

**Let us run with
endurance the race
that is set before us.**

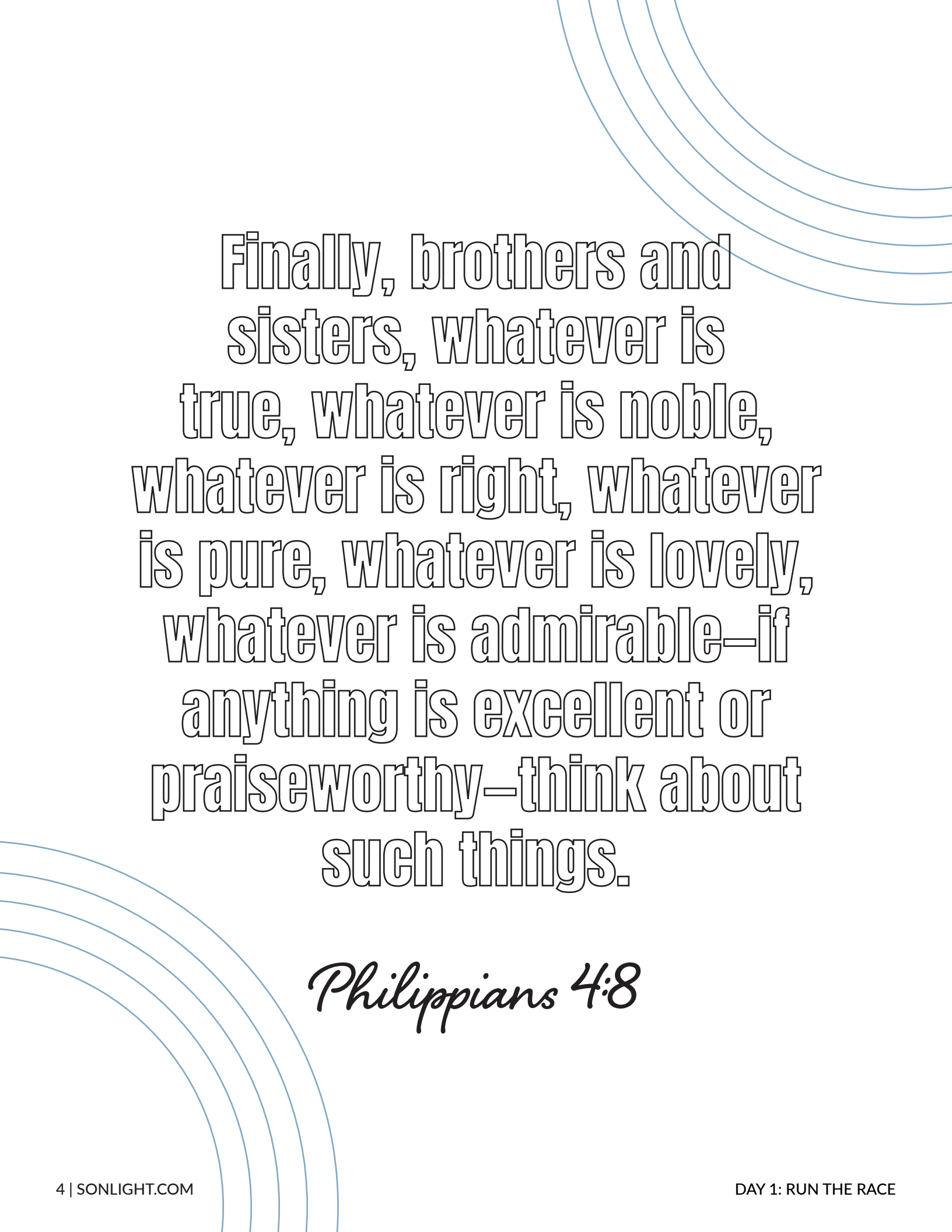
Hebrews 12:1b

Thank you for joining Sonlight's Run the Race Retreat! This guide is designed to be an integral part of your training plan. When a runner prepares for a race, they focus on things like workouts, nutrition, and rest. When you homeschool, you might use prayer, curriculum, community, goal-setting, and other methods for a more successful and enjoyable experience. Use this guide along with our Bible study and coaching sessions to help you get the most out of participating. Save your notes, brainstorm, doodle, and record what you're praying about right now. Engage in the daily chat for custom advice and to connect with the supportive Sonlight Connections community. We're here to help you conquer the homeschool trail ahead!

—The Sonlight Team



Run the Race



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8


Getting off the Starting Blocks

DAY 1




Where can you find joy in an imperfect homeschool day?

What do you need to relinquish control of?





How can you pour into your children right now?





What can you do in your current season to better take care of your needs?

List your top personal goals and plans for working on them this year.



Are you currently involved in a community (local or online)? If so, is it a positive experience?
Where can you or should you be involved?



What do you need help with right now? Are you utilizing all your resources?

Use the space below to brainstorm some solutions for making your current homeschool priorities happen. Do you need to experiment with new methods?

*Need an answer
right now?*



Post in the Sonlight
Connections app.

SONLIGHT · SONLIGHT · SONLIGHT
Run the Race
SONLIGHT · SONLIGHT · SONLIGHT

Teach us to
number our
days, that
we may gain
a heart of
wisdom.

Psalm 90:12

A series of horizontal blue lines on the right side of the page, designed for writing or drawing. The lines are of varying lengths and are arranged in a staggered, overlapping pattern.

Setting Your Pace

DAY 2



Do you need to stop comparing the way you homeschool to others? Where are your child(ren)'s actual strengths and weaknesses?

Pray about and identify the standards you'll use in your homeschool. Jot down some ideas and remember to keep them flexible.

What is the "right way" for your family to homeschool? Are there a few things you'd like to try?

In which areas do you need to find a different approach?

Where is your homeschool community? Do you have a support system to contact when you're struggling? If not, join us in the Sonlight Connections app.

Are you burnt out? List simple ways you can recharge below. Set aside 15-30 minutes each day to squeeze in some of those activities.

How do you prioritize God's mission for your life in this season?

*Need an answer
right now?*



Post in the Sonlight
Connections app.



By faith he left
Egypt, not fearing
the king's anger;
he persevered
because he
saw him who is
invisible.

Hebrews 11:27

Staying Focused

DAY 3





What is your homeschool why? Record your reasons below.





Download a FREE Refuel Your Homeschool scrapbook.






Do you feel the grass is greener on the other side or insecure about your choice to homeschool? List the advantages and some responses you might use when speaking to naysayers.




What distractions should you remove or eliminate?



What are your family's priorities?



How does your family's educational lifestyle make learning better and/or easier for your child(ren)?



Do you feel pressured to teach your child everything? How can you model learning along with them?

How are you currently discipling your children? Are there any areas you'd like to be more intentional?

*Need an answer
right now?*



Post in the Sonlight
Connections app.



¹Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-2

DAY 4: Making Strides

My Notes:


Praise & Prayer Requests:

Making Strides


DAY 4



What strides are you currently working on?




If you're in a challenging season, are there areas you can continue to make progress or are there some you may need to pause for now?



How can you modify your approach to better meet your student's needs?

Is your child progressing even in small ways? Write down some things you've seen them learn (academically or in other areas) in the last week, month, and/or school year.

How can you communicate better with your family, and how can you encourage them to better communicate with each other?



Do you need to incorporate some breaks or rest into your day? What does that look like in your home?

How can you reset your expectations a bit to make your days smoother?

Do you feel behind? Why? What deadline(s) makes you feel that way? Pray about releasing it and determining a more appropriate timeline or routine.

Write down each child's name and their best hours (when they are motivated and in a good mood). Do the same for yourself. See where the hours overlap and consider moving your homeschool day to those times if you're not currently homeschooling then. Is there anything they can be doing independently that might work at a better time?

*Need an answer
right now?*



Post in the Sonlight
Connections app.



Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Hebrews 12:3

⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Galatians 6:9-10

DAY 5: Finishing the Race

My Notes:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

Praise & Prayer Requests:

Finishing the Race

DAY 5



How are you approaching the end of your race? Are you excited, cautious, sad? Record how it makes you feel.


Do you need to give control to your children? Or at least in some areas? How can you encourage them as they determine their adult path?

If applicable, what benefits have you found in homeschooling teens? What are their best attributes?


Have you created a homeschool schedule with enough margin to allow interruptions?

Do you know what you'll do when you're done homeschooling? What hobbies, interests, community activities can you be involved in now? In the future?

What do you most look forward to in relationships with adult children?



Do you feel anxious about the future? How can you reframe these worries knowing things will probably turn out differently than you're currently imagining?



What do you need to focus on right now? Is anything on your list something that isn't yours to control? Remember God's got it!

Write down some times you've seen God's provision in your life. Reference your list when you start to worry.

Which of God's promises do you need to rely on now? Jot down some helpful scripture passages. Consider hanging in a prominent place or memorizing them.

My Homeschool Plan

Create your own homeschool plan using the template on the next few pages for inspiration. Print additional pages for each student or if you want a more detailed approach, check out the Sonlight Homeschool Planner!









CURRICULUM PLAN

NAME:
GRADE:
AGE:
FOCUS:

Curriculum Plan

Subject:	Program Title:	Date:	Price:
BIBLE			
HISTORY			
LITERATURE			
READERS			
MATH			
SCIENCE			
LANGUAGE ARTS			
SPELLING			
VOCABULARY			
WRITING			
HANDWRITING			
ELECTIVES			

Goals

Week

DATE:		Day	Day	Day	Day	Day
BIBLE						
HISTORY & GEOGRAPHY						
READ-ALOUDS						
READERS						
	<i>Additional Subjects:</i>					

Print more of these pages by downloading from your [sonlight.com](https://www.sonlight.com) account (or copy this page!)

ATTENDANCE

<i>Student</i>		
<i>School Year</i>		<i>Grade</i>

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

Homeschool questions?

SONLIGHT ADVISORS HAVE ANSWERS.

Every day we provide support to homeschoolers like you. From helping you choose the best possible course of study for your family, through the day-to-day task of homeschooling.

We are here to support you every step of the way.

CALL/TEXT: 800-903-1675 (M-F, 7am-5pm, MT)

EMAIL: advisor@sonlight.com

CHAT: sonlight.com/advisors

HOMESCHOOL RESOURCES:

Homeschooling
Requirements by State



sonlight.com/state

Sonlight
Homeschool Planner



sonlight.com/planner

