

“Recurring activities, rituals or behaviors that families repeat over time, often passed down through generations, which reflect and reinforce the family’s values, beliefs, and unique culture.”

Biblical Examples of Traditions

- An Ebenezer: a token to remember the Lord (1 Samuel 7:11-12)
 - Seven Jewish Feasts (Leviticus 23)
 - The Lord’s Supper (1 Corinthians 11:23-24)
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Different kinds of Traditions

- holidays & special occasions
 - weekly or monthly routines
 - daily rituals
 - interpersonal traditions
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The Importance of Family Traditions

- provide constancy & continuity
 - provide comfort & connection
 - reinforce core values
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Different Holidays or Seasons to consider

- Thanksgiving
- Christmas
- New Year’s
- Valentine’s Day
- Easter
- Summer
- Birthdays
- Anniversaries
- Mother’s & Father’s Day
- Graduations
- National Holidays (Memorial Day, July 4th, Labor Day, Veteran’s Day, etc.)
- Other cultural holidays

Establishing YOUR Family Holiday Traditions

- Pray over your ideas

"I am the Personal Assistant to the King of the Universe. I sit with Him in quiet consultation each morning as He gives me the directions for the day. Then I go run His errands all day long as He provides all the resources. The pay is great, and the retirement plan is out of this world." — Marnie Swedberg

- Communicate, communicate, communicate with your spouse
 - Schedule time to talk and plan
 - Discuss expectations (gifts? activities? where you're going? are you staying home? traditions from your families?)

Making Holiday Celebrations Manageable

- Only expect to do what you can do

"There IS the time and money you need to do everything God created you to do! There's not enough to do everything, everything good, or everything everybody else wants you to do. There's not even enough to do everything you might want to do, but because God is God, there IS enough to do what He's calling you to do!" — Marnie Swedberg

- Plan ahead (use your calendar!)
 - Break the projects down into manageable tasks
 - divide & conquer (who will do what and when?)
- Communicate with extended family and friends ... *ahead of time!*

Discussion

- What are some Thanksgiving or Christmas traditions you enjoyed in your family growing up?
- What are some holiday traditions you want to repeat or start this year in your family?
- As a group, brainstorm
 - the "task list" for one of those traditions, and
 - how far in advance of the actual holiday would each task need to be completed