

21-DAY FAMILY PLAN

Make Someone Better

“Let every one of us please his neighbour for his good to edification.”

Romans 15:2



OUR FAMILY MOTTO



**Because I belong to God, I will use my words,
actions, and attitude to make somebody
better.**

Words

Actions

Attitude

The 21-Day Journey

Three weeks, one goal: become someone who makes other people better.



DAYS 1–7

My Words

Make them better with
your words



DAYS 8–14

My Actions

Don't just say it—show
it



DAYS 15–20

My Faith

Help people become
stronger in God



DAY 21

My Lifestyle

Make it who we are



WEEK 1

Make Them Better With Your Words

Focus: *What comes out of our mouths*

1

Encourage
Someone

2

Speak Life

3

Say Something
Good

4

Listen

5

Speak Truth
With Love

6

Give a
Compliment

7

Family
Celebration

WEEK 1 · MY WORDS

DAY

1

Encourage Someone

Make Someone Better

“Encourage one another and build each other up...”

1 Thessalonians 5:11



TODAY'S CHALLENGE

Everyone encourages one person today.



ASK

How did your words make someone feel?

DAY

2

Speak Life

“Death and life are in the power of the tongue...”

Proverbs 18:21



TODAY'S CHALLENGE

No negative or insulting words today. Replace criticism with encouragement.



FAMILY STATEMENT

“My words can build a person up or tear a person down.”

DAY

3

Say Something Good

Make Someone Better

“Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying...”

Ephesians 4:29



TODAY'S CHALLENGE

Tell each family member one thing you appreciate about them.

DAY

4

Listen

“Let every man be swift to hear, slow to speak, slow to wrath.”

James 1:19



TODAY'S CHALLENGE

Have a conversation where everyone gets an opportunity to speak without interruption.



QUESTION

Why can listening make somebody feel valued?

WEEK 1 · MY WORDS

DAY

5

Speak Truth With Love

Make Someone Better

“But speaking the truth in love...”

Ephesians 4:15



TODAY'S CHALLENGE

If correction is necessary today, correct without embarrassing or insulting the person.

WEEK 1 · MY WORDS

DAY

6

Give a Compliment

"Pleasant words are as an honeycomb, sweet to the soul..."

Proverbs 16:24



TODAY'S CHALLENGE

Give three sincere compliments.



Family Celebration

“In lowliness of mind let each esteem other better than themselves.”

Philippians 2:3



TODAY'S CHALLENGE

Each person names something another family member does well.



FAMILY PRAYER

“Lord, teach us to see the good in one another.”



WEEK 2

Make Them Better With Your Actions

Focus: *Don't just say it—show it.*

8

Serve
Someone

9

Put Someone
First

10

Be Kind

11

Help Carry the
Load

12

Forgive

13

Be Patient

14

Family Service
Day

WEEK 2 · MY ACTIONS

DAY

8

Serve Someone

Make Someone Better

"By love serve one another."

Galatians 5:13



TODAY'S CHALLENGE

Do one helpful thing without being asked.

DAY

9

Put Someone First

Make Someone Better

“Look not every man on his own things, but every man also on the things of others.”

Philippians 2:4



TODAY'S CHALLENGE

Give up something you want so someone else can have what they need.



Be Kind

“And be ye kind one to another...”

Ephesians 4:32



TODAY'S CHALLENGE

Do one unexpected act of kindness for someone.

DAY

11

Help Carry the Load

Make Someone Better

“Bear ye one another’s burdens...”

Galatians 6:2



TODAY'S CHALLENGE

Ask someone, “How can I help you today?” Then actually help.

DAY

12

Forgive

“Forgiving one another...”

Colossians 3:13



TODAY'S CHALLENGE

Identify an old offense that needs forgiveness.



FAMILY REMINDER

Forgiveness doesn't mean pretending something didn't happen. It means refusing to let the offense control your heart.



Be Patient

“Love suffereth long, and is kind...”

1 Corinthians 13:4



TODAY'S CHALLENGE

When someone irritates you today, pause before responding.



FAMILY PHRASE

“Pause before you react.”

DAY

14

Family Service Day

Make Someone Better

“As for me and my house, we will serve the LORD.”

Joshua 24:15



TODAY'S CHALLENGE

As a family, serve someone outside your household. Then pray together.

IDEAS

Help a neighbor

Visit someone

Prepare a meal

Encourage an elderly person

Help someone with a project

Give to someone in need



WEEK 3

Make Them Better Spiritually

Focus: *Help people become stronger in God.*

15

Pray for Someone

16

Strengthen the Weak

17

Be an Encourager

18

Share What God Has Done

19

Restore Someone

20

Be a Barnabas

DAY

15

Pray for Someone

Make Someone Better

“Pray one for another...”

James 5:16



TODAY'S CHALLENGE

Every family member chooses one person to pray for.

DAY

16

Strengthen the Weak

Make Someone Better

“We then that are strong ought to bear the infirmities of the weak...”

Romans 15:1



TODAY'S CHALLENGE

Find someone who is struggling and encourage them.



QUESTION

Who needs strength from me today?

DAY

17

Be an Encourager

“But a good word maketh it glad.”

Proverbs 12:25



TODAY'S CHALLENGE

Send a text, make a call, or personally tell someone:



SAY IT

“I believe in you. Keep going. God is with you.”

DAY

18

Share What God Has Done

*This teaches children especially that
their testimony can strengthen
someone else.*

*“Come and hear, all ye that fear God, and I will
declare what he hath done for my soul.”*

Psalm 66:16



TODAY'S CHALLENGE

Each person shares one thing God has done for them.

DAY

19

Restore Someone

Make Someone Better

“Restore such an one in the spirit of meekness...”

Galatians 6:1



TODAY'S CHALLENGE

If there is conflict in the family, take a step toward reconciliation.



FAMILY QUESTION

Am I trying to win the argument, or am I trying to win my brother or sister?

DAY

20

Be a Barnabas

Barnabas was known as an encourager.

Make Someone Better

“For he was a good man, and full of the Holy Ghost and of faith: and much people was added unto the Lord.”

Acts 11:24



TODAY'S CHALLENGE

Find somebody who needs encouragement and intentionally strengthen them.



FAMILY DECLARATION

“I will be a Barnabas. I will look for people who need encouragement, and I will help make them better.”



DAY 21

Make It a Lifestyle

“And let us consider one another to provoke unto love and to good works.”

Hebrews 10:24

This is the culmination of the 21 days.

The Real Question

DON'T JUST ASK

*“Did I make it through
21 days?”*



ASK

**“Have I become the
kind of person who
makes people better?”**

Family Celebration

Gather around the table and ask everyone these five questions:

- 1 Who made you better during these 21 days?
- 2 How did they make you better?
- 3 Who did you make better?
- 4 What did you learn about your family?
- 5 What will we continue doing after these 21 days?

THEN EACH PERSON COMPLETES

**“From now on, I will
make people better
by...”**

The 21-Day Progression



Words build people up. Actions serve them. Faith strengthens them. Together, they become a way of life.



JONATHAN & DAVID

“Jonathan went to David...and strengthened his hand in God.”

1 Samuel 23:16

OUR FAMILY GOAL

“When people leave my presence, I want them stronger than when they came.”

DON'T JUST RAISE CHILDREN WHO ASK

“What can I get?”

RAISE CHILDREN WHO ASK

“Who can I make better today?”

