



Family Dream Night

A simple guide for helping families talk, listen, dream, encourage, and pray together.

Family Dream Night is designed to help parents, grandparents, guardians, and caregivers create a warm moment around the table where every voice matters. You do not need a perfect home, a perfect schedule, or a perfect plan. You only need a willing heart and a few thoughtful questions.

Purpose: To make room for encouragement, connection, faith, and practical next steps.

Suggested Time: 30 to 45 minutes

1. Set the Atmosphere

- Choose a comfortable place where everyone can sit together without distractions.
- Put phones away unless you are using one to play soft background music.
- Begin by reminding everyone: “Tonight is about listening, encouraging, and helping one another.”

2. Start With Gratitude

- Ask each person to share one thing they are thankful for this week.
- Let younger children draw their answer if speaking feels difficult.
- Celebrate small answers. Gratitude often opens the door to deeper conversation.

3. Ask Dream Questions

- What is something you would love to learn, try, build, write, become, or do?
- What is one dream you have been thinking about lately?
- What is one thing that would make you feel encouraged this week?

4. Listen Before Advising

- Let each person finish before offering suggestions.
- Ask: “Would you like advice, encouragement, or just someone to listen?”
- Remember that listening is one of the strongest ways to say, “Your dream matters.”

5. Choose One Small Step

- Help each person name one simple action they can take before the next Family Dream Night.
- Examples: read one chapter, make one phone call, practice for fifteen minutes, draw one idea, write one paragraph, or ask someone for help.
- Small steps help dreams move from imagination into action.

6. Encourage One Another

- Invite every family member to speak one encouraging sentence to someone else.
- Examples: “I believe you can learn that.” “I noticed how hard you tried.” “Your idea is worth exploring.”
- Encouragement spoken at home can become strength carried into the world.

7. Close With Prayer or Reflection

- Thank God for the gifts, dreams, and opportunities represented in your family.
- Ask for wisdom, courage, patience, and open doors.
- If prayer is not appropriate for your setting, close with a quiet moment of gratitude and commitment.

Family Dream Night Worksheet

Name	My Dream or Hope	One Small Step This Week

Conversation Starters

- What made you smile this week?
- What was hard for you this week?
- What is something you wish people understood about you?
- What gift or ability would you like to develop?
- Who encouraged you recently?
- Who could we encourage as a family this week?
- What is one dream we can build together?

A Simple Family Pledge

We will listen before we correct. We will encourage before we criticize. We will notice gifts, celebrate effort, and help each other take one small step. We will be Dream Builders in our home.

Keep Building Dreams,

Mike & Toni Gonzalez