**M2P August Kids Social Media Posts**

**Image 1:**

If you can develop a healthy family rhythm, you have a better chance of developing a healthy family.

**Image 2:**

What if you led your family not to do more in this next season, but to do less? Would you have more space to just be who God has created you to be?

**Image 3:**

Kids need time when they are not in the middle of the chaos of life. They need to learn how to take a sabbath and they need to learn how to rest.

**Image 4:**

As a parent, can you develop an intentional, healthy rhythm for yourself, your child, and for your family that will lead you to a more peaceful home, to better relationships, and to a more healthy heart?