FAMILY DISCIPLESHIP

READ. PRAY. SING.

SUNBURY CITY CHURCH

Family Discipleship:

Being part of the family of God is one of the greatest blessings God bestows upon His children. Through the death and resurrection of Jesus, those who believe in Him will be adopted into an eternal family with God the Father.

As we grow knowing more of our heavenly Father, as parents, the Lord is calling us to disciple our kids to the Lord. Every day our children are filling their minds with new information that is good for them, but also information that is bad for them. Parents must be on guard and help shepherd the hearts and minds of their children that is bringing glory to God.

This guide will cover three areas where you as parents can create a weekly rhythm of discipleship to help your children grow in the Lord that will carry with them through the rest of their lives. During this time of Covid-19, we must remember that God is using everything for His good. Right now, the Lord has you and your family together, with little outside distractions.

The three areas of family discipleship are: Reading the Word, Praying, and Singing. Please do not be intimidated to disciple your children. As the church, we are here to walk along the side of you and your family during this time. Giving you helpful resources and to answer any questions you may have.

One of the biggest challenges you will face is time. Although we are bound in our homes, it is apparent that time still seems to slip away from our hands. Creating a daily rhythm where you are cultivating an environment with the purpose of reading, praying, and singing about God is essential.

READ:

Reading as a family can be a great way to shepherd your kids towards Jesus. Take this time to share with your kids your personal favorite Bible stories or books of the Bible! Reading the Bible daily will create an environment that all truth is through God's word, and we can trust what it says.

Reading Suggestions:

- ❖ Read through a Gospel
- ❖ Read this week's sermon passage
- ❖ Read Old Testament stories

How to keep your kids engaged in reading of Scripture:

- ❖ Find pictures pertaining to your passage.
  - ie. Noah's Ark, the Temple, their outfits
- ❖ Have your kids become actors.
  - As you read the story have your kids act out a character you are reading about.
- ❖ Play a game.
  - Read the story and come up with trivia questions for your kids. Give a fun reward at the end of trivia. ie. Make a cake with mom. Dancing with Dad.

Reading the Bible:

Reading the Bible can be one of the most fruitful times for you and your family. When creating that time for daily Bible reading it is important every time to answer the "Why" question. Engraining in you child's mind "why" the Bible is so foundational for our lives will shepherd their mind's that they must continue to do this as the grow older.

An example: Why are we doing this? We are reading the Bible together because we want to know and love God more. In His Word that is how we get to know Him.

When you are reading the Bible with your family it is okay to be slow. Nobody is racing to the end of the Bible. As you read as good questions so that your kids can engage with Scripture. Remember to point the passage back to Jesus. Go through these four questions concerning the passage you are reading: Who is God? What has God done? Who are we? What are we to do?

I will encourage you to be aware of your children's limitations. The reality is that all kids are on different levels. It is okay to read less and learn more, than to read more and learn less.

Great Resources:

6 Tips for reading the Bible with Your Kids

How to Help Your Children Read the Bible

Videos on the Books of the Bible (Older Kids)

PRAY:

Praying as a family is a great way to remind yourself and your kids that God desires a relationship with us. During family prayer time, give everyone a space to talk to the Lord. When we do this, we are teaching that God will always be there. God desires an inmate relationship with His children, and one of the best ways to do that is through prayer.

Teach your kids that prayer is just having a conversation with God. He is their heavenly Father who loves and cares for them!

An easy format that you and your family can use is the A.C.T.S prayer.

A – Adoration/praise: Tell God how good He is.

C – Confession: Tell God the truth of your sins.

T – Thanksgiving: Tell God thank you.

S – Supplication/Request: Tell God your needs.

Great Resources:

Never a Better Time for Family Prayer

The Value of Praying Parents: A Teen's Perspective

SING:

When we sing to the Lord as a family, we are posturing our hearts that God deserves praise. God is infinite in glory and He deserves all praise! Take time to remind yourself and your that we worship, and amazing and glorious God.

Scripture reminds us:

Psalm 96:1-2, "Oh sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, bless his name; tell of his salvation from day to day."

Psalm 47:6, "Sing praises to God, sing praises! Sing praises to our King, sing praises!"

What songs should I sing?

A great place to begin is Sunbury City Church Spotify Playlist. Pick one or two songs and enjoy singing and praising our amazing Lord! Be sure to take videos, because I am sure there will be great memories created here!

Great Resources:

Words of Wonder: What Happens When We Sing?

Sing to Jesus with Our Hearts

Seeds: Songs for Kids!

ACTIVITIES:

Reading, Praying, and Singing are great ways to create a gospel-centered home. But, we cannot forget that daily activities is an amazing way to build your relationship with your kids. Here are some suggestions you and your family can do!

- Write a Letter to a friend or family member
- Do a family video chat with someone in the church
- Cook a meal together (find a specific time each day to eat dinner)
- Find a way to serve a neighbor (food, grocery shop, card)
- Do a movie night (Parents, its time to show them the classics!)
- Family Game Night (Whoever wins gets to pick the next game)
- Do One-One time (give space with no distractions, just one on one)
- Do a art contest (break our the paints and markers and see who can be the most creative!)
- Learn a new hobby (learn what you family is interested in and try it out!)
- Make a care package for a family
- One way to serve your family (bless a family member: help clean a room, play an extra game, sing another song)
- Create one major goal (what is one goal you want to achieve during this time: fix the leaky pipe, scrap book, puzzle)
- Have an indoor picnic

Feel free to edit the calendar below and print it out. This can be a great way to get everyone on the same page and know what the week will look like!

Family Discipleship	Morning	Afternoon	Evening
Monday	Prayer & Bible @9am	Sing @12pm	Family Activity @6pm
Tuesday	Prayer & Bible @9am	Sing @12pm	
Wednesday	Prayer & Bible @9am	Sing @12pm	Family Activity @6pm
Thursday	Prayer & Bible @9am	Sing @12pm	
Friday	Prayer & Bible @9am	Sing @12pm	Family Activity @6pm
Saturday	Prayer & Bible @9am	Sing @12pm	
Sunday	Prayer & Bible @9am	Sing @12pm	Watch SCC Worship @10:30am

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