



The Family Table

RETREAT BOX

JULY



5-Day Family Devotional



Faith-Based Family Activity:
Peace Garden



Audio Retreat for Mom



Mini Music Moment



Printable Extras

Welcome to Your July Retreat Box

The Family Table Podcast

Theme: "Planting Peace"


Dear Friend,

Welcome to the July edition of The Family Table Retreat Box!


This month, we're inviting peace to take root—not just as a quiet moment, but as a way of living. Whether your home is filled with tiny voices, tired hearts, or joyful noise, God's peace is for you.

This box was created to help you and your family slow down, listen for God's voice, and plant seeds of stillness and kindness—together.


 Here's What's Inside:

 5-Day Family Devotional

Daily Scripture-based reflections, discussion prompts, and simple prayers to bring more peace into your home and heart.

 Peace Garden Activity

A creative paper garden project where each flower or leaf is filled with peaceful prayers, kind actions, and calming Scripture. Includes templates.

 Audio Retreat for Mom: "Peace Begins with Me"

A 5-minute guided reflection with Scripture, breath prayer, and gentle encouragement—perfect for starting your day grounded in God's presence.

 Peace Reflection Guide for Mom

A printable journaling sheet to use alongside the audio retreat, including thoughtful prompts and space to write or rest.

 Mini Music Moment: What's the Beat of Peace?

A calming music activity for kids that explores peace through rhythm games, body percussion, and mindful musical listening.

 Printable Extras

Scripture Memory Card – Psalm 4:8

2 Affirmation Cards – "God gives me peace" and "I bring calm to my home"

Coloring Page #1

Coloring Page #2

4 Lyric Cards – Peaceful musical phrases for rhythm and recitation

Rhythm Flashcards – Simple beat patterns to play and explore as a family

This month's retreat is your reminder that peace is not something we wait for—it's something we plant.

With each prayer, each pause, and each peaceful choice, you're creating sacred rhythms for your home. I pray this box refreshes your spirit, strengthens your family, and brings joy to your table.

With grace and gratitude,

Jamie-Lynn Kraft

The Family Table Podcast

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The Family Table Retreat Box – July Edition

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With love and gratitude,

Jamie-Lynn Kraft

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