

Hyde Park Seventh-day Adventist Church
Family Prescriptions

Week of September 22, 2019

1. ***One ‘I thank God for you’*** to loved ones and friends, twice a day, served with sincerity and love
 2. ***Plan a family game night***, once this week, include lots of fun and laughter (for those who are single, plan a fun evening with close friends)
 3. ***Take time alone or with your family and friends to reflect on what ‘family’ means to you.***
 4. ***Pray for God to heal the wounds in your family.***
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Week of September 14, 2019

1. ***One ‘I really love you’*** to loved ones, three times daily, served with lots of joy and affirmations
 2. ***Two ‘Reasons why I love you/care for you,’*** three times a week, wrapped in tenderness and shaken with kindness
 3. ***One ‘Ebenezer – Thus far has the Lord helped us’*** (tell your stories of God’s guidance in your family/lives) session, once a week, served with gratitude and thanksgiving
 4. ***Pray for five specific family members***, once daily. Let these family members know that you are praying for them.
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Week of September 8, 2019

1. ***One affirmation*** to loved ones, five times daily, served with touch of tenderness and lots of love
2. ***One generous act of service or kindness***, two times a week, stirred with compassion
3. ***Pray for two specific family members***, once daily. Let these family members know that you prayed for them and what you prayed for. If possible, call or meet with these family members and pray with them.