



A Memory Minute

BEST USE

As a family time discussion with family members of all ages

VALUE

Gives family members a strong sense of connection and identity



ADVANCE PREPARATION

Bring the following to the dinner table, living room, or wherever you choose to share this time.

- Some favorite pictures from past family events - such as a vacation, birthday, special celebration, or just fun moments from daily life
- A watch or clock with a second hand
- A Bible

FOLLOW THESE STEPS FOR A GREAT EXPERIENCE

1. Bring a stack of 5-10 pictures from your photo album.
2. Give each person at least one photo to hold up when their time arrives.
3. Read Psalm 103:2 which reminds us to bless the Lord for the “benefits” He gives, including the tremendous joy of being part of this family.
4. One at a time, have each person hold up their photo and give the other family members 60-seconds to shout out as much about the pictured scene as they can recall or guess.
5. Tell the story of the picture as you remember it – taking special care to affirm the joy and uniqueness of each person pictured by giving a detail about them. For example...

“I remember this was the vacation where Troy created his first sand castle – and was so disappointed the next morning to discover the tide had flattened it during the night.”

“I remember how proud we were of Nicole when she walked up to the front of the class to receive this award.”

“I remember how exciting it was to bring little Christopher home from the hospital and have Grandma and Grandpa taking pictures of our new blessing!”

6. Pray a prayer of thanks to God for the “benefits” that come with being part of a family that loves the Lord and one another.