



SEPTEMBER & OCTOBER

5 STEPS TO CREATE A RHYTHM OF DISCIPLESHIP IN THE HOME



5 STEPS



Start your day with Jesus and the Word! This time of year is the perfect time to start a rhythm of a daily family devotion time. It doesn't have to be very long, or even super spiritual most days! Taking even 5 to 10 minutes each day will create and establish a rhythm of placing Christ as the center of the home! In other words, it is a simple way to begin practicing discipleship with your family and model for your kids what daily time with the Lord looks like! So on the following cards you will find 5 steps to creating a family devotion time!

1. Don't overshoot. Start with a manageable time frame. Think 10-20 minutes, tops. Most of us are aware of that kids have a short attention span. The idea is to create a time that is something they look forward to, not dread. Pull everyone together as a start to the school day. I let my kids snuggle up on the couch, but you can also sit at the dining room table or wherever they will do school.
2. Set the tone for the day. You have the power to set the tone by expressing a positive attitude and expectation and by laying out the structure of the day. Tell your children that Jesus made today and you are grateful to have this time with them to talk and pray and learn together.



5 STEPS



3. Pick one or two of the following strategies each day:

- Weekly Media - Bible Story Video, 2 worship songs (find links on our app & website)
- Use the Secret Sauce Cards each week - They will provide you with a daily dose of scripture and thought provoking question that coincide with that week's bible story.
- Word - Use Secret Sauce cards each week to read the word! Enjoy answering questions from scripture. Take time to discuss what the scripture is saying, what can be learned from it and decide on any action steps to be taken. Let everyone participate. Kids can learn to look up verses. Kids benefit from dissecting a sentence and really contemplating what each word or concept means.
- Memorize scripture - You can pick your own or use the one provided at the bottom of the card each week. Be creative and make memorization fun.
- Devotional - Mom or Dad prepare a devotional to share with the kids. Periodically challenge each child to come up with their own devotional to share. You will treasure these rich times.
- Gratefulness - Take turns saying things you are grateful for. Fun twist, take turns saying things you are grateful for about the person to your right or left and go around the circle!
- Mission - Prayerfully consider how your family can tangibly meet a need and then take steps to follow through. The serving bug is contagious and kids can catch it from YOU!
- Worship together - Lead a few songs or let your musically inclined kids lead. You can also worship with the spoken word by writing out a psalm to Jesus and then sharing it aloud. Read scripture out loud to declare God's attributes and character.



5 STEPS



4. Bless your kids - remind them how much you enjoy being their mom or dad, how important this time together is, how special and unique they are, how much you believe in their abilities to work hard and understand fractions and work together, how this day has the potential to be the best day. End with a blessing from scripture like Numbers 6:24-26.
5. End your time with a prayer - Thank God for who he is, let your kids hear you ask God to help you with the task of parenting and teaching, and ask the Lord to help your kids in the tasks set before them. Keep a prayer journal of requests and answered prayer! This is a fun activity and will help keep track of the ways God has been faithful and answered your family's prayers.



WEEKLY ACTIVITIES FOR SEPTEMBER



WEEK 1



Life App: Friendship – Using your words and actions to show others you care.
Weekly Focus: Two people are better than one. Ecc 4:9-12

MON: Read Ecc 4:9-12 together as a family and talk about how you can be a friend to each other and others in your life!

TUES: Write the verse of the month in a spot where everyone will see it. Encourage your child to memorize the verse and live it out by being a helper to their friends.

WED: Read John 15:12-17 Ask this question: What do you think it was like to be friends with Jesus?

THUR: Choose a memory verse activity and do it together as a family.

FRI: Read Prov 13:20 Let's talk about friendship! Friendship is using your words and actions to show others you care. Write down the names of a few of your friends. Spend some time today thanking God for the friends on your list. Ask God to help you be a good friend so that you can help others grow wise too.

**“A FRIEND LOVES AT ALL TIMES. THEY ARE THERE TO HELP WHEN TROUBLE COMES.”
PROVERBS 17:17, NIRV**



WEEK 2



Life App: Friendship – Using your words and actions to show others you care
Weekly Focus: David and Jonathan 1 Samuel 20

- MON:** Study 1 Cor 13:4-8 together as a family, talk about how this scripture supports David and Jonathans friendship.
- TUES:** Read 1 John 4:7 with your family, talk about how can you show your friends and God that you love them. Write this week's bottom line on the page, "Friends love one another." Hang it somewhere you'll see it all week. Look for ways to show love to your friends.
- WED:** Q&A! Ask kids: Who is your best friend? Why do you think you're such good friends? Ask Parents: Who was your best friend when you were little? How did you meet them? Are you still friends? Pray together at the end of your talk and thank God for the friends you mentioned.
- THUR:** Read Proverbs 17:17. Find a mirror or a window that you can write this verse on where you can see it every day and work on memorizing it or choose a memory verse activity and do it together as a family.
- FRI:** Read 1 Peter 4:8 Do you know what the word "deeply" means? To love one another deeply simply means to do so with purpose. We all mess up sometimes. But when we choose to love others on purpose, it helps us to forgive and move on. Write down 3 specific ways you can show someone deep love.

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Life App: Friendship – Using your words and actions to show others you care
Weekly Focus: Elijah and Elisha 1 Kings 19:14-21; 2 Kings 2:1-15

- MON:** Friends encourage one another! Read our bible story together and ask this question: Am I an encouraging friend? Pray as a family about ways you can practice encouraging one another.
- TUES:** Read Romans 15:2 Talk about the last time someone did something that encouraged you? Today, to help you put this into practice, think about someone you know that could use some encouragement. Make a card or write a note to that friend to encourage them.
- WED:** Read 1 Thessalonians 5:11 together! Gather six plastic cups you can write on. Think of some encouraging words that you could say to a friend that would build them up. Once you think of six different things, write them one on each cup and stack the cups in a pyramid shape. This is what it looks like when you use encouraging words, you build someone up! Ask God to help you be the kind of friend that encourages your friends.
- THUR:** Choose a memory verse activity and do it together as a family.
- FRI:** Read John 15:12 Jesus asks us to love one another just as He has loved us. How did Jesus show love? He served. Ask this question: What are some of the ways Jesus served and encouraged others in the bible? How can we be more like Jesus?

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Life App: Friendship – Using your words and actions to show others you care
Weekly Focus: Jesus Forgives Peter John 21:1-19

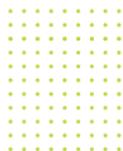
- MON:** Read Luke 17:3-4 together as a family, talk about forgiveness. Are there people in your life you need to forgive? Take some time to pray together and ask God to extend His forgiveness through you to those you talked about.
- TUES:** Read Colossians 3:13 and ask these questions: Why should we forgive a person who has hurt us? What makes forgiveness so hard?
- WED:** Read Ephesians 4:32, Talk together about a time when a friend hurt your feelings and you really didn't want to forgive them. It's really hard to forgive sometimes. The next time someone hurts you, forgive them and show them that you forgive them. Make them a friendship bracelet or paint a rock and tell them that their friendship rocks! Look for ways to show your friends that you forgive them.
- THUR:** Choose a memory verse activity and do it together as a family.
- FRI:** Read Luke 6:31, Friendship is using your words and actions to show you care. Grab a piece of paper. At the top of the page write "A Good Friend." Then, talk with your family about words that describe a good friend and write them on your sign. Hang your good friend sign on the bathroom mirror. Each day as you wash your hands or brush your teeth, focus on one or two of the words you've written on the page. Then ask God to help treat others the way you want to be treated and thank Him for the friends He's given you!

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WEEKLY ACTIVITIES FOR OCTOBER





Life App: INTEGRITY – Choosing to be truthful in whatever you say and do.

Weekly focus: Daniel's Integrity, Daniel 1 | Bottom Line: Be truthful with your whole life.

MON: Read Proverbs 11:3. Integrity means doing what is right, even when no one is looking. When we're truthful with our whole life, we're not just honest with our words. We also make sure our actions in front of people or by ourselves match the life God wants us to live. Take turns talking about when you've seen someone in your family practice integrity. Pray and thank God for each other and for always doing what He says He will do!

TUES: Read 1 Peter 3:15-18. Ask these questions: What do you think the "answer" is that the scripture refers to? What does this verse have to do with integrity?

WED: Choose a memory verse activity and do it together as a family.

THUR: Read Luke 16:10. Today's verse reminds us that integrity is something you build upon. When you're honest with your words and actions, you build trust. It's about being truthful with your whole life. Grab a journal or sheet of paper and write one way you can show integrity today.

FRI: Read Daniel 1:3-5, 15-20. As you read verses 3-5, underline the characteristics of the young men the king was looking for. Then as you read verses 15-20, circle the description of Daniel and his friends. Lastly, draw a line from each of the things the king was looking for in these men down to the circled description that matches it in verses 15-20. That line, the space between verses 5 and 15, represents years of living lives of integrity by Daniel and his friends! How you live your life—what you do with the space between now and then—matters!

"ANYONE WHO LIVES WITHOUT BLAME WALKS SAFELY. BUT ANYONE WHO TAKES A CROOKED PATH WILL GET CAUGHT." PROVERBS 10:9, NIRV



WEEK 2



Life App: INTEGRITY – Choosing to be truthful in whatever you say and do.

Weekly Focus: No Secrets with God, 1 John 1:9 | Bottom Line: Being truthful with God keeps you close to Him

- MON:** Read Proverbs 12:22. Ask God to help you to be honest with Him and others this week, knowing that it keeps us closer to the people around us when we choose to be truthful.
- TUES:** Read 1 John 1:9 together. Tell the person on your right that we can be truthful with God with our feelings and questions. God doesn't look down on us because of our doubts and confusion or even our mistakes. God created us, loves us, and wants to hear from us. In fact, being truthful with God keeps you close to Him! End your time together in prayer.
- WED:** Q&A! Ask kids: Do you think there's such a thing as a little white lie? Why or why not? Ask parents: How do you think people describe you and your character? How would you want them to describe you?
- THUR:** Choose a memory verse activity and do it together as a family.
- FRI:** Play an honesty trivia game, where you give scenarios to the kids about lying. You can give them options of three answers, with only one being the honest answer. The first kid to "buzz" in and give the correct answer wins a point.

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Life App: INTEGRITY – Choosing to be truthful in whatever you say and do.

Weekly Focus: Naaman and Elisha's Servant, 2 Kings 5 | Bottom Line: When you're not truthful, you lose trust.

MON: Being truthful is not just about the lie you tell and the consequence you might receive. When you don't have integrity, people will start to see that you're not really who you say you are. Read over 2 Kings 5 from yesterday's story. Pray for each other, that God will give you the courage to be truthful with the people in your life.

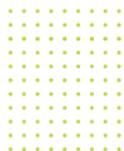
TUES: Read Ephesians 4:25 together. Create your own integrity phrases as a family. Try to keep it to five words or less. Post it somewhere everyone can see and practice the virtue of integrity. EX: Integrity is doing the right thing, even when no one is watching. –CS Lewis

WED: Read 1 John 3:18. What's the difference between saying "I love you" and showing someone you love them? Is it easier to say you love or to show you love? Write a note to yourself by filling in the blanks below. Ask God to help you show love by choosing to be honest in all we say AND do this week. Dear ____, (Your name) Don't just talk about love, show ____ (Friend/family member) love by __ (a specific example of integrity).

THUR: Choose a memory verse activity and do it together as a family.

FRI: Grab some paper and scissors. Cut out the shape of a heart. Crumble the heart shape in your hands. Then, carefully smooth it out. When we lie to others, we hurt their heart and they lose trust in us. It's a lot like the heart you just made. It started off perfect and unhurt and then it got crumpled.

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Life App: INTEGRITY – Choosing to be truthful in whatever you say and do.

Weekly Focus: Think on These Things, Philippians 4:8 | Bottom Line: Focus on what's true.

MON: Read Phil 4:8. This verse talks about all of the good things we should think and talk about. Use the verse to unscramble the words that are used to encourage us to have integrity. rute, bonel, ghtri, urpe, excelentl, ovelyl, srecpet. Look for ways to practice thinking on these things.

TUES: Read Proverbs 28:18 and ask this question: Why is it important for people to trust you?

WED: Choose a memory verse activity and do it together as a family.

THUR: Proverbs 4:25-26. Play “The Floor is Lava” with pillows. Talk about this: Just like you had to think about how to get through the lava without touching the floor, choose to be truthful in all you say and do so that you'll end up where you want to be. Decisions we make can lead us in the right direction!

FRI: Individually or as a family, make a list of the things we should think about. Then beside each word, write or draw something that fits that description for you. Like, for “true,” you could write “I am loved,” or draw a heart. Do this for each word in your list, then hang the list somewhere you will see it often so you can draw your mind back to focus on what's true! End your time in prayer. The simple act of praying out loud and centering your prayer time on Phil 4:8 will help your brain to focus on it.

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MEMORY VERSE ACTIVITIES



MEMORY VERSE



- Use your best handwriting to write the verse on poster! Use your creative brain (and maybe some crafts) to decorate it and hang it in a room where everyone will see it for the week.
- Create skits that show how the Word might be applied to a real life situation. Or play a good 'ole game of Charades with your memory verses.
- Create a crooked path to walk on. You can set up obstacles to jump over, use yarn or tape to create a crazy zig-zag pattern on the floor, whatever you choose! Then write out the words of today's verse on scraps of paper and set them out along the path. As you walk, pick up the words and repeat the verse. Time yourself to see how long it takes to say the verse. Then, create a straight path or remove all the obstacles. Lay the cards along the new path and say the words of the verse as you pick them up. Was it faster on the straight, blameless path?
- Hang the memory verse on the frig and everybody has to say it before they can open the door.



MEMORY VERSE



- Replace the words to a familiar tune with the verse you are memorizing and sing it together repeatedly each day!
- Create hand motions for the verse you are memorizing.
- Practice saying the memory verse with different voices. For example, opera style, slow motion, squeaky, robot, etc!
- Write the verse with expo marker on different places around the house: bathroom mirror, inside the car window where your kid sits, bedroom window, etc.
- Write it on post-it notes and stick it all over the house.
- Make a fun video
- Write the verse on a chalkboard or dry erase board. Say it together. Erase one word. Say it again. Keep going until the whole verse is erased.



MEMORY VERSE



- Write the verse in a journal leaving some blanks to be filled in until you can recite the entire verse without any words written.
- Write each word of the verse on a separate card. Shuffle the cards and practice putting them in order.
- Say the verse while you are doing jumping jacks. See how long it takes you to say the verse from memory while jumping.
- Plank and say the memory verse and see if you can say it before give you out.
- At a family dinner, teach the memory verse to dad or grandma.
- Break the verse up and write it on different pieces of paper and hang on the wall. Each day, take down a page and recite the verse in full. Repeat until memorized.
- While driving in the car, recite the verse as many times as you can while waiting at every stoplight.

