

# 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 2: Ephesians 1:3-14



**READ:** Ephesians 1:3-14  
Memorize: "Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes." Eph 1:4 (New Living Translation)

This passage repeats the phrase "in Christ" or "in him" NINE times. Paul is trying to make it clear that no matter what is going on around us in the culture, our location as Christians is always in Christ! Because we are hidden in Christ, we can have the boldness we need to go against the culture and live as Paul instructs later in this book. If we know who's we are, we can withstand anything.



## DISCUSS:

- Review the 1st Catechism: What is our only hope in life and death? We are not our own but belong to God.
- Why does that give us hope?
- What does it mean to be hidden in Christ?
- When you're hidden, you're safe. What does it mean for us to be safe? Is it a promise that bad things won't happen to us? Or are we safe in a different way?



## PRAY:

The Lord's Prayer (Matthew 6:9-13)  
If your family already supports a missionary or ministry, pray together each day for specific needs for that missionary or ministry. You can also pray for this month's Outreach emphasis: Jake and Sarah Waid at the [For the Nations Refugee Outreach Center](#).



## SING:

The hymn of Commitment:  
We are one in the Spirit, we are one in the Lord;  
We are one in the Spirit, we are one in the Lord;  
And we pray that all unity will one day be restored.

And they'll know we are Christians by our love,  
by our love,  
yes, they'll know we are Christians by our love.

## FAMILY ACTIVITY:

Play hide-and-seek with your whole family. Try to include even the youngest members by having them hide with mom or dad. It might take some practice, but even tiny tots can hide under a blanket, in a closet or behind a tree in your yard. Bigger kids can find some pretty creative hiding spaces! Later, perhaps at naptime or bedtime, talk about how fun it was. Use it as a transition to talk about how we are "hidden in Christ." Jesus literally covers us, like a blanket. He covers our sin and we can have confidence to live boldly!

AND, as a way to connect the FPC community, take a picture and tag [@fpcsiloom](#) on Facebook!