

NO ORDINARY FAMILY

TIME

FOR PARENTS

Part of growing in our relationship with God as a family is creating intentional time built into the family's life rhythm to think about, talk about, and live out the gospel. Below are some ideas for intentional family discipleship time.

THINGS YOU NEED

Your calendar, highlighter, and something to write with

WHAT TO DO

Start with assessing your calendar and commitments. Read through the family discipleship ideas below, highlight or circle ideas that excite you and that you can incorporate into your family's present schedule. On the following pages, create your very own discipleship plan! Are there things you can adjust in your schedule to prioritize family discipleship time?

DAILY FAMILY DISCIPLESHIP TIME IDEAS

1. *Family Meals.* Plan certain meals that you can share conversation, cook, and clean up together. Pray together and guide the mealtime conversation toward the gospel and Scripture. You can even add a reading, Scripture memorization, or family devotional to breakfast, snack, or dinner. For example, at snack time use slices of apple and cheese and connect the two foods with a tooth pick to create a boat. Talk about how Jesus calmed the storm with His friends. Have fun with it!
2. *Family Prayer.* At some point in the day—first thing in the morning, last thing at night, or on your drive to or from work/school—pray together.
3. *Bedtime Routine.* If you have younger children, gather them together before bedtime to read a Bible story. Choose a verse to pray over your children or with your children as you say goodnight. For example, read

John 13, when Jesus washes His disciples' feet to show them how to love one another. Share with kids that they can love like Jesus. Pray, "Dear God, Jesus loves everyone. That means my child and I should love everyone. Please help us to love everyone so we can be a good friend the way Jesus is a good friend. We love You, God. In Jesus' name, amen."

4. *Family Commute.* As you drive the kids to school or activities, leverage your time in the car to sing together, pray together, or talk about how your family would like to see the gospel lived out today.

WEEKLY FAMILY DISCIPLESHIP TIME IDEAS

1. *Family Night.* Plan a night that involves family, food, fun, and your faith—ideas such as movie night, game night, or restaurant night. Pray together, as a family take turns praying for a specific family member and thank God for your time together.
2. *Worship Service.* Go to church services together and discuss what you remember or learned from the teaching. If they attended VoxKids, discuss what they learned in class or even watch the lesson video together (www.voxchurch.org/vox-kids select VoxKids at Home).
3. *Family Bible Study/Devotions/Worship.* Pick a devotional study, catechism, or book of the Bible and ask application questions related to the text. Sing worship songs together and pray as a family. Don't know where to start? Download the ParentCue app; an app designed to help parents raise their kids with faith and character. Use free resources from New City Catechism. Visit voxchurch.org/vox-kids → VoxKids at Home for weekly devotionals you can do as a family. Here is a sample: Read Genesis 1:27. Talk about: *God created people in His own image. That means we were made by God to reflect or show His goodness to others. Think of all the things you know about God. He is loving, kind, faithful, true, trustworthy, righteous, strong, and good. You were made to reflect those same qualities with the people around you.* Reflection Questions: *What is an image? Why do you think God made us in His own image? How does this make us different from animals or plants? How are we – people that God made – image bearers of God to the world around us?*
4. *Community.* Attend a community group with other families for the purpose of growing in faith together, being support partners for one another, and to help each other be accountable.
5. *Weekly Family Traditions.* Consider anything that your family does on a regular basis and think about how you might intentionally design that time for family discipleship. This could be weekend family

breakfast, watching a favorite show or sports team, doing yard work, grocery shopping, etc. Be creative and make it fun! Use commercial breaks or halftime to memorize a verse and talk about it. If you are doing a task with older kids, ask kids questions about their faith. “What are they reading? What are they learning? How is their time with God? Do they find it difficult to share their faith with their friends? How can you pray for them?”

MONTHLY FAMILY DISCIPLESHIP TIME IDEAS

1. *Service*. Find somewhere you can serve together on a regular basis. This could be serving a meal at a homeless shelter, helping a neighbor with housework, or serving on your church’s greeting team together.
2. *One-on-One Time*. Make time for one parent to take out one child individually to a movie, meal, anything fun and special to that child. Or schedule monthly where one of your children receives attention from you by letting them stay up a little later or doing a specific activity or tradition that is unique to them.
3. *Guys’ Night or Girls’ Night*. Have the boys of the family do something with Dad or the girls with Mom on a regular basis to encourage and discuss what God has planned for them young men and women of God. Moms should engage with sons and dads with daughters in these discussions too. Each brings a unique perspective to these conversations. If you’re a single parent, consider how your church community might help you with this. This conversation doesn’t have to be awkward or super serious. Pull a verse, pray together, and ask some questions:
 - Verse: *Create in me a clean heart, O God, and renew a right spirit within me.* Psalm 51:10
 - Prayer: Lord, give (your child’s name) a clean heart.
 - Discussion: What does it mean to have a *clean heart*? How do you think this applies to you?
4. *Neighborhood Party*. Have your neighbors/friends over regularly to foster a ministry of hospitality and evangelism with your kids.

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>.

EXAMPLE FAMILY DISCIPLESHIP PLAN

THINGS YOU NEED

Your calendar, highlighter, and something to write with

WHAT TO DO

Review this pre-made schedule and highlight the items you will incorporate in your family discipleship plan.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	Family Breakfast	Attend Church and Discuss
Week 2	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	One-on- One with Child	Attend Church and Discuss
Week 3	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	Family Breakfast	Attend Church and Discuss
Week 4	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	Dinner with neighbors	Attend Church and Discuss
Week 5	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	Family Breakfast	Attend Church and Discuss
Week 6	Bedtime: Read, Pray, Sing	Bedtime: Read, Pray, Sing	Meet with Community Group	Family Devotional	Bedtime: Read, Pray, Sing	Serve Community as a Family	Attend Church and Discuss

WEEKLY FAMILY DISCIPLESHIP PLAN

THINGS YOU NEED

Your calendar and something to write with

WHAT TO DO

Develop your weekly family discipleship plan utilizing the family discipleship time ideas and plan example.

	Morning	Afternoon	Night
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			

SIX WEEK FAMILY DISCIPLESHIP PLAN

THINGS YOU NEED

Your calendar and something to write with

WHAT TO DO

Develop your weekly family discipleship plan utilizing the family discipleship time ideas and plan example.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							