



JANUARY & FEBRUARY

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 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 questions 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

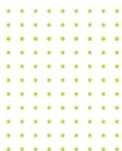


4. Bless your kids - remind them how much you enjoy being their mom or dad, how important this time together is, how special and unique they are, how much you believe in their abilities to work hard and understand fractions and work together, how this day has the potential to be the best day. End with 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 JANUARY





Life App: RESPONSIBILITY – Showing you can be trusted with what is expected of you.

Weekly focus: Greatest Commandment | Matthew 22:36-40 | **Bottom Line:** Love God. Love others.

MON: Read Matthew 22:36-38. There are a lot of rules, wisdom and important truths in the Bible—important things to live by, but it can also feel a little overwhelming! Thankfully, Jesus boiled everything down to two things: love God and love others! If you have a phone or device, pull it out and try to translate as much of Matthew 22:37-39 into emojis as you can. If you don't have a device, try drawing the emojis and hang it up somewhere to remind you to love God and love people.

TUES: Love God. Love people. Copy these four words on to a separate paper. Decorate it, cut it out and find a spot to put it where you will see it all the time: you could pin it to your backpack, put a tape roll on the back and make it like a sticker, or tape it to your bathroom mirror. This week, whenever you're not sure what the right or responsible thing to do is, look at the situation through these words.

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

THUR: Q & A Time! At dinner ask Kids: What is something you're responsible for that you really enjoy doing? Ask parents: When you were a kid, what kind of responsibilities did you have around the house?

FRI: When you think about it, loving God and loving others are like two sides of a coin. You can't really say you love God and then turn around and be unkind to your brother or the kid at school. Grab a coin and cover it with masking tape. Write "God" on one side and "Others" on the other side. Carry that coin in your pocket this week to remind yourself of your most important responsibilities. Pray together and ask God to help you love Him and love others, even when it's hard.

“SUPPOSE YOU CAN BE TRUSTED WITH SOMETHING VERY LITTLE. THEN YOU CAN ALSO BE TRUSTED WITH SOMETHING VERY LARGE.” -LUKE 16:10





Life App: RESPONSIBILITY – Showing you can be trusted with what is expected of you.

Weekly Focus: Bigger Barns | Luke 12:13-21 | **Bottom Line:** Share what you have.

- MON:** Read 2 Corinthians 9:7 aloud, together. This verse tells us that God loves a cheerful giver. That means He loves for us to be happy when we share what we have with others. Sharing doesn't always mean food or toys. For example, do you have nice handwriting or do you like to draw pictures? Can you play the piano? Think of someone that you could share one of your very own amazing talents with this week. Thank God for giving us so much to share.
- TUES:** Tonight, at dinner, talk about your own community. Ask each other: • What are some organizations in our community that are doing good things to help people in need? • What is one thing we could start doing to support this organization?
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** Read Hebrews 13:16 together. Today's verse is all about sharing and doing good for others, not ourselves. And when we share what we have God is pleased. Why? Because helping others costs us something. When we choose to stop and help someone else, when we share what we have, the sacrifices we make are pleasing to God.
- FRI:** All this week we have been learning about how we can share what we have with others. One great way to put this into action is to share something that we all love—dessert! Make a batch of cookies or brownies together. Create a card filled with sweet words and share them with someone who needs it!

“SUPPOSE YOU CAN BE TRUSTED WITH SOMETHING VERY LITTLE. THEN YOU CAN ALSO BE TRUSTED WITH SOMETHING VERY LARGE.” -LUKE 16:10



Life App: RESPONSIBILITY – Showing you can be trusted with what is expected of you.

Weekly Focus: Ant and Sluggard | Proverbs 6:6-8 | **Bottom Line:** Work hard.

MON: Read Luke 16:10. God created us to work and we honor Him when we show responsibility by doing what's expected of us. On a piece of paper, create a checklist by coming up with five things that each of you can work hard at every day to show that you are responsible.

TUES: Read Galatians 6:5. Today's verse reminds us that each one of us needs to carry our own load. Just like you want the people around you to do their part, others are counting on you to work hard and do your part too! When you follow through with what's expected of you, then others learn to trust you.

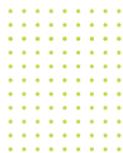
WED: Choose a memory verse activity and do it together as a family.

THUR: Read Colossians 3:23. Ask your parents to give an example of something they're responsible for that's not all that fun. Then ask them to answer the following question: How does this verse help you think about that responsibility in a new way.

FRI: Spend some time thinking about this question: When have you had to work hard? Talk together about the importance of hard work.

“SUPPOSE YOU CAN BE TRUSTED WITH SOMETHING VERY LITTLE. THEN YOU CAN ALSO BE TRUSTED WITH SOMETHING VERY LARGE.” -LUKE 16:10





Life App: RESPONSIBILITY – Showing you can be trusted with what is expected of you.

Weekly Focus: Parable of the Bags of Gold | Matthew 25:14-30 | **Bottom Line:** Make the most of what you've been given.

MON: Read Matthew 25:14-30. God has given us all many things and He wants us to take good care of what we have been given. Go on a scavenger hunt together and see if you can find something in your rooms that maybe you haven't played with in a while or something that you would like to share with someone else. Let's show God that we can make the most of what we have!

TUES: Share with each other what you think your "work" is. Solomon says that a wise person doesn't need a lot of reminders to work hard and throw all their effort into a project. Instead, they get the reward of a job well done. What do you think is your reward when you put good effort into your work? Pray that you would find joy in putting your heart and soul into your work.

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

THUR: In the story this week, one man hid what he was given by his boss. As a family reenact the story. Pretend you are the workers that used the money wisely and the worker that hid the money. Think of different ways you could use the money given to you. Once you're finished talk about what it felt like to be the wise workers and the unwise worker. How can you use what God has given your family to help others?

FRI: Read Luke 16:10a. Think about one responsibility you have. Every responsibility that you take seriously right now, no matter how small, builds trust. How are you doing with that? Are you slacking off or taking it seriously? If not, what can you do right now to act more responsibly? Ask God to help you do what's asked of you right now to prove you can be trusted with bigger things later on.

"SUPPOSE YOU CAN BE TRUSTED WITH SOMETHING VERY LITTLE. THEN YOU CAN ALSO BE TRUSTED WITH SOMETHING VERY LARGE." -LUKE 16:10





Life App: RESPONSIBILITY - Showing you can be trusted with what is expected of you.

Weekly Focus: Use words wisely | Ephesians 4:29 | **Bottom Line:** Use your words wisely.

MON: Read Ephesians 4:29 and make a list of the things your words should do! Put another way, this is a great way to “test” your words before you say them: Is it true? Is it helpful? Is it kind? If you can’t answer yes to all three, the words likely shouldn’t be said. Use your words wisely.

TUES: Spend some time as a family talking about this question: Why do your words matter?

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

THUR: Read Psalm 141:3. Experiment time! With a parent’s permission, grab a small tube of toothpaste and a paper plate. Squeeze out some toothpaste onto the plate. Now put that toothpaste back into the tube. How did that work? That toothpaste is like the words we choose. Just like you can’t push toothpaste back in a tube once it’s on the toothbrush, you cannot take back harsh or unkind words. That’s why it’s important to be responsible and use your words wisely.

FRI: Read Proverbs 15:1. We’ve been talking all week about using your words wisely. But it can be really hard to do that when you’re in the middle of a frustrating, or stressful situation. No matter what’s going on around us, it’s important to remember that the words we say make a difference.

“SUPPOSE YOU CAN BE TRUSTED WITH SOMETHING VERY LITTLE. THEN YOU CAN ALSO BE TRUSTED WITH SOMETHING VERY LARGE.” -LUKE 16:10



**NEW CITY
CATECHISM
QUESTIONS
FOR REFLECTION**



NCC QUESTIONS



1: What is our only hope in life and death? Romans 14:7-8

That we are not for our own but belong, body and soul, both in life and death, to God and to our Savior Jesus Christ.

2: What is God? Psalm 86:8-10 and 15

God is the creator and sustainer of everyone and everything. He is eternal, infinite, and unchangeable in his power and perfection, goodness and glory, wisdom, justice, and truth. Nothing happens except through him and by his will.

3: How many persons are there in God? 2 Corinthians 13:14

There are three persons in the one true and living God; the Father, the Son, and the Holy Spirit. They are the same in substance, equal in power and glory.

4: How and why did God create us? Genesis 1:27

God created us male and female in his own image to know him, love him, live with him, and glorify him. And it is right that we who were created by God should live to his glory.

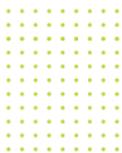
5: What else did God create? Genesis 1:31

God created all things by his powerful Word, and all his creation was very good; everything flourished under his loving rule.



WEEKLY ACTIVITIES FOR FEBRUARY





Life App: KINDNESS – Showing others they are valuable by how you treat them.

Weekly focus: God Was Kind to Us | Ephesians 4:32 | **Bottom Line:** Be kind to others because God is kind to you.

- MON:** Read Psalm 143:8. This verse speaks of how God’s love is faithful; His kindness is constant. When we trust in Him, He will show us how to share that kindness with others. Grab three index cards or scraps of paper and write out the words of today’s verse on each one. Place those cards where you will see them every day and read them out loud when you see them!
- TUES:** Q & A Time! Ask Kids: What are you the biggest fan of? Ask parents: Who are you the biggest fan of?
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** Can you say the memory verse yet? Practice the verse together and then set a time to work on a project! Go through your closet, toys, or pantry and fill a bag to donate to a local cause. Talk about how you think these items will show kindness to someone else? What does it feel like to be kind to someone you won’t ever meet? Why should we do this?”
- FRI:** Jesus says that true kindness goes further than just following the rules. It means not only that you don’t hit your brother, but maybe you let him take the last cookie. Brainstorm at least three ways you could show kindness where you don’t have to during week. Pray that God will show you opportunities to “go the extra mile” each day.

“YOU ARE GOD’S CHOSEN PEOPLE. YOU ARE HOLY AND DEARLY LOVED. SO PUT ON TENDER MERCY AND KINDNESS AS IF THEY WERE YOUR CLOTHES. DON’T BE PROUD. BE GENTLE AND PATIENT.”
- COLOSSIANS 3:12, NIRV





Life App: KINDNESS – Showing others they are valuable by how you treat them.
Weekly Focus: Ruth and Boaz, Ruth | **Bottom Line:** Be kind to your family and friends.

- MON:** Look up 1 Corinthians 13:4. Read the first six words and stop. Highlight the words, LOVE IS KIND. That means if we really love someone, we are kind to them. That means we are kind to our family, even our friends, because we love our friends too! The next time you want to show anything other than kindness remember that you love them!
- TUES:** Read Proverbs 16:23-24. Today's verse compares kind words to honey. When you're wise and choose kind words, they can bring healing. You know exactly how it feels to have a really bad day totally turned around by a kind word from a friend.
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** Read Matthew 7:12. Think about that last time you got into an argument with someone in your family. When the conflict happened, how annoyed were you with the other person?
- FRI:** Read Galatians 6:10. Make a list of the people you're closest to. Include all the family members that live in your house, and the friends you interact with on a daily basis. Then, reach out to each person on the list and ask them how you can pray for them today. Write down their prayer request and then pray.

“YOU ARE GOD’S CHOSEN PEOPLE. YOU ARE HOLY AND DEARLY LOVED. SO PUT ON TENDER MERCY AND KINDNESS AS IF THEY WERE YOUR CLOTHES. DON’T BE PROUD. BE GENTLE AND PATIENT.”
- COLOSSIANS 3:12, NIRV





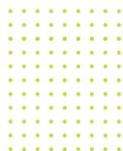
Life App: KINDNESS - Showing others they are valuable by how you treat them.

Weekly Focus: Go the Extra Mile | Matthew 5:41 | **Bottom Line:** Be kinder than you have to be..

- MON:** Read Matthew 5:41. Highlight or underline the verse. What does it look like to “go the extra mile” when we are talking about kindness? It means that we are kinder than we have to be. That means showing kindness in ways that aren’t expected. Today spend some time praying together about ways you can be kind to others in ways they may not expect. Thank God for His kindness to us!
- TUES:** Read 1 John 3:18. What’s the difference between saying something kind and doing something with kindness? Which is more important, saying or doing? Today, take a poll of your close family and friends. Find out what makes them feel valued. Ask them if they feel most valued by: * Acts of service *Words of affirmation/ encouragement *Spending quality time together *Receiving gifts. Write down everyone’s responses, and then save your list in a special place! Practice showing kindness by doing one of these acts weekly (or even daily)!
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** As a family, each of you share a friend you want to pray for today during your time together. After you pray, write a note to that friend and mail it to them or drop it in their mailbox. When you take the time to write a note to someone, it shows that you were thinking about them and that they are important to you. Kindness is a big deal, especially when it is shared with someone else!
- FRI:** Read 1 Corinthians 13:4. Set a timer for one minute. During that minute, you cannot talk and must sit completely still. Did you make it the full minute? Could you make it for five minutes? When it comes to kindness, patience plays a big part. In order to show kindness and love to others, we need to practice patience. Set a timer for one minute again. This time, see how many times you can repeat today’s verse within that minute.

“YOU ARE GOD’S CHOSEN PEOPLE. YOU ARE HOLY AND DEARLY LOVED. SO PUT ON TENDER MERCY AND KINDNESS AS IF THEY WERE YOUR CLOTHES. DON’T BE PROUD. BE GENTLE AND PATIENT.”
 - COLOSSIANS 3:12, NIRV





Life App: KINDNESS – Showing others they are valuable by how you treat them.

Weekly Focus: Good Samaritan | Luke 10:25-37 | **Bottom Line:** Be kind to people who are different from you.

- MON:** Read Luke 10:25-37. Spend some time thinking and talking about this question: How can you be kind to people who are different from you. Ask God to help you be creative and loving in doing just that!
- TUES:** Everyone grab a piece of paper, write some words that describe you. On the other side of the paper, label it “others” and write the opposite of—or things that are just different from—those words. So, if you’re athletic, maybe on the opposite side you would write artsy, or musical (Unless you would describe yourself in that way too!). Try to think of as many differences in yourself and others as you can. Now, take a few minutes to pray for people who are different from you.
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** Read Proverbs 11:17 Think about the kindest person you know, what makes them kind? There are big benefits to choosing kindness, not just for the people around you but for you too. But the opposite is also true. Mean people bring ruin on themselves. That means things won’t go well for you. Nobody wants to hang out with someone that’s always unkind. Choosing kindness is always wise. Pray together and ask God to teach you to be kind!
- FRI:** Read Romans 13:10. When Jesus was asked “What is the most important commandment?” do you remember His answer? Jesus said to “Love the Lord your God” and put Him first. But He quickly added a second part, to “Love your neighbor as yourself.” Do you think Jesus was only talking about the people that live on your street? Talk as a family about how you can show your “neighbors” how valuable they are with your kindness.

“YOU ARE GOD’S CHOSEN PEOPLE. YOU ARE HOLY AND DEARLY LOVED. SO PUT ON TENDER MERCY AND KINDNESS AS IF THEY WERE YOUR CLOTHES. DON’T BE PROUD. BE GENTLE AND PATIENT.”

- COLOSSIANS 3:12, NIRV



**NEW CITY
CATECHISM
QUESTIONS
FOR REFLECTION**





6: How can we glorify God?

We glorify God by enjoying him, loving him, trusting him, and by obeying his will, commands, and law.

Deuteronomy 11:1, "You shall love the Lord your God and keep his charge, his statutes, his rules, and his commandments always."

7: What does the law of God require?

Personal, perfect, and perpetual obedience; that we love God with all our heart, soul, mind, and strength; and love our neighbor as ourselves. What God forbids should never be done and what God commands should always be done.

Mathew 22:37-40, "And [Jesus] said to him, 'You should love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.'"

8: What is the law of God stated in the Ten Commandments?

You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below – you shall not bow down to them or worship them. You shall not misuse the name of Lord your God. Remember the Sabbath day by keeping it holy. Honor your father and your mother. You shall not murder. You shall not commit adultery. You shall not steal. You shall not give false testimony. You shall not covet.

Exodus 20:3, "You shall have no other gods before me."

NCC QUESTIONS



9: What does God require in the first, second, and third commandments?

First, that we know and trust God as the only true and living God. Second, that we avoid all idolatry and do not worship God improperly. Third, that we treat God's name with fear and reverence, honoring also his Word and works.

Deuteronomy 6:13-14, "It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear. You shall not go after other gods, the gods of the peoples who are around you."



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 finish before you give 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.