

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 10: Ephesians 6:10-20

Paul gives us such an appropriate mental image of the Christian life. Not only do we sit in our position of Christ, and walk in his ways, but we stand, as soldiers, outfitted properly, against the devil's schemes to distract us. His depiction gives us a vivid image of a Roman soldier, but these tools are things every soldier needs. The belt, breastplate, boots, helmet, shield, and sword cover all of the vital physical organs, but they also each serve a purpose, metaphorically, of our vital spiritual organs.

DISCUSS:

- What are the physical organs each of the pieces of the armor of God protecting?
- What are the spiritual organs each piece of armor is metaphorically protecting?
- The "schemes of the devil" sound like a conspiracy theory. But more accurately, they're ways that he distracts us, even with good things, from the one thing God has called us to: himself. Ask your children what things distract them from God. Share some things that distract you as well. Commit to each other to minimize those distractions.

READ:

Ephesians 6:10-20

Memorize: "Put on the whole armor of God, that you may be able to stand against the schemes of the devil."

- Ephesians 6:11 (ESV)

PRAY:

Continue to pray for our schools across the country as many return in the coming weeks. Pray for wisdom and protection, for administrators, teachers, paras, nutrition and transportation staff, for parents, students, extended families, and those that are vulnerable.

SING:

Call to worship:

We will say to the Lord, "Our refuge, our fortress, our God, in whom we trust.

FAMILY ACTIVITY:

Play Simon says, but with a twist. Use the terms "sit in Christ," "walk like Christ," and "stand for Christ" as you play. Mix in others, like "buckle your belt of truth," "jump in your boots of readiness," "take up your shield of faith," "raise your sword of the Spirit," "put on your helmet of salvation," and "tap your breastplate of righteousness." You can also mix in silly ones, like "pick your nose," or "stick out your tongue" and others to catch them off guard.

Also, if you didn't have a chance last week, consider a prayer walk or bike ride this week, to keep our schools surrounded in prayer as JBU starts this week and Siloam SD starts next!