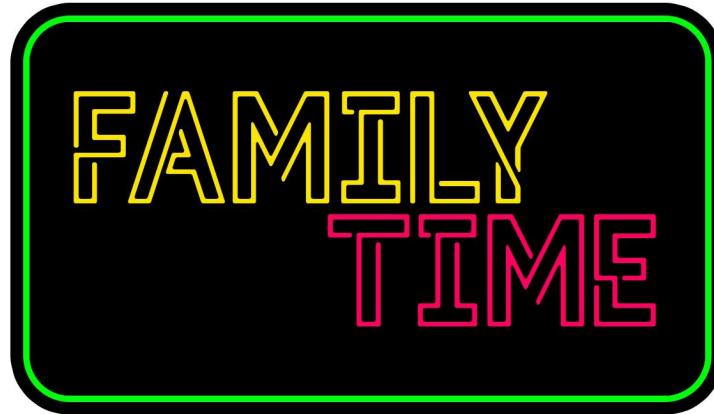


# Introduction



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We are so glad you have decided to join us for Family Time. Our prayer is that the Lord will use this eCourse to bring you closer to Him and to each other through meaningful connections.

Each of the six sessions will have a video and a PDF. We encourage you to watch the video first, then go through the PDF for the additional activities and homework for that session. Take all the time you need on each session - we want you to develop a lifestyle of family connection, and that takes time and practice.

As you prepare to start your journey through Family Time, please take some time to review the [Before You Begin - Parent Prep](#) document and reference it throughout the eCourse. This document will provide information on any preparation you need to do before a specific session as well as other helpful information for you as parents.