



A Family Altar Guide

What is a “Family Altar”?

- A Family Altar is intentional time spent engaging with God as a family in prayer and in His Word.
- Family Night at the Altar is a specific time chosen by you and your household to gather intimately with God as a family. It's designed to be a stepping stone for parents to set the spiritual tone and lead by example in their homes.

Why do we need a “Family Altar”?

- It helps you keep God's Word and prayer as the focus of your home
- It allows you to lay the foundations of biblical relational discipleship in your family
- It equips you to teach your children how to pray, how to hear God and apply what He has been saying, and how to be aware of His Kingdom and activity in the world
- It gives you hands-on engagement in the spiritual development of your children

How do I implement a “Family Altar”?

Choose one or more of these options for your family:

1. Pray Over Each Other

- Get two jars and fill one with prayer requests as a family. During your family time each day, take two-three requests out of the jar, pray over them, and put them in the empty jar. Once the first jar is emptied, start over!

2. Pray Over the Globe

- Get a globe or a map. Have one of your family members select a country or an area on the map, and mark it with a tack, marker, or whatever works best for you. Pray over that area as a family. Pray a kingdom-focused prayer, asking God to advance His gospel in that area.
 - You could select a country beforehand and do some research – be prepared to teach your family a little bit about the country, its people, etc.

3. Pray Over Central

- Grab a bulletin before you leave church! Spend time as a family praying over the things listed on the bulletin.
 - Event-focused prayer
 - Pray over whatever events are advertised for God to be experienced in it.
 - Sermon-focused prayer
 - Talk as a family about application from the message that day. Pray for God's help in living it out together.
 - Pray this week's memory verse over your family.
 - Giving-focused prayer
 - Pray for the giving and finances of the church. Pray for God to provide in ways only He can and for Central to use His funds faithfully to advance the Kingdom of God.

4. Pray Over God's Word

- Grab your SOAP journal and go over a passage from this week. Share how God has been speaking to you lately. Use this opportunity to shepherd your family from the Word of God, then spend time in prayer as a family over this Scripture. Ask God to help you understand it and live it out together.

5. Pray Praise to Go

- Take turns listing attributes you love about God. Make a list and see how many you can come up with! Put your list up somewhere so that you remember it throughout the week. Then spend time as a family in prayer thanking God for these attributes – praise Him for being Him.