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from www.familyteams.com

WEEK 1

INTRO FROM TEAM PRYOR & TEAM BETHKE

Hey! Welcome to the challenge. How fun is this? Who's ready?!

Ok, so, first things first, let's just jump into it.

Teams love a challenge.

I remember how hard it was to sleep the night before a big game.

The excitement. The pressure. The challenge and build-up of something that had stakes.

And I remember specifically too, I usually didn't care much about winning or losing (of course I wanted to win!) but instead looked forward to going through the challenge with *my team*.

So, I'd lay awake at night longing for the morning when the challenge would begin.

And that's exactly how I've been feeling during this crazy crisis.

Our family has spent years training and working together playing in bigger and bigger "games" and then, in just a few short days, our family was hit by all the chaos of the coronavirus.

With every challenge we've faced--closing our retail store, serving grandparents in sudden isolation, schooling at home--I've watched our team get closer and function more like a unit.

And for every family reading this, this can be true of your family, too. Because the thing with most crises is, they tend to make you double down on your true values. Either it reveals a lot of individualism and fear, or it can actually show you how ready and prepared your team was!

But wherever you are on that spectrum, the more important thing is, we can all take one more small step towards growth, towards becoming the powerful and healthy family unit God wants us to be. And now is the time more than ever.

Because the secret is that your family was built to be a team.

Families are teams. Not just a warehouse of individuals.

We just all forgot.

We live in a culture that decided living like individuals was better than being on a team and so families started to fall apart about 60-70 years ago.

But no matter how far you feel your family has gone into individualism *you have just been given the opportunity of a lifetime to forge your family into a team.*

Team is written into the DNA of every family. It's in yours.

Real quick - let's go back to the beginning.

All the way back in Genesis 1 we read that God designed the family to be a multigenerational team.

He had a lot of chaos to conquer.

He created a world that was full of disorder.

So he planted a beautiful garden and needed a team that would spread the beauty and order of his garden over the entire planet.

A huge job.

So He created a company, right? *no that's not right.*

He started a non-profit...*no that's not it either.*

He formed a government...*nope that's not what it says.*

He had a challenge so big, so important, so complex that God's idea to solve it was.....*a family.*

So God created human beings in his own image. In the image of God he created them; male and female he created them. Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign and rule over it." (Genesis 1:27-28 NLT)

He made a man and a woman, told them to have kids and rule over His new creation.

And now that job of bringing order out of chaos, of ruling over God's created order, has been given to you and your family.

Even in the face of the growing chaos around us you have what you need to overcome these challenges. You have a family team.

But this framework can be shocking or jarring for most. I'm sure this is new for most of you.

That's why we're going to walk you step by step through the transition from acting like a group of individuals to functioning like a team. We have a full 5 weeks of systems and tools and tips.

But today it starts in the mind.

DISCUSSION & CHALLENGE

Do you believe God made your family to be a team?

Do you think life would be better if people lived like individuals and not like family teams?

Do you have faith that God's design for family is better than the ideas invented by modern culture?

Whenever you realize you've been infected with a bad idea the solution is simple and given to us right in scripture: repent and believe.

All transformation begins by renouncing bad ideas and believing the truth.

And we have a fun challenge to help you through this process for today.

It's super small and easy (we are huge fans of getting small wins as we ramp up!).

Something almost every family is an expert at already (with a twist), and that is *watching a movie.*

That's right! This week's challenge is for you to sit down with your family and watch a movie that has a theme specifically about how a family faced a challenge and it transformed them from a group of individuals into a team. That's it.

But maybe you're thinking, that can't be it? We already watch movies. But it's more than that. See all screen time isn't created equal. For so many of us movies or iPad or phone time is a zombie state where we are *disconnected* from our family. But watching and immersing ourselves in a powerful *narrative together and asking a few intentional questions after?* That's where goodness starts. We are story formed creatures and story is our currency. We have to be re-storied, before we can be reformed. And watching a movie is just a trojan horse for story-ing your family in a new and different way!

So, pop some popcorn or a favourite snack and start the movie early enough to have time to have a discussion with your family afterward (guided ideas below).

There are a lot of movies with this theme but we wanted to recommend these five.

Pick one you haven't seen or haven't seen in a while and use the questions below to guide your discussion.

Week 1 Challenge: *Watch a movie where the family transforms from a group of individuals into a team and discuss. Be very intentional to have phones put away and create a fun immersive 'all in this together' family movie experience. This is not to keep the kids busy, this is for your family to be transformed by story.*

One quick note: *We know there are thousands of you reading this and we want to acknowledge whatever life stage or season God has you in! Parents with adult kids, those with toddlers, blended families, single parents, and on and on. Wherever God has you, He is for you and YOUR team as it currently looks. So, don't be afraid to adapt or edit or change today's challenge or any of the rest. The goal of this one is to change the narrative and re-story your family!*

Movies for families with littles (3-13)

- The Incredibles 1 or 2
- The Croods
- Paddington

Movies for families with olders (11-18+)

- Cheaper by the Dozen
- The Sound of Music

Movie Discussion Guide

The Beginning

- What were some of the problems with the family at the beginning of the movie?
- Do you see some of those problems in our family?
- What causes those problems?

The Change

- What started the family in a new direction?
- Do we have anything like that happening to us that might help us move in a new direction?
- How do you feel about how we're handling our challenge?

The Result

- How would you describe the change in the family from the beginning to the end?
- Do you think it's possible for our family to transform?
- What might we have to believe to make this change?
- What might we have to do to see our family transform?

Toward the end of the discussion it would be a good time for the parents to share their heart with the family and each other about becoming a family team.

Bonus points if you end the night with some fun small team-like chant to close it out (I know Team Bethke does a "all hands in Team Bethke on 3" type of chant. Have fun with it!).

I hope you had a good discussion.

But changing your mindset is just the first step.

Get a good night sleep and get ready for step #2.

Team Pryor & Team Bethke

Additional Resources

The Day One Podcast: We've decided to record a special 30 minute podcast episode to go along with every single day's challenge as a space to process and come alongside you with the practical's and how this has played out in our story. So, April and I discuss the transition to becoming a team, some of the main challenges and give some more ideas on the "how" in today's episode here.

Learn more about being a family team. If you're brand new to this idea I highly recommend you click on [THIS LINK](#) and watch the video and listen to the podcast on the page.

Going all the way down the rabbit hole. If you want to learn a lot about how to think about family this way, then check out Jeremy's book [Family Revision: How Ancient Wisdom Can Heal the Modern Family](#). You can get it on [audible](#), [kindle](#), or [a paper copy from Amazon](#) or [at the shop at FamilyTeams.com](#).

PS. One more movie recommendation, maybe just for the parents. If you want to watch a movie that does the OPPOSITE of above, where a family goes from being a team to being a bunch of individuals, watch the movie *Avalon*. Director Barry Levinson tells the story of how his family slowly gave way to American individualism over two generations. Why would you want to watch a family going in the opposite direction? It's really helpful to see the forces that created this problem and some people learn more from negative examples. This movie isn't really for little kids but older kids and parents could learn a lot from its lessons.



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Also, if you are in and up for this challenge then go to their website and sign up to stay connected and receive helpful emails to support you on this journey.

<https://5dayfamily.com/>