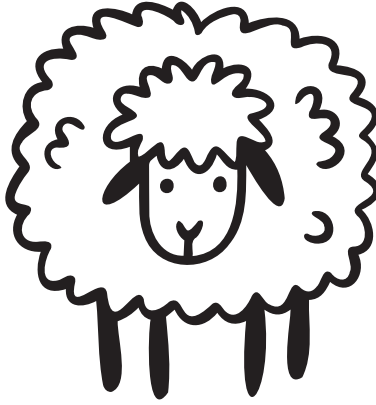
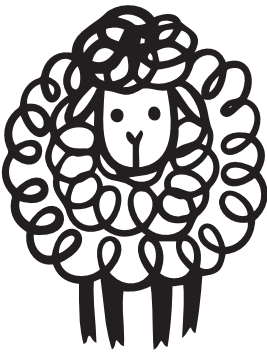


**FAMILY GUIDE - 4 WEEKS**

# THE WAY OF JESUS





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kichikimi; Dzm1try/Shutterstock

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# SCRIPTURE

week 1



## Start Talking:

When was the last time that you read the Bible – or had someone read it to you? What was the verse/story about?

## Big Idea:

The Bible is God's living word.

## Key Verses:

Genesis 1:1

*In the beginning God created the heavens and the earth.*

John 1:1

*In the beginning was the Word, and the Word was with God, and the Word was God.*

John 1:14

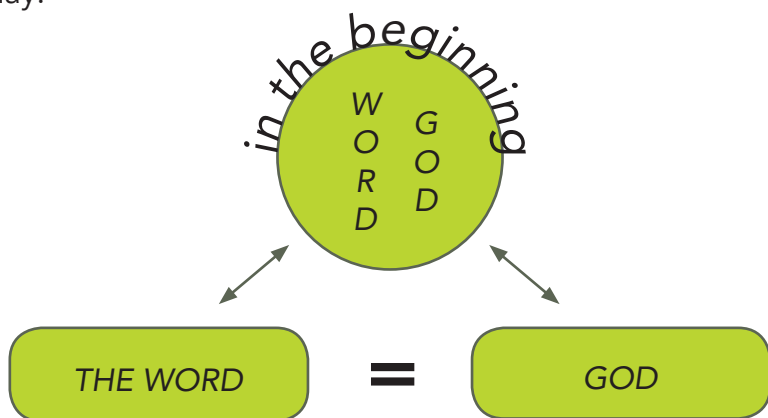
*The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.*

## Start Sharing:

Read Genesis 1:1 and John 1:1 and answer the following questions:

1. Do you think that these verses are talking about the same "beginning"? (yes)
2. What was in the beginning? (*the Word, God*)
3. Who was with God in the beginning? (*the Word*)
4. What does it say about God and the Word? (*the Word was with God; the Word was God*)
5. How do we show that something is the same as something else in math? (*equal sign "="*)

6. Look at the flow chart below and see if it makes sense to you regarding these verses. Grab a piece of paper and create your own flow chart to hang up as a reminder of your discussion today!



Read John 1:14a: "The Word became flesh and made his dwelling among us."

1. We just learned that God = ?? (*The Word*)
2. We just had Christmas which celebrated what? (*Jesus coming to earth*)
3. In John 1:14, it says that the Word became flesh (Jesus) and made his dwelling among us (came to and lived on earth). Does that sound like what we celebrate at Christmas? (*yes!*)

Everything in the Bible, 'The Word' is from God. It is all the truths about who God is and His promises to us. And the 'flesh' is that word in human form. And that is Jesus! Jesus is the living, breathing, walking, talking, laughing, crying, and hugging Bible. He is all of God's promises and love sent to earth just for us. It's amazing and confusing at the same time!

1. Have you ever thought about the Bible as something that is directly from God?
2. How often should we read the Bible and learn more about what God wants to tell us? (*daily*)

## **Start Doing: Find the Verses**

Grab a Bible! If everyone has their own, Bibles should be closed and sitting on the table face up in front of each child. If you are sharing a Bible, take turns doing this activity. When you say go, have the kids look up this week's Bible verse. As each child finds the verse, have them stick one finger on the verse and quietly raise their other hand. The first one to find the verse gets to read it aloud.

Start with finding the key verses for this week. If you master those, move on to any verse you like!

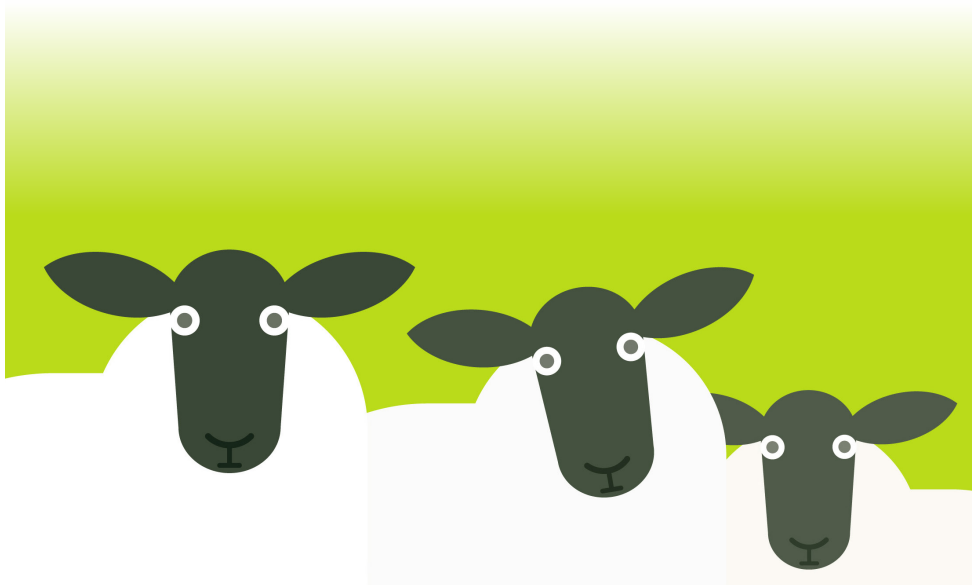
Genesis 1:1

John 1:1

John 1:14

## **Start Praying:**

Dear God, thank You for giving us Your Word right from the beginning. Help us to understand how important the Bible is and how much we need You! We ask that You help us learn more about you every day! In Jesus' name, amen.





# PRAYER

week 2

## Start Talking:

Encourage a child to start your time together with a prayer.

## Big Idea:

Prayer is talking and listening to God. He wants to have a relationship with us through prayer.

## Key Verses:

Jeremiah 29:11-13

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."*

Romans 8:26 (TLB)

*And in the same way—by our faith—the Holy Spirit helps us with our daily problems and in our praying. For we don't even know what we should pray for nor how to pray as we should, but the Holy Spirit prays for us with such feeling that it cannot be expressed in words.*

1 Thessalonians 5:17

*pray continually*

## Start Sharing:

1. Read Romans 8:26 together.
2. Who is the Holy Spirit? (God, part of God's holy Trinity (God, Jesus, Holy Spirit))
3. Why don't we always know what to pray for?

4. Does singing a praise song count as a prayer? Does sitting in silence thinking about God count? Does letting your mind drift to God count? (yes)

## **Start Doing: Prayer Cards**

Directions:

1. Cut out the prayer cards. You can fold them or keep them flat.
2. Put them in a bag or a bowl to have each family member choose one card randomly.
3. Whoever chooses the card prays for what the card says. If they don't know what to pray, give gentle suggestions or ask questions to get them to come up with something.
4. Remind everyone – prayer doesn't have to be fancy or the "right" words. Just speak from your heart because God wants a relationship with everyone.

You could also use these cards at mealtime or bedtime as prompts for prayer. You could also create your own cards if you think of something else!



## **Memory Verse:**

Psalm 27:7

*Hear my voice when I call, Lord; be merciful to me and answer me.*

Cut out and tape up this memory verse and try to learn it throughout the week. Or, make your own memory verse sign!

## **Start Praying:**

Dear God, thank You that we can talk to You in prayer. Help us to remember to do it all the time. We love You and think it is amazing that You want to talk and listen to all of us. Thank You for giving us the Holy Spirit to make it even easier to talk to You!

In Jesus' name, amen.



# PRAYER CARDS

*Pray for someone  
in the room with you.*

*Pray for someone you know  
who is sick or injured.*

*Pray for someone who is in  
charge of something  
(your teacher, your principal, your  
pastor, your president...).*

*Pray for something  
for yourself.*

*Pray about something  
happening in the world.  
If you don't know of something,  
ask a grownup!*

*Pray for your town.*

*Pray for people who  
travel all around the world  
talking about Jesus.*

*Pray for forgiveness for  
things you've done wrong.  
It can be specific or general.*

*Pray about a fear  
that you have.*

*Thank God that He  
is so awesome!*

*Hear my voice when I call, Lord;  
be merciful to me and answer me.*

*Psalms 27:7*





# SABBATH

week 3

## Start Talking:

Share about a time when you did something and felt exhausted afterward!

## Big Idea:

Taking time to rest is part of God's plan for us to know Him and honor him more fully!

## Key Verses:

Genesis 2:2–3

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

Exodus 20:8–11

*Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any*

*foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.*

Mark 2:27

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath."*

## Parent Note:

A Sabbath rest certainly isn't the most natural thing in the world for busy families. We live in a society hard-wired to produce and stay on-the-go. Maybe a whole day isn't realistic right now, but perhaps you can set aside an evening or an afternoon each week to serve as a pause. Sabbath rest can look like different things: a hike in the woods, a bike ride, a lazy afternoon playing board games, or reading books out loud. It can look like ordering pizza or takeout some night, and sitting around a candlelit

table telling stories. It can look like whatever you find restful and peaceful. What God asks of us on the Sabbath isn't perfection, but progress . . . intentional slow times where you remember who God is and enjoy the world He made and the family He gave you. Spend time together and with the Lord, and watch how He meets you in your practice of sabbath. No matter how short, messy, hard, and uncomfortable it is, God will meet you in it. He delights to spend time with His children. Pray that you will grow in your delight of spending time with Him.

## **Start Sharing & Doing:**

An acronym to help you and your kids with a Sabbath practice is:

**R:** Reflect

**E:** Experience God's Goodness

**S:** Spend Time Together

**T:** Talk to God

### **Reflect** discussion questions:

1. Share the best and hardest parts of your week.
2. Reflect on what you learned in church or school, or a book you are reading, or something you are studying in the Bible.
3. Invite the whole family to reflect on who God is and what He has done.
4. Doing idea: Read Scripture or a devotional book together. Write down prayer requests, what you are thankful for, and how you've seen God working.

**R**

### **Experience God's Goodness** discussion questions:

1. What is one way that you experience God in nature? At school? At home?
2. Doing idea outside: Use your Sabbath time outside and talk about God's goodness (a hike, a walk, a bike ride, go to a museum, try a new food, or explore a new neighborhood).
3. Doing idea inside: Use your Sabbath time inside and talk about God's goodness (listen to music, read poetry or stories together, put together a puzzle, play a board game, make hot chocolate or cookies together).

**E**

## **Spend Time Together** discussion questions:

S

1. What do you like to do the most as a family?
2. Share a time when there was a lot of laughing as a family.
3. When do you feel disconnected to the family?
4. Doing idea: If it's possible, pick something from the answers from #1. It's possible that there is overlap with the "experiencing" part of this REST acronym. That's ok! When you spend time together, focus on the people in the room and engage in a fully present way.

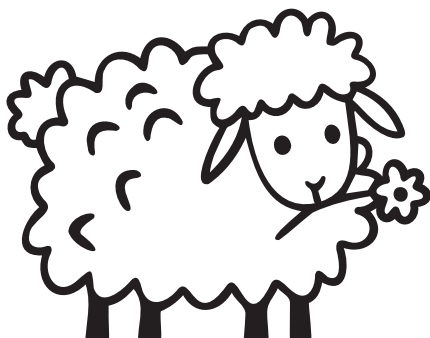
## **Talk to God** discussion questions:

T

1. Remember Mark 2:27: "Then he said to them, 'The Sabbath was made for man, not man for the Sabbath.'" In this, remember that when you rest, God is asking you to spend time with HIM above all things!
2. When you rest, how do you feel afterward?
3. When you are too busy, how do you feel?
4. Doing idea: Write a journal entry about your most busy time you've had recently. If your children are too young to write, have them draw a picture about a busy time. Then write another journal entry/drawing about a restful time. Pray over both times and invite God into the business and the rest.

## **Start Praying:**

Dear God, thank You for rest. Help me to spend more time in Godly rest talking and being with You. In Jesus' name, amen.



# SERVICE

week 4



## Start Talking:

What is one way you like to serve?

## Big Idea:

God invites us to serve others – and will bless us through it.

## Key Verses:

Mark 10:45

*For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.*

Matthew 20:26-28 (TLB)

*But among you it is quite different. Anyone wanting to be a leader among you must be your servant. And if you want to be right at the top, you must serve like a slave. Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve, and to give my life as a ransom for many.*

## Start Doing: Service meal

1. Create a “family style” meal.
2. Have each person pick

someone to serve at the table. It works best if the person is sitting right next to you.

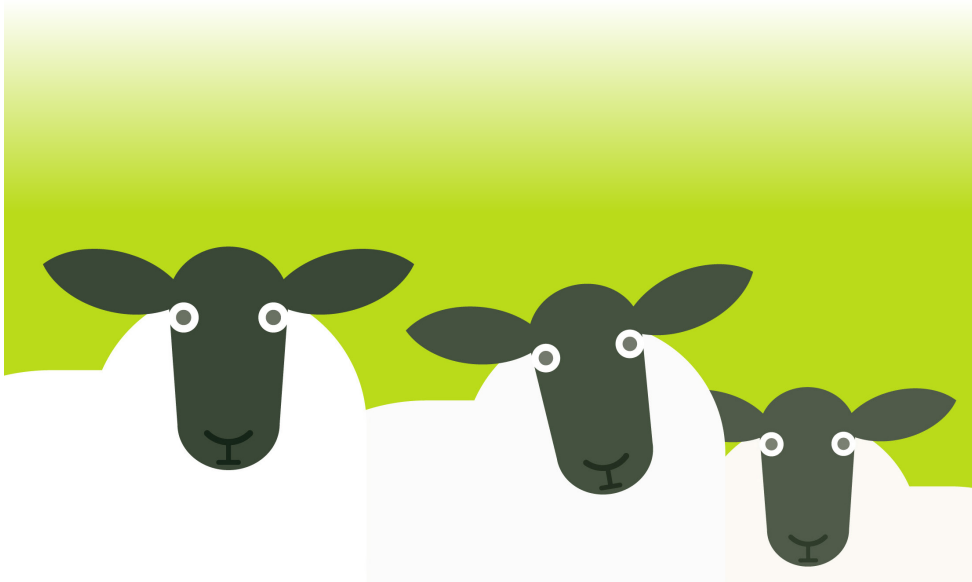
3. Fill the person’s plate with any food that they request. Make sure to ask if it’s the right amount!
4. Make sure the person you are serving has a drink if they would like one.
5. Only begin eating after everyone has been served the food and drink that they request.
6. Each time a person needs more food, something more to drink, a napkin, different silverware, or anything related to the meal, they must ask their server to get it for them – and the server must do it willingly without complaint.
7. After the meal, you must clean up the dishes of the person you are serving.
8. Parents: if it is appropriate, have the kids serve the family and wash all the dishes!

## Start Sharing:

1. Talk about how it felt to be served and to serve during the meal.
2. Which part did you like better?
3. Did you wish you were serving someone else? Did you wish someone else was serving you? Why?
4. How can we serve our family willingly more often?
5. Talk about people who serve you on a daily basis (parents, teachers, lunch helpers, police officers, etc.).
6. Read the key verses for the week. What does it mean the Jesus came to serve us? Can you give any examples of Him serving? (healing people, feeding groups of people, washing feet, dying on the cross, etc.)
7. Jesus had extraordinary powers to serve. What are some ways that you have been gifted to serve? Do you like helping clean up? Do you like organizing? Do you like teaching someone how to do something? Do you like helping fold clothes?
8. How can you serve someone this week?

## Start Praying:

Dear God, thank You for sending Jesus to show us how to serve. Help us to be willing servants of other people even when it's hard or we don't want to. Thank You for all the people that serve us every day. In Jesus' name, amen.





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