
The Family Teams Weekend Workshop Journal

**Your Family's Field Guide to Building a
Multigenerational Team on Mission**

A note from the Bethkes & Pryors

Hey!

Welcome to Family Teams Weekend! We are so glad you're here and we know this weekend is going to be powerful, and hopefully bless and encourage your family team! What you're holding in your hand is our 'field guide' for the weekend. It has everything from schedule, to exercises we will be going through, to special deals on Family Teams Weekend only resources.

We know God is going to do something big in all of our lives this weekend and we are expectant, hopeful and grateful.

We do want to quickly note, this is a no pressure weekend! There is no ideal or exact way or finish line your family needs to leave here this weekend. Just be present and in the moment and we know you'll have a great time. Also, please find anyone on our team and ask questions if you have any. We are here to help and serve!

Jeremy, April, Jeff & Alyssa

Overview of Sessions

SESSION 1 (EVERYONE):**03****Decide** - What Kind of Family You're Building**SESSION 2 (MAIN TRACK):****05****Team** - Establishing Vision, Mission & Pillars for Your Team**SESSION 2 (OPTIONAL COACHING TRACK):****21**

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Leveling Up Your Rhythms

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Welcome

What does success look like for your family this weekend? Write your answer below and we'll give you instructions on how to share your answer with us.

What is one major question or topic that would most bless your family if it were addressed this weekend? Take a minute to try and form the question below and we'll give you a way to send it in.

SESSION 1 (EVERYONE):

Decide - What Kind of Family Are You Building?

Repent: What ideas about the family are you wanting to leave behind?

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Believe: What ideas about the family do you want to move toward?

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Take 10 minutes each and share with your spouse:

1. Say outloud what each of you are repenting from
2. Describe the beliefs about family you are hoping to run after
3. Pray for one another to deepen in faith in these beliefs

SESSION 2 (MAIN TRACK):

Team - Clarifying the Vision, Mission and Pillars for Your Family

Finding Your Family Mission

You can only coach a family if you know what your team is aiming for. Remember that mission statements are more discovered than invented. Any articulation of your family's mission is merely an attempt to better articulate what already exists. God has callings and assignments for each of our families, but when you make them explicit, sharp and clear through a statement, it's easier to unify around and helps us make mission-directed decisions.

Start with Vision

Vision is trying to glimpse an ideal future. It requires a bit of imagination. Sometimes people express these glimpses in basic bullet points. Others like to write more narrative stories about what they see. Either way we want you to dream a little so we can find a target to aim at. It's always fuzzy and kind of low resolution to start with but when you work to increase the resolution through writing it begins to help you draw a map and find a path in order to move forward together.

Instructions

- Both you and your spouse write independently at first and then read what you wrote to each other.

- Write what the year will be 10 years from now

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- List how old everyone in your family will be in ten years (including you and your spouse)

Names	Age

- **Vision for the Week:** Now just imagine what you hope to see in your family 10 years from now. What will your typical week look like? (write 3-5 sentences)

- **Vision for Culture:** Describe what you hope someone would notice about your family’s culture. For example: what they’d see or what they’d feel if they came over to your house for dinner or a weekend. (write 3-5 sentences)

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- **Vision for Character:** What would you hope to be able to say about your kids, their relationships with each other, what they are doing and their character? Write 2-3 sentences about each of your kids at this age 10 years from now.

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- **Listen to your Spouse:** When you're done take turns reading what you've written to your spouse. We encourage you to not be quick to judge if something surprises you. Be curious. Ask questions about each other's vision and descriptions. The purpose of this is for deep understanding.

- **Vision Alignment:** When you're both finished listening to and really understanding each other's vision write themes that both had in common or that you both really resonated with. (Write 5-7 themes.)

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Finding Your Mission

Trying to capture the purpose of your family in one statement can feel kind of intimidating. But keep in mind that only God knows all the assignments that he’s designed your family team to accomplish (Ephesians 2:10). What this mission statement is trying to do is describe the general direction that your family is pointed toward. It’s about making sure your family is aiming at something together. You have permission to simply do your best and no one is going to get it 100% right.

With the themes in mind from the vision exercise take just 5 minutes to independently bullet out answers to these three questions:

What really bothers you about the world? Describe problems (micro or macro) that seem to hit you harder than most people. Try to find three examples:

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When you think about your relationship with your spouse, what specific things do you guys do well together? What do you think your gifts were designed to accomplish when brought together? Also any specific areas you both seem passionate about. Try to list 3-5 answers to any of these questions below:

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(Optional Exercise) Sometimes we find unique elements to our mission by looking at our past. This could be a unique trial one or both of you endured, a unique place both of you share a passion for or a unique skill or experience you both share. If you can think of an example of that in your relationship write about that below:

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OK, now don't over think this part. Take a stab at writing a single purpose statement. Try to summarize what your mission is. Don't be afraid to do it badly. Just write the first summary statement that comes to mind that seems to incorporate some of the things mentioned above:

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Now try to improve the statement below by having a little more focused eye. What could you take out and it still feels true? What do you need to add? Would this sentence be helpful to make decisions through?

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Read your answers and statement to your spouse and talk about what you like most about what the other person wrote. Try to work toward consensus on a statement you think best describes your family mission for now. Remember, you're going to learn more and more about your family in the future so don't worry about the need to revise and update your mission statement.

Family Pillars

Start independently. Each of you pick 4-5 unique, distinct beliefs that your family values. Make these a word or short phrase with a one sentence description for each.

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Read this list to each other. Rate all of them on a scale of 1-5, 5 being something you believe is most core to your family. Pick the top seven.

Don't feel what you've decided on during this exercise is forever written in stone. Families are fluid teams, and as members enter and exit the team, missions can change. We also often don't know what callings God may give us tomorrow. It's enough to say, "To the best of my knowledge, this is our family mission. As things change and shift, we will revisit our statement and pillars to make them as up-to-date as possible."

Examples of Family Mission Statements and Pillars

Team Pryor

- **Mission:**
Establish a united, multigenerational, disciple-making team that restores the biblical blueprint of family, builds up the Church in Cincinnati and blesses Israel because of their central role in the current chapter in God's story.
- **Vision:**
1000 disciple-making households in Cincinnati and then 100 cities beyond.
- **7 Pillars:**
 1. **Rhythmic living:** Each family member lives their life in a sustainable, repeatable, improvable seven day rhythm.
 2. **Team is our default:** Each activity we ask, "Can this be done with other family members?" and prioritize things we can do together.
 3. **Honor our elders:** We take care of our own and initiate creative ways to learn from the wisdom of those family members who have gone before us.
 4. **Story-formed:** We believe we are sub characters in an epic story perfectly described in the Bible and so we read, study, memorize, discuss, and meditate on the Scriptures.
 5. **Through the home:** We practice creative hospitality by making our home the geographical center of our ministry, our community, and our relationships.
 6. **Steward and expand:** We maximize the productivity and impact of every asset under our stewardship and expand its territory according to its fruitfulness.

- 7. Father, Son & Holy Spirit:** We daily cultivate an intimate relationship with the Father; daily we take up our cross and follow Jesus as Lord, and in each moment we rely on the indwelling power of the Holy Spirit.

Team Bethke

THE BETHKE'S EST. 2012 MISSION & VISION

We exist primarily to fulfill Jesus' words by living out, "your kingdom come, your will be done, on Maui as it is in Heaven" in our family, our neighborhood, our relationships, our vocation, and all that we do.

We see ourselves fulfilling this call primarily by living out our pillars below.

APPRENTICESHIP TO JESUS

We want our family to be all about Jesus, in everything we do. He is not a piece or section of our life, but rather He is the very center that everything else is orbiting around and being informed by. And a relationship with Him is defined as following Him. We learn from Him. Talk to Him. Study Him. Look to put into practice His words and life. We are apprentices and disciples, and Jesus is our mentor and our rabbi. We are resurrection people, because He defeated death. We are new creation people, because He ushered in new creation. We are heaven and earth people, because He Himself is the place where heaven and earth collide.

FAMILY AS A TEAM

God brought us together as a family team, to enact his garden mandate (create and cultivate, bring order out of chaos, be fruitful and multiply, and reign or rule) in a way that no other family team can perfectly replicate. We are unique as a team, and as individuals we are unique.

We all have a role to play, and every person in the family (parent or child) God brought into our team as a way to communicate to us that we lacked something. We had a weak spot, and we needed that person to make us a better team. And as a family submitted to the Lordship of Jesus, we are one of the primary ways God will bring his blessing and goodness into the world.

THE TABLE

We believe that all of life happens around the table (you laugh, you cry, you share stories, you nourish yourselves and others). Family dinners are more important than most people think, and meals and conversation and hospitality are primarily vehicles to bring little pockets of heaven down on earth. When Jesus wanted to describe what the kingdom was like, he almost always used the language of a feast, a party, or a reception. There is no better way to shape a family identity than to eat together and live life around the table. As a central value, this means we will resist culture's push towards fast food, eating in front of entertainment instead of other people, and oppose jobs and schedules that don't let us eat together. Food is a gift and reminder of our need and the great equalizer that brings us together as one entity to thank Jesus.

GENEROSITY

We want to be generous with the three T's--our time, talents, and treasures. We are generous and cultivate a giving spirit primarily because Jesus first gave to us, the ultimate gift--Himself. We give and love and serve because He has for us first. We want to give our time not only to ourselves but to others. We want to give our talents for the good of others and our city and our neighborhood, just ourselves. And we want to give our money for the building of God's kingdom. Money is not inherently good or bad (it's the love of money that is evil, Jesus says). Money is a tool. It can be wielded and used for all kinds of purposes. Money is a great tool to leverage for the betterment of relationships. All money is Jesus', and He counts us as caretakers of it. It is not ours.

CREATE

We want to create and cultivate as a family and as individuals. We reflect God when we create. He is the ultimate Creator, and we reflect His image when we create for beauty, and goodness, and nourishing of others. All domains of life are God's (medicine, food, politics, art, music, etc.) and we worship by living within those domains and cultivating a craft and discipline that we use to love God and love neighbor.

RHYTHMS

One of the best ways we can follow Jesus and show Him to our city and neighbors is by living in rhythm. Nothing has been more forgotten in our current culture than the power and beauty and goodness of rhythms. We push back against our culture of linear, non-restful, fragmented and non-life-giving time. We believe God created order and rhythm going all the way back to the creation account (day and night, the week, the principle of healthy work/rest). So as a family we will hold high weekly, monthly, and yearly rhythms. Rhythms are a central vehicle to shaping identity as a family. Without them, you float and lose purpose. Repeating disciplines, repeating traditions, repeating rhythms are the lifeblood of the family. When we feel out of sync, most likely our rhythms have been assaulted or broken down in some aspects. This is why we sabbath, get away for family summits, and more.

MULTI-GENERATIONAL

Living with future generations in mind is a key part of our family. We have a long vision as a family, and we want to set up our kid's kids and their kids for blessing and a long legacy of Jesus following. This goes against our cultural mindset hugely, so we will at times be misunderstood, or others will be confused. We won't live in a way where we try to maximize our fruit and blessing for the last 10 to 20 years of our life (working hard and then living off your hard work once you're 80) but instead we will try and live with our resources and assets that maximizes them 200 years from now and far after we all die. There is a reason Jewish families are only 2 percent of the US population but control around 40% of the wealth

in our country. They live within a long vision in regards to financial legacy. We want to live similarly but primarily focused on spiritual legacy.

HEALTH

We recognize that Jesus gave us bodies, and Jesus himself is forever in a resurrected body. He is material forever. Bodies are sacred. Because of that, we want to honor God in our bodies. Health and proper balance are critical to all domains of life--food, work, rest, etc. To be healthy means to live rightly with God, neighbor, and yourself. This means we care about what we eat and how we eat, we care about what we feed our minds and souls, and we care about this world we live in.

(Coaching Track): Level Up in Coaching a Family Team

- ### Interview Notes:

Action Steps:

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- Get in groups of 3-4 couples and answer these questions
 - > Name and describe your team
 - > With regard to leading your family team, what is your single biggest challenge this season? Everyone take 5 minutes to describe that to one another and then we'll move to the panel discussion.

Panel Notes:

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Action Steps:

SESSION 3 (MAIN TRACK):

Time - Living Life in a Series of Sevens

Start with your identities

At creation, the rhythm of working six days and resting one is set up for us. If you have an identity or role in something, it needs to be included somewhere in your 7-day cycle. Start by making a list of all the hats you wear in a given week or month and break down the components of what you do.

What Roles is the Husband/Father Playing? (provider, gardner, son, host, etc.)

LIST THEM HERE:

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What Roles is the Wife/Mother Playing? (laundress, menu planner, teacher, daughter, employee, letter writer, hostess, etc.) LIST THEM HERE:

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What are the big regular elements you want to see in your family week (ex. Movie night, book reading, game night, sports activity, worship, date night, etc.) LIST THEM HERE:

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Below, write a theme for family time for each day or evening. What would you like the day or evening to be focused on? (ex. rest, work, fun, team building, planning, vission casting)

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DESIGNING YOUR WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THEME:	THEME:	THEME:	THEME:	THEME:	THEME:	THEME:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:

Designing Your Ideal Week

Instructions: Our goal here is to do this badly and then improve over time. Just do your best here! Write out what your ideal week would look like if you were trying to balance your identities as well as productivity and rest. Be careful not to treat yourself like a tyrant but like someone who wants your future self to love each of your weeks.

NAME:

[illegible]

WEEKLY SCHEDULE

[illegible]

SESSION 3 (COACHING TRACK) :

Level Up in Rhythmic Living

- **Interviews with Family Teams + Q&A**

Interview Notes:

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Action Steps:

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- Get in groups of 3-4 couples and answer these questions
 - > Name and describe your team
 - > With regard to creating and living into your family rhythm, what is your single biggest challenge during this season?

Panel Notes:

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Action Steps:

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SESSION 4 (EVERYONE):

Table - Crafting a Meal that Spans the Generations

Examples of Shabbat Dinners

The Pryor Family: A Typical Shabbat Dinner

Prepping the Table: What do you do the few hours before dinner? - We spend 2 hours before dinner cleaning the house, cooking food, setting the table and finishing up any projects that need to be completed before Shabbat.

Introducing Shabbat: Jeremy reads from his unpublished book “Learning to Rest: 52 Reflections to lead your family into the Sabbath” that started as just a collection of little devotional thoughts he’d think on and plan for the family.

EXAMPLE READINGS 1

Sabbath as a Taste of the Kingdom

Everyone wonders what heaven is going to be like. The Bible tells us to put our hope in the Kingdom that is coming but it’s almost impossible to hope in something you’ve never experienced. That’s one of the reasons for Shabbat. The rabbi’s liked to call it “eternity disguised”. The coming Kingdom is less like floating on clouds and more like a loving family around a table sparkling with beauty and laden with delicious foods. In fact, in the book of Revelation, when heaven is described we’re all at a wedding feast.

Scripture Reading: “Let us rejoice and exult and give him the glory, for the marriage of the Lamb has come, and his Bride has made herself ready; it was granted her to clothe herself with fine linen, bright and pure” -- for the fine linen is the righteous deeds of the saints. And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” - Revelation 19:7-9

Question for the Kids:

- Describe some of your favorite Shabbat flavors.

Question for Everyone:

- What are some of the things we will experience in God’s future Kingdom that we can taste on Shabbat?

Reading: Here’s a story from around the first century recorded in Abraham Joshua Heschel’s book *The Sabbath*: “A rabbi once hosted an important Roman dignitary on the Sabbath. The Roman asked him, “Why does this food taste so delicious?” The rabbi did replied, “We Jews have a special spice only we use.” The Roman said, “Give me some of this spice to take home. I will pay you whatever the cost.” The rabbi replied, “The ingredient to which I am referring is called ‘Sabbath.’ It cannot be bought, nor can it be used by one who does not keep the Sabbath. The Sabbath adds its own extra flavor to all its dishes.”

Question for Everyone:

- Why is it so important to have our hope in the Messiah’s coming Kingdom?

Optional Activity:

- Take Challah bread and have everyone put some butter and honey on it eat it together saying, “Tonight we experience a taste of what we will experience for all eternity when we’re wedded to Christ.”

Blessing over the Candles: So tonight, as we experience a kind of rehearsal dinner for the coming marriage supper of the Lamb, we bless you Yeshua our Messiah, rightful King of all the Earth and say we look forward to your coming as we begin our Sabbath with the lighting of the candles of Shabbat.

Light the Candles: Shabbat Shalom

EXAMPLE READING 2

Learning to Be Still

Scripture Reading: In the Gospel of Luke we get a surprising story of how Jesus interacted with domestic life inside of the home of two of his friends Mary and Martha. We read, "As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." -Luke 10:38-42

Question for the Kids:

- Have you ever been in Martha's situation when someone you thought was supposed to help you won't help you? How did that feel?

Question for Everyone:

- How do you feel about Jesus so clearly taking Mary's side?

- What can we learn from this? Does Jesus not care about the burden of domestic life? Basic Fairness? How might we apply this to our lives today?

Reading: One of the most famous lines in all the Psalms simply states, “Be still and know that I am God.” Somehow Mary learned to be still. Sabbath is the day where we both learn and nurture this stillness in our souls. This learning begins with a trust. Without trusting in God’s sovereignty we will not feel safe to risk the stillness of a Sabbath.

In C.S. Lewis’ book *Prince Caspian* Lucy is searching for Aslan and when she finds him she discovers something different about him. “She rushed to him. She felt her heart would burst if she lost a moment. And the next thing she knew was that she was kissing him and putting her arms as far round his neck as she could and burying her face in the beautiful rich silkiness of his mane. “Aslan, Aslan. Dear Aslan,” sobbed Lucy. “At last.” The great beast rolled over on his side so that Lucy fell, half sitting and half lying between his front paws. He bent forward and just touched her nose with his tongue. His warm breath came all round her. She gazed up into the large wise face. “Welcome, child,” he said. “Aslan,” said Lucy, “you’re bigger.” “That is because you are older, little one,” answered he. “Not because you are?” “I am not. But every year you grow, you will find me bigger.”

Questions for Everyone:

- What is it about the practicing Sabbath that steadily makes God seem bigger and bigger?
- What are some thing you’ve found that help you to be still on the Sabbath?

Optional Activity:

- We are going to take exactly one minute and be still and know that He is God. Just sit and think about how big, and powerful, and loving God is and rest in your trust in him.

Blessing over the Candles:

- We bless you Lord God, Sovereign King over all the Universe. We acknowledge that the billions of galaxies cannot contain you yet you count each of our tears and you know the number of hairs on each of our heads. On this Shabbat we cease our work, become still and simply trust you, resting in your protective care beginning with the lighting of the candles of Shabbat.

Light the Candles: Shabbat Shalom

Blessings:

Light the Candle(s). Mother's Sabbath blessing "Blessed are You our Father, Ruler of the universe, who has given us rest through Jesus our Messiah and invites us to experience His coming Kingdom beginning with the lighting of the candles of Shabbat"

Sing. Shabbat Shalom

Bless the Sons. May the Lord make you like Ephraim and Manasseh and give you the faith of Abraham, the heart of David and the righteousness of Christ as you build our family from generation to generation. (By Oldest Father)

Bless the Daughters. May the Lord make you like Sarah, Rebecca, Rachel and Leah and give you heart of Ruth, the faith of Mary and the righteousness of Christ as you build our family from generation to generation. (By Oldest Mother)

Bless the Mothers: Read Proverbs 31:10-31 (Have children rise)
Give Thanks and Serve the Meal.

At the Table: Story Prompts - We like to link these to what's happening in the kid's lives or the family's life. Examples:

- Describe summers during your childhood
- What was one of your first jobs
- What do you remember about being in elementary school (middle school, high school)

After the Table Options:

- Play a Quick Group Game. Pictionary, Catchphrase, Outburst, Apples to Apples, Taboo, Headbanz.
- Midrash a Chapter in the Bible. Have each person read 2-3 verses and go around. Ask what stood out to you.
- Family Storytime. Ask a member of the family to come prepared to share a family story perhaps around a topic (a person, event, place) and bring any supporting pictures or objects.
- Serve Dessert

Notes About Other Family's Shabbats

Workshop

The (your family name): A Typical Shabbat Dinner

Ideas for Preparing for your Shabbat

Ideas for Introducing your Shabbat

Ideas for when you're at the Table:

Ideas for after the Meal:

WORKSHOP

Crafting a Day of Rest

Learning to Rest

Instructions: Many of us are often not great at knowing what really gives us rest. Below is a list of possible activities that might help you feel rested. Circle any that you'd like to try during your day of rest and add as many as you can think of to the end of the list. Then put a number from 1-10 of your sense for how restful you may find this activity, with 10 being highest.

• Reading a novel	
• Gardening	
• Puzzles	
• Playing a board game	
• Going for a hike	
• Having sex	
• Taking an afternoon nap	
• Praying	
• Bible reading	
• Journalling	
• Visiting an art gallery	

• A picnic lunch	
• Going to a movie	
• Worship service	
• Visiting a farmer's market	
• Watching sports	
• Sit and stare at a beautiful view	
• Chill at a coffee shop or brewery	
• Playing music	
• Bible discussion	
• Cooking or baking	
• Crafting	
• Writing	
• Art	
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Finding Your Off Button

Instructions: OK, let's try to make your rest day 1.0. Remember it takes time to learn to rest and you need activities that bring rest to your body (like a nap) and to your soul (like journalling) to really feel rejuvenated. It may seem weird to plan out a day of rest. Most people think to rest all you have to do is stop working, but that only works for a little bit and then you get bored and fall into doing impulsive activities that often don't bring real rest. We need to start with a baseline. Make a plan for having a great day of rest and then evaluate how it went and make **SMALL** changes over **MANY** weeks. Before you know it, you will be an expert rester feeling more and more rejuvenated by your Sabbath, and it will become your favorite day of the week.

Time Period	Restful Activity	Notes
Pre-Rest 3-6pm		Prepare to rest
Early Evening 6-8pm		Kickoff to rest
Late Evening 8-10		An end to your evening
Early Morning 6-9am		To sleep in or not?
Late Morning 9-11am		Breakfast?
Afternoon 11am-2pm		Outdoor activity?
Late Afternoon 2-5pm		Nappy time?
Early Evening 5-7pm		Relational time?
Late Evening 7-10pm		Optional extension of rest

Jeremy’s Ideal Day of Rest

I’ve been refining this routine for almost 15 years now and just looking at a day planned out like this makes me long for the next Sabbath. After a day like this, I can fully recover from just about any intense week of work. Never stop tweaking your day to make it more restful and rejuvenating.

Time Period	Restful Activity	Notes
Pre-Rest 3-6pm	Buy groceries and cook meat	Prepare to rest
Early Evening 6-8pm	Sabbath dinner with family	Kickoff to rest
Late Evening 8-10	Bible discussion, chat	An end to your evening
Early Morning 6-9am	Coffee shop - read, pray, journal	To sleep in or not?
Late Morning 9-11am	Watch football or movie	Breakfast?
Afternoon 11am-2pm	Lunch with kid, then walk or event	Outdoor activity?
Late Afternoon 2-5pm	Take a nap	Nappy time?
Early Evening 5-7pm	Date night with April	Relational time?
Late Evening 7-10pm	Game night	Optional extension of rest

April's Ideal Day of Rest

Time Period	Restful Activity	Notes
Pre-Rest 3-6pm	Work block, clean/declutter house	Prepare to rest
Early Evening 6-8pm	Sabbath dinner with family	Kickoff to rest
Late Evening 8-10	Bible discussion, chat	An end to your evening
Early Morning 6-9am	Sleep in!	I wasn't always able to do this
Late Morning 9-11am	Read a book, do a puzzle	Breakfast?
Afternoon 11am-2pm	Lunch with Kid, then walk or event	Outdoor activity?
Late Afternoon 2-5pm	Take a nap	Nappy time?
Early Evening 5-7pm	Date night with Jeremy	Relational time?
Late Evening 7-10pm	Game night	Optional extension of rest

Note: Sometimes I will schedule things on a Saturday that I wouldn't normally take the time out of my week to do, such as breakfast with my sisters, or a crafting day.

Describe Your One Big Takeaway

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FINAL NOTE

Overcoming Post Conference Conflict: Why Sometimes Things Get Worse Before They Get Better

“We learned so much at the conference so why do we seem to be fighting more?”

We hear this a lot and it's totally normal and actually a good sign. Because most modern, western families live as a collection of individuals we negotiate our own space as an individual as a way of avoiding endless family conflict. But becoming a team is totally different. You have to find a way to create real alignment. This requires bringing up things that may have been under the surface and this can create more conflict in the short-term.

Don't let this discourage you!

It's important to let this process work itself out.

Just be careful that when you fight, you fight fair. Demonstrate your love for one another and the relationship by resisting any urge to try and hurt one another during a conflict.

Also, help each other fight better. Really try to help your partner articulate their position in the clearest way possible. Ask good questions. Try to restate what you hear them saying to arrive at mutual understanding.

We are so honored that you chose to spend the weekend with us at Family Teams and we're so excited to get to continue on this journey of building multigenerational teams on mission together.

Jeremy, April, Jeff, and Alyssa