

Backwards

FAMILY NIGHT



"And he sat down and called the twelve. And he said to them, 'If anyone would be first, he must be last of all and servant of all.'" -Mark 9:35

Backwards Family Night is a simple but sure to be memorable night of fun and faith for your family. The setup and food might not be as elaborate as other family nights but the memories and conversations will be lasting. Through some easy twists to a normal family meal, games and other activities, you will be setup to have a conversation around one of Christ's most compelling and important teachings.

gym setup

decor

 \$0

 5 minutes

The decor for Backwards Family Night is simple. Yet, the simplicity adds to the fun because it will come across to the kids wacky and fun. A perfect recipe for a Family Night. Here are a few "gotta' dos" for your Backwards Family Night experience:

- Set placemats and plates under the table and turn all your chairs facing outwards, a little away from the table. You will eat dinner...under the table!
- Have everyone put their clothes on backwards, including their pants. Yes, parents, too! This makes for great pictures.
- At the beginning of family night, instruct your family that they also have to walk backwards the whole night.

diet

food

 \$10-15

 20-30 minutes

Like the "Gym Setup" above, the plan for the "Diet" portion of Backwards Family Night is as simple as you want it to be. For the actual food/dishes, make dishes that you know, your family loves and simple. Follow these few suggestions and it will be sure to be one of the more memorable family nights your kids experience:

- The key to your menu is to make it opposite or backwards. For example, serve hot dogs on the outside of a turned over bun or have two hamburger slices with a bun in the middle.
- Also, switch the order of how you eat: have dessert first, then your main course, and then a salad or appetizer. Your children will LOVE this!
- You can poke a small hole in the bottom of a soda can and put a straw in it, so each person's drink is also upside down!
- Of course, you will come up with your own similar [and better] ideas. When you do, be sure to share them with other families at familymuscle.com.



building muscle

craft

🛒\$5-15

🕒20 minutes

FEET PAINTING

Continue the fun with creating some artwork 'backwards' style. Instead of painting your masterpieces with the boring old way of using your hands...yes, that's right, we will use our feet.

Supplies you will need:

- Canvas or Heavy Paper
- Washable Paints & Paper Plates
- Drop Cloth

Cover your floor with a drop cloth. The kitchen or some other location with an easy to clean floor or close access to water is recommended. Place several colors of washable paint on paper plates. Have each person dip their feet in one paint at a time and then create a work of art using only their feet! Be on hand to wipe their feet off completely before they move on to the next color, as well as when they have completed their art piece.

Once the paint is dry, find a visible spot in your home to display the artwork. This will be a great visual reminder of the fun you have had together. It can also serve as conversation starters in your family in the following days or as guests come into your home. And if you have a blog, twitpic, etc., be sure to link to your pictures online in the comments section of the Backwards Family Night blog post.



cardio

games

🛒\$0

🕒10-30 minutes

BACKWARDS LIMBO

You can use several different variations on this one game. You can and go under it, getting lower each round of play.

NAME THAT TUNE

Print lyric sheets out from some of your favorite tunes, have someone read or sing backwards. See who can be the first to name the song. Look for ways to spice the game up along the way.

FIELD GAMES

Take some of the kids outside games and play them backwards style. Wiffle ball or kick ball, have everyone run the bases backwards. Create some relays with the main action having to go backwards.



strength training

devotion

🛒\$0-2

🕒15 minutes

LAST IS FIRST

"And he sat down and called the twelve. And he said to them, If anyone would be first, he must be last of all and servant of all." -Mark 9:35

One of the glaring and gripping life messages Jesus teaches is 'first is last', to be great is becoming a servant of all. Our nature and normal habits are to put ourselves first. Obviously, this comes from our sin nature [Romans 3]. We see this play out in our children on a daily basis as they are most often looking out for #1. As you read the passage, here are a few ways to create hands-on learning and more conversation:

- Have each family member that can write, write down three ways they can serve their family or classmates in the next three days. For those who cannot write, a parent can write them down as the child shares. Come back at the end of the three days and debrief how their servant actions went.
- Have each family member share story from memory of how Jesus lived out "last is first" or "others first". Let the youngest go first. Listen for follow up questions about each story to relate it to their everyday life.
- Song Idea: "Great" by Ten Shekel Shirt. Lyrics can be found online. The song is available on iTunes. Listen to the song, have children circle phrases from the lyrics that is similar to Mark 9:35.
- Recite the verse 5 times together as family as a beginning to memorizing the verse. Continue memorizing over the next few days.