

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 7: Ephesians 4:1-16

Jesus wants YOU! He calls you by name, just like Samuel. He calls you to join his people, the church. But he doesn't just want you to join a bunch of people for no reason. He wants you to participate, to use your gifts for the good of the church. He wants us to use our gifts to grow the church. Like a healthy body, we need to take in good food (God's word) and get exercise (using our gifts) so we can grow into people who look and act like Jesus.

DISCUSS:

- God knows you by name. He knows the number of hairs on your head. How does that make you feel? Talk about what is a fitting response.
- What is a special talent or ability that only you can do? (Serious or goofy is ok.) What is something that only you can do that makes the world more like Jesus' kingdom in heaven? Something that helps your family or your friends? Something that helps your church? Explore some of your passions.
- Vs 15 says we must grow up in every way. What does "growing up in Christ" look like? Talk about what a mature believer does.

READ:

Ephesians 4:1-16

Memorize: Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ.

-Ephesians 4:15 (ESV)

PRAY:

A prayer of praise is just that, only praise, not asking God for anything, but thanking him. Have each person write or say a prayer of praise to God for making them with all of the gifts and special abilities he gave them.

SING:

Call to worship refrain:

Sing to the Lord a new song.

Sing to the Lord all the earth.

Sing to the Lord and bless his name.

Tell of salvation today!

FAMILY ACTIVITY:

Put together a puzzle. It can be a giant floor puzzle, a simple four piece puzzle, 100 pieces, 1000 pieces, and as hard or easy as you like. You could even draw your own picture, cut it into pieces and put it together again! Talk about how in the box, apart, the pieces don't really have any purpose. But when they are put together, they create a beautiful, full picture. We as the church are the same. We aren't meant to exist apart, but together for a full picture of the glory of God. Share a picture of your completed puzzle on the FPC Facebook Group!