

# 7 Ways to Be the One Family

- 1. Help a Family member**
- 2. Spend quality time with your family without looking at your phone**
- 3. Tell 1 family member 3 things you appreciate about them.**
- 4. Offer to help your family with dinner**
- 5. Get prayer requests from your family and devote your week to praying for them.**
- 6. Plan a game night for you and your family**
- 7. Have a conversation without asking for anything**