

414 Better Bonding Challenge!

Mysty Pfeffer Wellness Coaching (www.mystypfeffer.com)

Week One Worksheet

Welcome to week one of our 4 week/1 night/4-hour better bonding challenge. You've decided what night to begin your screen free time, and what hours. You've obtained your grocery list and have your bible ready.

So, let's dig in together!

Activity #1 — 30 minutes (No cheating by using your phone for your Bible!)

Prayer

Scripture: Read Genesis Ch. 4:1-16 together.

Questions & Discussion

Why do you think Cain's sacrifice was not acceptable?

What does God say to him in verse 6 & 7?

What is the root of Cain's anger?

What is his attitude toward God after killing his brother?

How are we like Cain in our thoughts, words, and actions?

How does God show Cain mercy despite his attitude?

Activity # 2 30 minutes of Activity

Take 30 minutes to get up and move (outside or inside): Walk, bike, play kickball, hike, dance, or swim together.

Activity # 3 Get ready for some meal or prepping (No cheating using our phone for recipes!) (60-90 minutes) Get the kids and hubby involved. Together we can wash, chop, dry, and seal our veggies for the week much more quickly than one person doing it.

One may chop and prepare the roasted veggies and the lean meat of choice for the grill, while the other prepares the salad greens with their favorite toppings and puts the quinoa on to cook.

A large container of greens is enough for 8-10 salads for the week. They keep much better with low moisture vegetables like carrots, celery, beets, etc.

Ideas for homemade dressing:

Ranch—A container of sour cream with 1 tablespoon each dried or fresh (garlic, onion, parsley, dill) ½ tsp salt, ½ tsp pepper.

Olive Oil—2 ounces olive oil, 1 tablespoon apple cider, white wine, or rice vinegar, ½ tsp salt, ½ tsp pepper, 1 tsp honey (optional).

Activity # 4 Clean up our mess....together! (30 minutes).

Activity # 5 Play a board game or card game together. (30 minutes).

No cheating by turning on the phones for recipes or reading the bible. Prepare ahead of time with the grocery list and by printing your favorite recipes.

At the end of the evening discuss how the four hours of activities went and what activities you'd like to try for next week.

