by doing acts of kindness for people you encounter throughout the day. Each day, encourage every member of the family to do one act of kindness. Each night at dinner, discuss the act of kindness that each member of the family did, how it made them feel, and how it made the person they served feel. Through this, we can see that serving is something we can do every day to show others around us God's love.

After you have shared your acts of kindness each day, place a sticker on your map to celebrate the growth!

IT'S GO TIME

This week, find a need in your neighborhood or local community and get creative with how to meet that need. Since we have been growing in serving this week, we want your family to serve those who are living around you. We encourage your family to be intentionally praying about which need to meet. This is a great opportunity to serve those who may not know Jesus yet and be able to share His love with them! Some ideas to help spark your creativity are: write and deliver cards to elderly neighbors who are not able to get out much, cook dinner for a family in need, do yard work for a neighbor or watch a neighbor's kids so they can have a date night.

Take a picture of your family serving those around you and post using **#catalystfamiliesgrow!** We want to hear how God moved through your family as you served this week. We are praying for God to use your family in intentional ways as you reach out to be His hands and feet!

Week Six: #lessgrow in Living in Community

IT'S KNOW TIME

Woohoo! You have made it to the last week of the family adventure! Just because it is the last week of the adventure doesn't mean it's time to stop growing. Let's finish strong as we grow in living in community!

Did you know that God doesn't want us to go through life by ourselves? He actually created us to live life with good friends around us. In the Church, we call this community. Who we choose for our community is very important. It affects our lives way more than we ever really think about. It is important because the friends that we choose can either take us closer to God or further away from Him. It can be kind of scary to think about needing to choose the right friends, but when we read our Bibles, we can learn the type of friends that God wants us to have. For example, the Bible tells us to walk with those who are wise. This means that we should choose wise friends to be around who are making the right decisions and are living their lives the way God wants them to. When we do this, it will help us to do the same.

Good friends are such an important part of life for many reasons. They pray for us, celebrate with us, encourage us, cry with us, and also help us see when we have made a mistake. They also help us make the right decisions and remember what God says. Simply put, good friends help us grow! And you know what? We need them in our lives for all of these reasons. We are better when we go through life with good friends. This doesn't mean that we shouldn't be friends with those who don't help us with these things. But it does mean that they should not be the ones that we are spending the most time with and allowing to influence our lives.

Let's read Proverbs 13:20 and 1 Corinthians 15:33 together to see what the Bible says about who we should choose to be our good friends and in our community.

Spend time discussing the following questions together:

Why is who we choose to spend most of our time with important? Why are good friends important for us to have?

How do we choose good friends? Do you have good friends around you?

Pray for God to show you the good friends that you have around you this week!

IT'S GROW TIME

The friends that God gives us to go through life with are such a blessing. Spend time each day thanking God for a special friend in your life. Write them a card, send them a text or talk to them in person, and let them know one way that they have helped you grow. As a family, share who you chose each day at dinner and why you chose them.

After you have reached out to your friend and shared as a family each day, place a sticker on your map to celebrate the growth!

IT'S GO TIME

This week, enjoy the blessing of living in community. Life is better when we do it together, so round up your friends and head to the beach to enjoy some fun in the sun! Take a break from playing in the water to build an awesome sandcastle together. We want to see how creative you guys can get, so as you are planning out your sandcastle think of a fun way to incorporate the catalyst logo in your design!

Take a picture of your sandcastle and post it using **#catalystfamiliesgrow!** We will have a contest to see which sandcastle is the most creative and included the catalyst logo in a fun way. The winning family will get a fun Beach Basket with lots of goodies to use on your future beach trips!

Keep the Growth Going

WOW! Can you believe it? You have completed the entire Family Adventure! Now, it is time to take out that confetti cannon that you have been holding onto and throw a family party celebrating all of the growth you have had this summer! Don't forget to take a picture or video of your family with the confetti and post it using **#catalystfamiliesgrow!** How fun has it been?! We hope that you can look back and see all that God did as you took intentional steps to grow in your relationship with Jesus this Summer.

As you are wrapping up the adventure and reflecting on all that God has done, don't forget to head over to **catalystchurch.com/cksummer** to fill out the Celebrate Your Growth Form. Completing this form enters you to win your family a weekend trip to Great Wolf Lodge and also allows us to hear and receive feedback from all that you experienced this Summer. After the deadline of August 25th at 11:59 PM, the names of each family who completed the adventure will be placed into a bowl, and we will draw ONE winner over Facebook Live.

For EVERY family that completes the adventure and fills out the form, we are donating a suitcase along with a Bible to The Kennedy Home in Kinston, NC. The suitcases and Bibles will be going to foster children as they transition homes to help them maintain their dignity and prevent them from carrying their things in plastic trash bags. At the end of the Celebrate Your Growth Form, your family will have the opportunity to write a personalized message to the foster children that we will include in the Bibles. We are so excited to be able to bless kids in our local community as a result of your participation in the Family Adventure!

Even though the adventure is over, the growth doesn't stop here. Our desire is for you to take what you have learned throughout the adventure and continue to implement it as you jump back into this next school year. Look at what worked well for your family and continue to build rhythms of spiritual disciplines in your home. We believe that God has so much ahead for your family as you continue to make growing in your relationship with Him a priority!

We are cheering you on as you continue to **KNOW, GROW, and GO** in your relationship with Jesus this next school year!

