



MOMENTS

FOR PARENTS

Another part of family discipleship is capturing and leveraging moments of opportunities during everyday life for the purpose of Christ-centered conversations. Use God's word to connect present-day circumstances, or moments, to biblical truths. Are your kids having difficulty getting along, are they struggling with insecurities or anxiety? In these moments, equip your family with key scriptures to pray, discuss, and remind them of God's promises and truths. This is a way to point kids in everyday moments back to God.

THINGS YOU NEED

Highlighter, something to write with, and a Bible

WHAT TO DO

Read through and highlight scriptures that apply to your family's current circumstances. This is not an exhaustive list of scripture or categories, add categories and scriptures that are applicable to your family. Create a cheat sheet with key scriptures to help you navigate everyday moments through a biblical lens.

INTERACT WITH ONE ANOTHER

1. *Just as [Jesus has] loved you, love one another* (John. 13:34).
2. *Outdo one another in showing honor* (Romans 12:10).
3. *Let us not become conceited, provoking one another, envying one another* (Galatians 5:12).
4. *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you* (Ephesians 4:32).

HONESTY/INTEGRITY

1. *Whoever walks in integrity walks securely, / but he who makes his ways crooked will be found out (Proverbs 10:9).*
2. *Lying lips are an abomination to the Lord, / but those who act faithfully are his delight (Proverbs 12:22).*
3. *Let your 'yes' be yes and your 'no' be no, so that you may not fall under condemnation (James 5:12).*

HARDSHIP/SADNESS

1. *The Lord is good, / a stronghold in the day of trouble; / he knows those who take refuge in him (Nahum 1:7).*
2. *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world (John 16:33).*
3. *So we do not lose heart. Though our outer self is wasting away our inner self is being renewed day by day (2 Corinthians 4:16).*
4. *My soul melts away for sorrow; / strengthen me according to your word! (Psalm 119:28).*
5. *Come to me, all who labor and are heavy laden, and I will give you rest (Matthew 11:28).*

ANXIETY/INSECURITY

1. *I have set the Lord always before me; / because he is at my right hand, I shall not be shaken. Therefore, my heart is glad and my whole being rejoices; / my flesh also dwells secure (Psalm 15: 8–9).*
2. *Fear not, for I am with you; / be not dismayed, for I am your God; / I will strengthen you, I will help you, / I will uphold you with my righteous right hand (Isaiah 41:10).*
3. *But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble (Matthew 6:33–34).*

FEAR/COURAGE

1. *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go (Joshua 1:9).*
2. *When I am afraid, / I put my trust in you (Psalm 56:3).*
3. *So we can confidently say, 'The Lord is my helper; / I will not fear; / what can man do to me? (Hebrews 13:6).*

HUMILITY/SERVANTHOOD

1. *Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves (Philippians 2:3).*
2. *Whoever serves, as one who serves by the strength that God supplies – in order that in everything God may be glorified through Jesus Christ (1 Peter 4:11).*

TEMPTATION

1. *Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil (Ephesians 6:10).*
2. *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith (1 Peter 5:8–9).*

IDENTITY

1. *But to all who did receive him, who believed in his name, he gave the right to become children of God (John 1:12).*
2. *Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come (2 Corinthians 5:17).*
3. *I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave me himself for me (Galatians 2:20).*
4. *He predestines us for adoption as sons to himself through Jesus Christ, according to the purpose of his will (Ephesians 1:5).*

THE TEN COMMANDMENTS – EXODUS 20:3–17

1. *You shall have no other gods before me.*
2. *You shall not make yourself a carved image, or any likeness of anything that is in heaven above, or that is the earth beneath, or that is in the water under the earth.*
3. *You shall not take the name of the Lord your God in vain.*
4. *Remember the Sabbath day, to keep it holy.*
5. *Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.*
6. *You shall not murder.*
7. *You shall not commit adultery.*
8. *You shall not steal.*

9. *You shall not bear false witness against your neighbor.*
10. *You shall not covet your neighbors' house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.*

ANGER

1. *Refrain from anger, and forsake wrath! /Fret not yourself; it tends only to evil (Psalm 37:8).*
2. *Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil (Ephesians 2:26–27).*

COMPLAINING

1. *Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twists generation among who you shine as lights in the world (Philippians 1:14–15).*

FORGIVENESS

1. *Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him (Luke 17:3).*
2. *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9).*

DILIGENCE/WORK ETHIC

1. *And let us not grow weary of doing good, for in due season we will reap, if we do not give up (Galatians 6:9).*
2. *Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ (Colossians 3:23–24).*

GLADNESS

1. *But the righteous shall be glad; / they shall exult before God; / they shall be jubilant with joy! (Psalm 68:3).*
2. *Nevertheless, do not rejoice in this, that the spirits are subject to your, but rejoice that your names are written in heaven (Luke 10:20).*

Adapted from *Family Discipleship* by Matt Chandler and Adam Griffin. For more information on the Family Discipleship model, visit <https://www.thevillagechurch.net/connect/family-discipleship>.