

Refocusing Your Family After the Holidays

I. Start Real Life Now

You and your family shouldn't take a break from devotions. Whether you're at home or in a motel, chores and personal hygiene are vital to staying healthy and comfortable. And though it may be acceptable to have a movie marathon over break, that shouldn't be all you do. Get a start on those personal enrichment resolutions you made for yourself or lead your family in a community service opportunity. "Starting really life now" also goes for what you eat.

II. Talk About Real Life Now

Just like we talked about on Episode 16, your ability to successfully implement your New Year's resolutions hangs in part on keeping it clearly communicated. Start that process now, so it doesn't seem like bettering ourselves is something we only do in the doldrums of "normal" life.

III. Continue the Fun Now

Sure, breaks over and school's back in session. I know you have to work. But that doesn't mean your family should stop hanging out, having special meals, or enjoying each other. Few people do "cold turkey" very well, and this is no exception. I suggest tapering off the family-fun as slowly as possible. To be honest, some of our families need to ramp it up anyway. I suggest you listen to Episode 8 because many people need to learn to make their family time work better.

IV. Transition with a Good Attitude Now

We are the leaders, we're the models, we're the pace setters. Do not end break off complaining about work on Monday. Do not have a bad attitude! Praise God in front of your children about the blessings of a secure job and a good education. Be proactive, be excited about real life. Should our families be allowed to loath God's will for their lives? Of course not! But we do it so often when we get all depressed because we've reached the dreaded last day of vacation. Set the standard for your house. Be the example.