

# Your Family Is a Team


**Dear Facilitator:** During this lesson, you will have the opportunity to encourage families to be a team and understand how to build their team. It's important for your families to recognize that teamwork involves a commitment to others.


This is an essential part of being in a family, but also important for how we work with others in our workplaces and our community. Starting within our families, we can learn skills and behaviors that encourage excellent teamwork and partnering well with others. These include respecting one another, knowing each other's strengths and struggles, and connecting effectively with one another. In this unit, we'll consider specific places where we can play a redemptive role.

The Bible passage you will focus on tonight is found in Colossians 3:14: "And over all these virtues put on love which binds them all together in perfect unity." We pray that God will use you to encourage families to be a team. Family is a place to build behaviors of excellent teamwork through love which produces unity. We hope that the families in your group will continue to grow in God's love and become a source of friendship and support for one another.

*Blessings*

## Welcome *5 minutes*


 **Say:** Last week, we discovered ways to build your family, ways to show your faith in God to your children, and ways to recognize what your family values.

 **Ask:** Did anyone try something that made a positive difference in your family this past week that you would be willing to share?

 **Say:** Today's teaching objectives are to:

1. Demonstrate how each family member can contribute to the team.
2. Discuss practical ways to respect one another, know each other's strengths and struggles, and connect with others in the home.
3. Illustrate how a family can work together as a team to help one another through life's obstacles.

## Introduction *5 minutes*


 **Say:** The Bible shows us in Genesis 1-2 that we are not designed to work or be alone. We are meant to belong with others and to work alongside others. For us today, this means we must be good at working in teams! For example, families must choose to be a team and build a healthy team. A family that works together creates a strong sense of belonging, significantly benefiting everyone, including the children. Learning how to be a team, and the skills and behaviors that make someone a great teammate, is essential not only in our family life, but also in how we work with others and in our partnerships in our communities.

As a starting point, it's vital to demonstrate how each family member can contribute to the team. This can be done by discussing practical ways to respect one another, knowing each other's strengths


and struggles, and connecting with others in the home. It is also important to illustrate how a family can work together as a team to help one another overcome life's obstacles. Building these types of relationships and behaviors will help us in many aspects, even beyond our family life.

**Object Lesson: The Family Treasure Chest**


(include items like a car, a house, money, food, and other items you have and need).

 **Say:** Let's take a look at this box and imagine it is a treasure chest containing all of your family resources.

Describe how each family member uses the family treasure chest. This includes things put into the treasure chest and things that are taken out of the treasure chest. Each person, given their role within the family, will often add or take away certain things. Parents, for example, through their employment, may add financially to the treasure chest in ways we don't expect children to contribute. However, perhaps our children contribute through their work at home or schoolwork, through listening well to their parents, or other positive behaviors that add to the family. We can also think about how our family treasure chest could help others, perhaps in our neighborhood, community, or school. For example, by offering our time to others or through hospitality.


 **Ask:** What happens if all we do is take things out?

Explain that eventually the treasure chest will be empty, so even though we all take from the family treasure chest, we must all add to the chest.

 **Say:** We are talking about everyday ways that families make it enjoyable to be together—like giving a smile, a thank you, a helping hand, a hello, or a song.

*Notes*

## Family & Table Talk 20 minutes

 We've written the questions on the whiteboard or printed them on cards at your table for you to discuss and enjoy.

1. How does your contribution to your family build the family team?
2. For parents, how does your work/employment add to your family treasure chest? (This can be financially, but perhaps in other ways too.)
3. For children, how do you contribute to the family treasure chest?

*After the meal, children are dismissed to their group.*

*As you begin this portion of the evening, explain that each time you will start with the overview and then the lesson time.*

<i>40 minutes</i>	
<h1>Parent Training</h1>	
<i>Identity</i>	<b>YOUR FAMILY IS A TEAM</b>

What difference would it make in your family if everyone began to work and play together as a team that wanted to reach the best outcome? It might be helpful to think back to the mission statement you worked on in Unit 3. What will it take for your family to work together to reach the vision you described?

Being a team takes work. Sometimes we need the help of others. As parents, you are the leaders and role models of your home. You have the opportunity and responsibility to find other adults to help you along the way. We need others, and we need God's help.

Tonight, we want to encourage you to be on a team with your spouse and or the other adult leaders in your household. You all have unique roles and gifts to bring to the team—you are all essential! We also want to emphasize that we are all on God's

team, partnering with Him to bring about flourishing in our families, workplaces, and communities. We know that God is at work in the world through us, and to truly flourish, we must learn how to work together with others wherever God has called us.

Teamwork involves:

- Building specific skills or behaviors such as respecting one another.
- Knowing each other's strengths and struggles.
- Connecting with others.

We can learn these skills in our homes with our families and begin to build our team. Teamwork divides the work and multiplies the success.

As you guide your family team, you will create a sense of belonging and safety for one another as you experience life's ups and downs.

The Bible says in Colossians 3:14, "And over all these virtues put on love which binds them all together in perfect unity."

In other words, make love your priority. Love is what pulls everything together and produces unity. As you respect one another, understand one another, and spend time together with a loving spirit, you will be unified as parents, as families, and will become a great team.

Let's talk about some practical ways that you can be a team.

## **DISCUSS**

(Ask the following questions and write them on a chalkboard/whiteboard).

- How do you show respect to the other adult leaders in our homes through your words and actions? Is there something you could regularly do or say that would help to show greater respect?
- How does knowing each other's strengths and struggles help you work together as a team? What is one practical way you could help someone in your family when they struggle with something?
- Identify some ways you build a positive connection with others who co-parent with us? Is there one area you could work on to improve this connection?
- What is one lesson you can take from your family as a team and apply in your workplace?

Remember that it takes work and determination to build your team. This can take time and patience. Children need to see that adults respect each other. Think back to the treasure chest and consider the things we take out and add daily. This is a

great example of how we build unity and learn to trust each other, essential skills for our family life, workplaces, and communities.

## ACTIVITY

### Obstacle Course

Sometimes, we face obstacles. We are going to play a game that will illustrate this point.

This obstacle course can be played indoors with established obstacles or create your own with chairs and other items.

1. Ask for two volunteers and blindfold one of them. The person without the blindfold will verbally guide the partner successfully through the obstacle course by explaining how to get through without falling or tripping over the obstacles. Encourage the participants to try different things to help the partner get from start to finish.
2. Having two sets of partners going through the course at the same time will increase the distractions by having more than one person talking at once. It is okay to have people watch and debrief when they are done.

## DISCUSS

- How much did you trust your partner (on a scale of 1-10) at the start?
- How much did you trust your partner (on a scale of 1-10) at the end?
- What is the difference between navigating the course alone and being guided by another?
- What was needed to trust and work with someone else?
- What did your partner do to help you feel safe and secure?
- What worked best?
- On your worst day as a family, who do you trust enough to call and tell them what is going on?

*Notes*

## SUMMARY

Your family faces obstacles every day, and if we try to walk alone, we can lose our way, stumble, and run into more problems.

- God is always there to help us navigate the obstacles of life, and so is our family, the gift that God has given us.
- It is our responsibility to build up our team in unity through love and help guide each one through life's obstacles.
- Remember: Teamwork divides the work and multiplies the success.

We covered a lot of material today during our short time together. Our objectives were to:

1. Demonstrate how each family member can contribute to the team.
2. Discuss practical ways to respect one another, know each other's strengths and struggles, and connect with others in the home, our workplace, and community.
3. Illustrate how a family can work together as a team to help one another through life's obstacles.

To end our lesson, please answer the following:

1. Who has an insight about something you've learned or want to try?
2. What will you change or improve in your role as parent this week?



Ages 4-16

40 minutes

# Student Training

*Identity*

**YOUR FAMILY IS A TEAM**

## Objectives

- Help children be aware that God created their family to be a team.
- Help children know that a family team helps each member practice their God-given gifts.
- Help children know that a family team creates a training camp environment.
- Help children be aware that a family team helps each member grow stronger in service to God.
- Help children be aware that families who work as a team bring out the best in one another.
- Help children be aware that adults in the family are role models and set expectations.

We have learned that God created man and woman and made them a family. God created every person to be born into a family, so they would have a place to belong and people to care for them. But did you know there is another reason God created families? God made a family to be a team.

A family team is a group of people with different skills, gifts, and tasks that God organized to work together for Him.

Being a family team means respecting one another and knowing each other's strengths

and struggles. Team members must be committed to working and connecting with each other. Being a family team member requires you to learn to love each other through good and bad times. The Bible says, "Even more than all this, clothe yourself in love. Love is what holds you all together in perfect unity" (Colossians 3:14).

Within a Christian family, parents, siblings, and sometimes others have different skills, gifts, abilities, and jobs. They work together as a team on a common goal of serving God.

God created each one of us with special gifts. God knew that we would need people to help us develop and improve these gifts. For you to perfect the gift God placed inside of you, you would also need your family to be your team and your training camp—your cheering section (1 Thessalonians 5:14).

A training camp is where you practice, grow strong, and prepare for a special task or job. Your family team creates a training camp environment where each member can grow and prepare to use their special gifts to positively impact the world (Proverbs 22:6).

Everyone in the family needs to take care of one another! As a family team, we learn each other's weaknesses and strengths and their likes and dislikes.

We learn to communicate our thoughts, ideas, opinions, and feelings, and we spend time having fun and enjoying being together. Sometimes it's the everyday things like giving a smile, saying thank you, or lending a helping hand that helps show love to other family members. God wants you to think about what you can do to care for the other members of your family team (Philippians 2:4). As we learn to be good team members in our families, it also helps us to become better team members in other parts of our lives such as in school or our neighborhoods.

Parents are the family team's coaches. They model respect and are responsible for deciding the values of the team. Children team members are responsible for learning and practicing the values parents are modeling for them. Family team members always challenge each other to be the best person they can be! When a family loves, protects, and nurtures each member, it pleases God!

At times, just like on a sports team when a member is experiencing a problem or not giving full effort, the family team gives a member the support, encouragement, and correction to solve the problem (Galatians 6:2). Then, that family team member is expected to get back on track to reaching his or her personal goals as well as playing a part in accomplishing the family team's goals.

## DISCUSS

- Lead children in discussion about what they know about teams.
- Lead children in discussion about expectations for team members.
- Lead children in a discussion about how living with a family team is like being in a training camp.
- Lead children in discussion about how their family acts like a team.
- Lead children in discussion about the ways in which they can apply what they learn about teamwork in their families to other parts of their lives such as school and their neighborhood.
- Lead children in discussion about how their family team is helping them become the person God created them to be.
- Lead children in discussion of how they can be a good team member and help their family team work well together.



## Activities

Activities are age appropriate. One is focused on ages 4-11, and the second is for older children ages 12-16.

### AGES 4-11

#### Materials

Any type of large sheet paper

Markers/crayons

Timer

#### Have children view YouTube:

<https://youtu.be/y5EFsZpTanY>

(If not possible, do activity without video.)

#### The Factory Game

The instructor should tell the children they are going to play a game called “The Factory Game.” Have the kids sit in a circle. Then, set the paper in front of the person you would like to start this game. Tell the kids that they will be “working at a factory” where they

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will be drawing as many stick figures as they possibly can in three minutes. Assign each child a body part to draw onto the stick figure.

(For example: feet, arm, head, eyes, hair, etc.) Make sure that major body parts like body, arms, head, etc. come before accessories. For example, the person starting the game will need to be assigned the body. Set your timer for three minutes and see how many stick figures the children can create (with efficiency) in that time frame.

This game reflects on some of the important traits of a family with kingdom purpose, teamwork, dependence upon each other, and responsibility.

## **AGES 12-16**

### **Materials**

Medium-large balloon

### **Have children view YouTube:**

<https://youtu.be/y5EFsZpTanY>

### **Balloon Bop**

The instructor should tell the children that they will be playing a game called “Balloon Bop.” Have the children stand in a circle holding hands.

A balloon is dropped into the circle, and players see how many times they can tap the balloon in the air without losing connection (everyone in the circle must continue holding hands). This will require that the circle move and players work collaboratively as a team to keep the balloon in the air. Players may tap the balloon with their hands, arms, heads, shoulders, chest, knees, but NOT feet. If the balloon falls to the ground or is touched by feet, start the count over. Depending on the age level in the group, decide the number of taps of the balloon they need to reach. (Perhaps start with 10 taps.)

This game reflects on some of the important traits of a family with kingdom purpose, teamwork, dependence upon each other, and responsibility.



**CHALLENGE QUESTION**

AM I DOING MY BEST  
AS A FAMILY TEAM MEMBER?

**CHALLENGE COMMITMENT**

WHAT ARE YOU WILLING TO DO  
TO WORK ON THE CHALLENGE  
QUESTION THIS WEEK?



**AFFIRMATION** *Have children repeat:*

*I am an essential part  
of my family team!*