

# 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 9: Ephesians 5:21-6:9

This week's passage gives specific instructions to children and to parents. But it starts with a call to everyone, husbands and wives, children and parents, masters and slaves, to submit to each other. Not to say who was in charge in each situation, but as a way of saying "after you," like Pastor Jonathan said in his sermon. When children submit and honor their parents, it looks like obeying their rules, even when we don't always like them. When parents submit to and keep from provoking anger in their children, it looks like listening and understanding before mandating the rules.

## DISCUSS:

- What does it mean to honor your parents? Give some examples.
- Parents, give an example of how you honor your own parents, even though you are an adult now. Talk about a time when you did not, and share how you might have done it differently.
- For older kids, have a conversation about when they are provoked to anger, and how they might handle it, or communicate that respectfully to you, as parents.

## READ:

Ephesians 5:21-6:9

Memorize: Children, obey your parents in the Lord, for this is right.

-Ephesians 6:1 (ESV)

## PRAY:

This week's prayer emphasis is also our Family Activity. See below!

## SING:

*Be Thou my Vision - Hymn #562*

Be Thou my Vision,  
O Lord of my heart;  
Naught be all else to me,  
save that Thou art--  
Thou my best thought,  
by day or by night,  
Waking or sleeping,  
Thy presence my light.

## FAMILY ACTIVITY:

With school starting soon, during a pandemic, let's cover our schools and our town in prayer! We would love for each family to go on a prayer bike ride, or prayer walk to and around their own schools this week. Pray for the administrators, teachers, paras, guest teachers, students, and parents at each school. Pray that they will stay healthy and make wise decisions. Pray for God's protection over the building and all of the people that will be in it. If your children are too young for school, walk around your neighborhood praying for the same. Be sure to share your pictures or prayers on our private Facebook Group to encourage others in the FPCSS family to participate.