

# HOW TO USE THIS FAMILY WORSHIP GUIDE:

This is a tool to help your family establish and continue worship rhythms and routines together, not just during the Corona Virus Quarantine, but long after as well. While it's not all inclusive, each element corresponds with our Sunday Morning Worship Service. There will be repetition, because that is how we learn. Something we've heard a million times can suddenly hit a different way when the Holy Spirit pierces us with it. Lois Evans calls this a "rainbow word."

Different elements will have varying frequencies. Some, like prayer or song, are daily practices. For those, start simple. Think about the anchors that already exist in your day. What are the constants? Do you always eat breakfast as a family? Gather right before someone leaves for work? Do you assemble for an evening movie or TV show? Perhaps it's naptime or bedtime routines already in place. Whatever it is, pick an anchor that has a little wiggle room to be stretched just a few minutes longer.

Here's what you can expect from each element.



Each week you will find some background information, a highlight, or a summary of the Scripture passage and sermon from Sunday Worship. The passage(s) will be provided for you to revisit as often as needed. Memorize the verse together, as a family, by reciting it together once or even twice a day. Don't forget the reference so you always know where to find it.



The discussion questions are to spur on conversation. Depending on the age of your children, you can break them down and do them separately, or have a single family discussion during the week. It may bring up more questions throughout the week. Feel free to expound on these questions or rephrase as needed.



Each week there will be a prayer emphasis. Using the Lord's prayer as a foundation, we will focus on a different type of prayer (praise, lament, confession, supplication, intercession, etc) or things to pray about. Use these in your daily prayer time attached to whatever anchor works best for your family.



Our brains remember things even better when we sing them. Each week we will include a refrain, a hymn, or other song for you to sing together at a set anchor. There may be some call and response prompts to set the stage for your song as well. Remember, we sing as service to God, not for our own glory. Perfect pitch is not required, just a willingness to participate.

# FAMILY WORSHIP

Week 1: Ephesians 1:1-2 & 6:18-24

Paul writes to the Christians in Ephesus about what it means to be distinctly Christian in a world that wants to say "Jesus plus..." For them, it was Jesus, plus Diana/Artemis, or Jesus plus the Emperor. Paul says it's only Jesus. Paul also writes to the Ephesian Christians to ask them to pray for him. He, being in prison, was probably going to have to testify soon, and make a decision between standing for Jesus and saving his own life. Paul asks them to pray for the courage to speak boldly about Jesus.

## DISCUSS:

- Some questions for review: Who wrote the book of Ephesians? Who did he write it to? Where was he writing from? What were the 2 purposes of this book (mentioned above)?
- What does it mean to be a Christian? What makes us different from other worldviews and religions? (You can use the Apostles Creed for reference.)
- What are some things our culture tells us we need to add to Jesus? Jesus plus what?
- Share about a time you had to be bold and speak up about Jesus.

## READ:

Ephesians 1:1-2 & 6:18-24

Memorize: Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. - Ephesian 6:18 (NLT)

## PRAY:

Continue to practice The Lord's Prayer (Matthew 6:9-13).

Take time throughout the day to stop and pray with your kids for a variety of things, "on every occasion," being happy, sad, scared, frustrated.

## SING:

God of justice, love, and mercy  
Pour your wisdom on our souls;  
By your all-sustaining power  
Keep our spirits strong and whole.  
Lift our eyes to see your vision  
Of a world in urgent need;  
Grant us courage, then, to follow.  
Bringing comfort with each deed.  
(To the tune of Come Thou Fount)

## FAMILY ACTIVITY:

Because knowing what Christians believe is important to how we live, let's memorize the [Apostle's Creed](#) together. For the youngest children, you can start by teaching one line at a time, with lots of repetition. For older elementary kids, make it a game. Have siblings take turns with every other line or quiz each other. Talk about what each part means and why it's important. For teens, try asking them to explain it back to you. Ask them to journal about how these beliefs are counter cultural.