

UNPLUG to PLUG IN: Spiritual Emphasis Week 2021

What is the purpose of UNPLUG to PLUG IN?

To UNPLUG by removing the distractions that so often consume our time and thoughts allowing us to quiet our minds and still our hearts, to give space to listen to God, and to reflect on how God is speaking and leading. By unplugging during this week, we can then have the time and space to PLUG IN to God through prayer, discussions, even solitude as God speaks and leads. To PLUG IN using this unplugged time to invest in connecting with our peers and teachers at school and our family at home.

How will we UNPLUG?

At school, we will minimize use electronic devices, even the iPads. In addition, we will unplug from homework or studying for tests or quizzes throughout the week. In class, we will unplug from any assessments instead devoting more time and plugging in to discussion, reflection, and prayer.

How can families join us and UNPLUG?

We want to extend an invitation (and a challenge) for every family to join us by setting time aside each night to unplug as a family. We encourage you to take advantage of the time without homework, studying, and school devices and unplug from personal devices, TV, even social media so that you can plug in and connect with each other.

How can families PLUG IN at home?

PLUG IN through Discussion: Using the home connection questions provided, spend time at dinner each night discussing and reflecting on the SEW chapel that day.

Daily Questions:	What was the chapel topic today? Was there anything new or that stood out to you from the message? What activity did you do during response time? Is there anything you would like to share about how God led you during response time?		
RELENTLESS LOVE: For Us March 29, 2021	RELENTLESS LOVE: For The New Life In Christ March 30, 2021	RELENTLESS LOVE: For The Call and Cause March 31, 2021	RELENTLESS LOVE: For The Community April 1, 2021
God leaves the 99 and goes after the 1. Share about a time when you felt	Jesus's sacrifice has saved us all. Share with each other when you first	Jesus said, "if you are my follower, you must give up your way and	Through Jesus, we can be the help our community and world need. Share

lost, and had God call you closer to Him. A time when you felt rescued, and therefore loved.	accepted Jesus as your personal Lord and Savior or when you really understood the meaning of the cross and decided to follow Him.	follow mine." As a family, discuss some of the ways that you can answer the call God has for His followers.	about ways your family can demonstrate God's relentless love in communities everywhere.
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PLUG IN through Prayer: Devote time each night to praying as a family seeking to listen to His voice and follow His leading.

PLUG IN through Family Time: The gift of extra time is a rare gift! Use this unplugged time to have a little fun and connect as a family. Feel free to use any (or all) of these connection activities to create some family fun and great memories!

<p>Game Night— spend time playing your favorite board or card game</p> <p>Make Your Own Pizza Night— spend time in the kitchen together making your own individual pizzas (or any other meal everyone can make together) with all the toppings then enjoy eating them together at the dinner table</p> <p>Walk or Ride— take the whole family for a walk or bike ride around your neighborhood or Back Bay, at the beach, or another favorite spot spending time enjoying nature and fresh air together. This could even become a family prayer walk/ride.</p> <p>Dine out/Lean in—Take the whole family to your favorite place to dine together, and lean into each other for great conversation. Check out https://thefamilydinnerproject.org/ for some amazing dinner game ideas and conversation starters that will keep you from dashing through dinner.</p> <p>Family Date Night—Instead of staying home, head out on a unique family date doing something you don't normally do together as a family. Go hiking, go biking, or have a friendly family competition of soccer, badminton, corn-hole, or volleyball.</p> <p>Picnic Dinner—Picnics aren't just for lunch time! Pack a picnic dinner and head to the park or beach. Don't forget your Frisbee, football, or Smashball!</p>
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The middle school staff is committed to unplugging 3/26 to 4/1 both at school and in our homes! We would love all middle school families to join us and commit to unplugging at home! Homeroom teachers look forward to hearing the stories of how your family is using this time to unplug then plug in!