

FFWPU USA Blessing and Family Ministry: Exciting Families Project Website

Yun-A Johnson
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Family Ministry is launching a resource called, “The Family Project”. Its aim is to give parents access to easy, meaningful and *intentional family time ideas* for a whole year! It is a healthy blend of faith-based activities and non-faith based activities. We want this to be a useful and meaningful resource for every young family in America regardless of their current faith level.

Each month has a new theme and every week there is an activity that pairs with the monthly theme. The first five months' themes are below to give you an idea.

January- God Language
February- Family meals
March- Communication
April- New Beginnings
May- Service

[Here is the website](#) where you can find everything to participate and learn more. Families can sign up to receive a monthly reminder with weekly family idea prompts. We will be sharing on various social media platforms and young parents' groups.

Sincerely,
Katherine Anglin
Family Ministry FFWPU

THE FAMILY PROJECT

The Family Project is here to help you make 2023 a meaningful year for your family with curated intentional activities that will encourage connection and growth.



JOIN THE FAMILY PROJECT

Join us for a year of monthly themes & weekly activities

As Family Federation, we aim to bring peace to the world through intentional, inter-familial relationships centered on God. We believe the family is the core of our existence.

We understand life with little ones can be quite busy! Between work, drop-offs, sports, making dinner, bath time, sleepless nights and keeping up with all the laundry, intentional time together as a family can fall to the wayside. The Family Project, an initiative of the Family Ministry of Family Federation USA, will take the mental load off your shoulders by sending you intentionally curated weekly activities to make sure this year with your family is the best and most meaningful one yet!

How It Works

- Each month consists of weekly activities that you can download here or receive via email
- Fit the activities to your lifestyle - do it at your own pace and in your own creative way
- If you ever need to skip an activity, no problem! You know your family best

January

GOD LANGUAGE



JANUARY ACTIVITIES

February

FAMILY MEALS



COMING SOON

March

COMMUNICATION



COMING SOON

April

NEW BEGINNINGS



COMING SOON

May

SERVICE



COMING SOON

JOIN IN ON THE FUN

Sign up for our monthly reminder!

You'll receive an email at the beginning of the month with the monthly theme and weekly activities.

Sign Up

"We are born in the bosom of the family and we grow within the family. The family is our origin, our starting point and our school of love."

Rev. Sun Myung Moon
Cheon Seong Gyeong



The Family Project is a project of [FFWPU USA](#)
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JANUARY



GOD LANGUAGE

Everyone has a different way they connect with God on a personal level. Discover more about your family's unique "God language."

WEEK ONE

Parents, take the [God languages quiz](#). Have a conversation with your children about when you feel closest to God. Sample script: "Hey mom and dad took this quiz, today. Want to know what we got?" Introduce the idea that everyone connects to God in their own special way.

WEEK TWO

Take the [love languages test for kids](#). Help each of your kids take this test. Discover what their love language is and use it as a tool to connect to your child more intentionally.

WEEK THREE

Based on what you learned last week about how your kids receive love, plan with your spouse how you can love your child(ren) in their specific love language intentionally three times this week.

WEEK FOUR

Have a conversation about love. Here are some questions you can ask your kids at bedtime, in the car or at a meal:

How can you tell someone loves you?

How do you feel when people show you love?

How do you think others feel when you show them love?

How can we use our heart to love others?

Do you sometimes feel God's love? How? Or how can we look for God's love?


FEBRUARY THEME: FAMILY MEALS

Spiritual Temperament Assessment

Use the following scoring method to answer each question:		3 = Always
*Please enter your response in the column located to the right of each question. Once complete, your results will be available on page 2 of this assessment.		2 = Occasionally
		1 = Rarely True
		0 = Never
1. I feel closest to God when I'm surrounded by what he has made (mountains, forests, oceans).		
2. I feel closest to God when I'm in a church that allows my senses to come alive.		
3. I feel closest to God when I'm participating in a familiar form of worship that has memories dating back to my childhood.		
4. I feel closest to God when I am alone and there is nothing to distract me from focusing on his presence.		
5. I feel closest to God when I am cooperating with him in standing up for his justice.		
6. I feel God's presence most strongly when I am sitting quietly by the bed of someone who is lonely or ill or when I am taking a meal to someone in need.		
7. I feel closest to God when my heart is sent soaring and I feel like I want to worship God all day long.		
8. I would rather be alone with God contemplating his love than participating in a formal liturgy or being distracted by a walk outside.		
9. I feel closest to God when I learn something new about him that I didn't understand before.		
10. I feel cut off if I have to spend too much time indoors.		
11. I enjoy attending a "high church" service with candles and formal Communion.		
12. I begin to feel closest to God when I lay something on the altar, sacrificing it for him.		
13. I would describe my faith as more "internal" than "external."		
14. I get very frustrated if I see apathetic Christians who don't become active.		
15. I grow weary of Christians who spend their time singing songs while a family in need doesn't get help fixing their car.		
16. I don't understand how some Christians can say they love God, and then act like they're going to a funeral whenever they walk into church.		
17. The most difficult times in my faith are when I can't feel God's presence within me.		
18. I get frustrated when the church focuses too much on feelings and spiritual experience.		
19. I would rather worship God by spending an hour beside a small brook than by participating in a group.		
20. I'd have a difficult time worshiping in a church building that is plain and lacks a sense of awe or majesty.		
21. The words <i>tradition</i> and <i>history</i> are very appealing to me.		
22. Taking a retreat by myself at a monastery for one or more days is something I would enjoy.		
23. The terms <i>courageous confrontation</i> and <i>social activism</i> are very appealing to me.		
24. I sense God's power when I am counseling a friend who has lost a job or spending a week at an orphanage in Mexico.		
25. I expect that God is going to move in some unexpected ways.		



Spiritual Temperament Assessment

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Once complete, your results will be available on page 2 of this assessment.		1 = Rarely True	
		0 = Never	
26.	I really enjoy having thirty minutes of uninterrupted time each day to sit in quiet prayer and "hold hands" with God.		
27.	I feel close to God when I participate in several hours of uninterrupted study time.		
28.	If I could walk through a meadow on a warm day and take a trip by myself to the mountains on another day, I would be happy.		
29.	I'm naturally drawn to museums and concerts more than I'm inclined to take a walk in the woods, work in a soup kitchen, or read a book by myself.		
30.	Participating in a formal liturgy or "prayer book" service, or developing a Christian calendar for our family to follow are activities I would enjoy.		
31.	I would enjoy reading the book <i>A Place Apart: Monastic Prayer and Practice for Everyone</i> .		
32.	Activities such as attending a meeting of the local school board to challenge a new curriculum is important to me.		
33.	A book titled <i>99 Ways to Help Your Neighbor</i> would be very appealing to me.		
34.	I would enjoy reading the book <i>The Mystery and Excitement of Walking with God</i> .		
35.	I would enjoy reading <i>The Transforming Friendship</i> .		
36.	A book on church doctrine would be appealing to me.		
37.	Seeing God's beauty in nature is more moving to me than participating in social causes.		
38.	I would really enjoy using drawing exercises or classical music playing in the background to improve my prayer life.		
39.	I would really enjoy developing a personal rule (or ritual) of prayer.		
40.	I would really enjoy spending time on a night watch, taking a short vow of silence, simplifying my life.		
41.	I would rather stand in the rain for an hour to confront an evil than sit in a room by myself for an hour and pray.		
42.	I would rather help someone repair their house than teach an adult Sunday-school class.		
43.	I spend more money on music and worship downloads than on books.		
44.	When I think of God, I think of love, friendship, and adoration more than anything else.		
45.	I spend more money on books than music.		

Spiritual Temperament Assessment

MY SCORES	
0	0
Naturalist	Sensate
<p>Loving God Out Of Doors: Naturalists' hearts open up to God when they get outdoors. God seems more real to them when they're hiking under a big expanse of sky or at least sitting under a tree.</p> <p>SUGGESTED ACTIVITIES:</p> <ul style="list-style-type: none"> Take your Bible outside and read it; meditate while feasting your eyes and spirit on natural beauty Work your way through one of Dr. Pamela Reeve's books Take a nap in the sunshine. Lead a family group at church camp Worship at dawn or sunset Go for a walk 	<p>Loving God With the Senses: Sensates are more aesthetically inclined. These are the artistic types, and they prefer creative and original music or even good architecture to open their hearts to God's presence. Their worship is about seeing, hearing, feeling, touching, and even tasting God's presence.</p> <p>SUGGESTED ACTIVITIES:</p> <ul style="list-style-type: none"> Listen to worship-producing music Absorb worship-producing art Sing scripture Create a worship space for yourself: light a candle, set out meaningful articles, e.g., a cross. Use a "pocket piece" (Cross, rock from Israel, etc.) Enter into a scripture passage. Be one of the characters. Experience the passage.
0	0
Traditionalist	Ascetic
<p>Loving God Through Ritual and Symbol: Traditionalists find great meaning by worshiping God according to set patterns - their own or historical ones. They may organize their life around scheduled times of prayer and may even choose to carefully observe the Christian calendar, aligning themselves with centuries of faith. Traditionalists often make good use of Christian symbols.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> Contemplate the three elements of the traditionalist pathway. Read Scripture aloud. Select a Psalm to say every morning and one for each evening; Practice liturgical prayer (see Book of Common Prayer) Set a regular time and place to meet with the Lord each day. Follow the Church calendar and celebrate significant days, e.g. Pentecost, Advent Develop meaningful rituals; Make plentiful use of symbols or ritualized gestures 	<p>Loving God in Solitude and Simplicity: Ascetics meet God internally. They prefer to shut out the world and meet God in solitude and austerity. For ascetics, the best environment for personal worship is a quiet place with a rather orderly environment, and they usually don't like the distractions of group worship. They are often advocates of all-night prayer vigils and many of the classical disciplines, such as fasting and meditation.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> Worship in the quiet of the night; Rise in the early morning for prayer and worship Practice silence – attend a silent retreat, participate in a silent meal Fast; do physical labor as an act of worship Practice obedience – ask God to reveal any rebellious attitudes Simplify your life – clean a closet, have a yard sale, cull your books and papers Look for ways and places to include others in your life. Make it a point to worship regularly in a fellowship of believers.
0	0
Activist	Caregiver
<p>Loving God Through Confrontation: Activists meet God in the vortex of confrontation. They want to fight God's battles. God becomes most real to them when they are standing up for justice or working on the frontlines to build God's kingdom.</p> <p>SUGGESTED ACTIVITIES:</p> <ul style="list-style-type: none"> Consider God's faithfulness in the light of so much undone in the world. Consider His great patience. He is working even when we see no evidence of it. Don't give up. Ponder John 4:34 Seek to develop tact, gentleness, persuasiveness, true love for others. Seek a mentor. Invest energy in: producing and transmitting literature; social reform; "marches"; prayer walks; food pantries; crisis pregnancy center. Be creative. Thoroughly research any activity before joining it. Ask God for wisdom first. Seek counsel, confirmation and accountability. Consider carefully the outcomes you desire from your efforts. Develop your ability for self-examination and contemplation of God. 	<p>Loving God by Loving Others: Caregivers love God by loving others. Providing care or meeting needs in Jesus' name spiritually energizes caregivers and draws them closer to the Lord.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> "Adopt" someone – a prisoner, neighborhood child or elderly person; Open your home to students, neighborhood kids Help a friend through a crisis, counsel at a crisis pregnancy center Work in the inner city, e.g. Mission Year (Bart Campolo) Mentor a teen parent through Parent Life. Help someone battling substance abuse Volunteer on a rescue squad, work in a soup kitchen

Spiritual Temperament Assessment

0 Enthusiast	0 Contemplative
<p>Loving God with Mystery and Celebration: Enthusiasts like the excitement and celebration of group worship and probably buy more praise CDs than books. They feed off the enthusiasm of other believers and typically revel in God's mystery and supernatural power. Their exuberance tends to lead them to embrace creative forms of worship.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> • Keep track of your night-time dreams. Write down any that seem significant. The meanings should be fairly obvious to you. Talk with someone about them. • Spend time just listening to God. Write down what you hear Him saying. • Cultivate the mystery of expectancy: ask God to bring someone in your path to whom you can minister; Start a conversation with a stranger. • Spend time with children: lead music at children's church; act out Bible stories for them. • Use your imagination to put yourself into the scene when you are reading Bible passages. Try to understand how the participants were feeling, thinking, acting. • Use your imagination to consider how you might act on the teaching of the Scriptures, e.g., the Beatitudes; teachings about forgiveness; tithing. • Be part of a strong church that holds its members accountable. Ask for a prayer partner or a mentor. 	<p>Loving God Through Adoration: Contemplatives are marked by an emotional attachment and surrender to God. They are God's lovers, and they want to spend their time in God's presence — adoring Him, listening to Him and enjoying Him. They often find benefit in journal writing, where they can explore their heart's devotion.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> • Make use of the Jesus prayer ("Lord Jesus Christ, Son of God, have mercy on me") many times throughout the day. • Practice secret acts of devotion – something you do for someone else without letting anyone else know about it. • Carry a pocket piece – something tactile to remind you Who you serve, e.g. a small cross. • Dancing Prayer – allowing God to lead and follow Him wherever He takes you. Allow Him to speak and place requests before you. • Centering Prayer – Choose a word and focus on it (Jesus, God, peace, etc.) repeating it until it becomes a part of you. This is not "new age"; it is a way to close oneself in with God, away from distractions. You are resting in God's presence. • Prayer of the Heart – "focuses on emotional attachment to, or adoration of, God. ...Its aim is to love God, to have our hearts enlarged so that God owns more and more of us." (187) • Meditative Prayer – this is prayerful reflection of a biblical text or theme, use of something you can see, taste, touch, hear or smell. (Lectio Divina; placing yourself in the passage)
0 Intellectual	<p>Print this assessment for your records.</p>
<p>Loving God with the Mind: Intellectuals really like books — even the reference kind — and live in the world of concepts. They want to come out of their devotional time with new understanding. If their mind isn't engaged, their heart may feel cold.</p> <p>SUGGESTED ACTIVITIES</p> <ul style="list-style-type: none"> • Study the basic disciplines of theological training • Invest in biblical study: reading through Scripture; meticulous study of portions of Scripture; • Read books that help understand what Scripture says - books on theology; books on church history. • Do a year-long in-depth study of one topic • Listen to theology tapes/CDs while driving – Mars Hill tapes are very good. • Study the seven basic topics in systematic theology: God, humankind, Jesus, the Holy Spirit, the Church, eschatology, and Scripture/revelation. • Gain understanding of both internal and external apologetics. 	

5 LOVE LANGUAGES for Kids!

QUIZ: Circle the statement that most accurately describes you (or your kid) in each set.

1. I like to get kind notes and texts. ●
I like to be hugged. ■
2. I like to spend one-on-one time with people who are special to me. ●
I feel appreciated when someone gives me practical help. ▲
3. I like it when kind words are spoken to me. ●
I like being with and doing activities with friends and family. ●
4. What someone does affects me more than what he or she says. ▲
Hugs make me feel connected and valued. ■
5. I value praise and avoid criticism. ●
Several small gifts mean more to me than one large gift. ★
6. I feel close to someone when we are talking or doing something together. ●
I feel closer to friends or family when they touch me often. ■
7. I like when people compliment the things I do well. ●
I know people love me when they do things for me that they don't like doing. ▲
8. Kind words mean a lot to me. ●
I know someone loves me when he or she helps me. ▲
9. I like to spend time with friends and family. ●
I like to receive little gifts from friends and family. ★
10. Gifts are symbols of love that are important to me. ★
I feel loved when people say nice things to me. ●
11. I feel loved when someone I'm close to puts an arm around me. ■
I feel loved when I receive a gift from someone I'm close to. ★

12. I like it when people give me gifts. ★
I really enjoy hanging out with people close to me. ⬡
13. I like when my friends and family greet me with a hug. ■
I like it when people listen to me and show genuine interest in what I'm saying. ⬡
14. I feel loved when friends and family help me with jobs or projects. ▲
I really enjoy receiving gifts from friends and family. ★
15. I enjoy when people compliment my appearance. ●
I feel loved when people take time to understand my feelings. ⬡
16. I feel safe when someone close to me is touching me. ■
Acts of service make me feel loved. ▲
17. I appreciate the many little things that people do for me. ▲
I value gifts that people make for me. ★
18. I really like the experience of one-on-one, undivided attention. ⬡
I really enjoy it when someone does some act of service for me. ▲
19. I feel loved when people touch me. ■
I feel loved when people do things to help me. ▲
20. I like to receive a gift for my birthday. ★
I like when someone speaks meaningful words to me on my birthday. ●
21. I know someone is thinking of me when he or she gives me a gift. ★
I feel loved when someone helps me with my chores. ▲
22. I like to go places with people I'm close to. ⬡
When I like someone, I make contact with the person (hug, shove, high five, etc.) ■
23. I like it when someone listens patiently and doesn't interrupt me. ⬡
I like it when someone remembers special days with a gift. ★
24. I like knowing that people are concerned enough to help with my daily tasks. ▲
I enjoy full-day adventures or trips with someone close to me. ⬡

25. Getting a kiss from a parent makes me feel loved. ■
 Getting a gift for no special reason from a parent makes me feel loved. ★
26. I like to be told that I'm appreciated. ●
 I like for people to look at me when we're talking. ⬡
27. I like to sit close to people I enjoy being with. ■
 I appreciate when someone tells me how attractive I am. ●
28. Gifts from people I'm close to are always special to me. ★
 I feel good when someone I'm close to touches me. ■
29. I feel loved when someone enthusiastically does some task I've requested. ▲
 I feel loved when I'm told how much I'm appreciated. ●
30. I need to be touched every day. ■
 I need words of affirmation every day. ●

PHYSICAL TOUCH

WORDS OF AFFIRMATION

QUALITY TIME

GIFTS

ACTS OF SERVICE



Total #: __



Total #: __



Total #: __



Total #: __



Total #: __

Primary Love Language: _____

Secondary Love Language: _____

take the quiz online at <https://www.5lovelanguages.com/profile/?child#discovery-child>
 learn more about the 5 love languages in the renowned books by Gary Chapman: *The 5 Love Languages* and *The 5 Love Languages of Children* or on the website at <https://www.5lovelanguages.com/>

Simply on purpose

5 LOVE LANGUAGES *for kids!*

PHYSICAL TOUCH

WORDS OF AFFIRMATION

QUALITY TIME

GIFTS

ACTS OF SERVICE

clues that this might be your kid:

is known as “the snuggler”, loves being carried and/or physical rough-housing, unintentionally too rough with others

clues that this might be your kid:

is fueled by praise, wants to show you the things he/she has done, loves to talk and tells you every detail of the day

clues that this might be your kid:

asks to tag along or stay up late with you, wants you to watch while he/she performs, likes you to sit with them while they play

clues that this might be your kid:

loves presents and surprises, has a lot of “special” things, older kids may be particular about brands or certain flavors or smells

clues that this might be your kid:

loves having your help, surprises you by doing small household tasks for you, loves being given responsibility

enjoys:

sitting close, back scratches, massages, physical activity such as wrestling or racing, cuddling blankets or lovies, tickling

enjoys:

talking, hearing you give specific detailed and relevant praise, learning things together, giving and receiving notes, journaling

enjoys:

undivided attention, being watched, special time, traditions, special winks, rituals or places to talk that are unique to them

enjoys:

birthday presents, surprise gifts, earning a prize, having a favorite meal made for them, collecting things, surprising others

enjoys:

knowing that you’re available to help when they need it; being thought of as a contributor; having special and unique skills

tips for connection:

ask your kid what type of touch they love most, come up with a secret handshake, make a ritual out of hair brushing or applying lotion, invite them to cuddle with you, tousle their hair or squeeze their shoulder when you walk by

tips for connection:

use specific and genuine praise and show that you notice the details, listen carefully when they talk, leave encouraging notes, praise them in front of others when they can hear you, take videos of them to share with friends and family

tips for connection:

have a staring contest, cook together, go on a “walk and talk”, play a favorite game, do a puzzle together, involve them in your every day tasks, give a gift of experience, make space for special time in your regular routine

tips for connection:

find special treasures together in nature, remember their favorite things, buy their favorite snacks in your normal grocery run, download a song you know they love, invite them to help you surprise someone else

tips for connection:

support them in their generous thoughts, clean up their room while they’re gone, help them with school work or practicing a new skill; when they make mistakes like forgetting lunch, tell them you are happy help rather than complain or lecture