



Our Family Connection Plan 家庭连心计划

(For busy immigrant couples & parents 忙碌移民家庭专用)



DAILY (每天)

1. Say one kind sentence when we see each other.
对彼此说一句友善和鼓励的话
 "I'm so glad to see you today."
 "今天看到你，我很开心。"
2. Share one thing from your day (good or hard).
分享今天经历的「一好一难」之事
 "What made you smile today?"
 "今天有什么让你笑的事?"
3. Send a quick message or voice note during the day.
发个鼓励的短信
 "Jesus loves you, I love you too!" "耶穌愛你，我也愛你!"
 "God will provide and protect us!" "神必供應保守我們!"
 "You can do it!." or "加油!"
 Share a Bible passage 分享經文。



WEEKLY (每周一次)

1. 15–30 minutes of talk time (with tea, food, or walk)
十五到三十分鐘的交流時間 (用茶點，或散步)
 "How are you *really* feeling this week?"
 "这周你心里真的感觉怎么样?"
2. Family Meal Time – No Phones, Just Us.
家庭用餐時間，沒有手機，只有我們!
 Just one meal a week, together with love.
 每周一次，全家吃饭，不看手机，只看彼此。
3. Family and Couple Devotion Time 夫妻和家庭祭壇
 Pray for your family and others together 為彼此和他人禱告。
 Read/Listen to Bible together 讀或聽聖經書卷。



MONTHLY (每月一次)

1. Family Time or Couple Time — Just for Fun.
每月一次配偶伴侶有趣時間。
 Beach walk, game night, sing karaoke, watch a Chinese drama share thoughts
 一起海邊散步、打游戏、唱卡拉 OK、看电视剧分享觀點。
2. Take a Photo Together 一起照個相
 Build good memories, not just money
 生活不只是赚钱，也要留下美好的回忆。



OUR FAMILY MOTTO 家庭格言：

"Together we grow, Together we go!" "一同長進，一同前進!"