

FAMILY NIGHTS

FOOD | FUN | FAITH

FALL QUARTER



Our goal with this booklet is to help you be as effective as possible in having faith based conversations with your family. We have done a great deal of research on our end to help guide our decisions. Our favorite source has been Barna, a faith based organization. They recently released a book called, Households of Faith. The book talks at great length about the importance of weekly gatherings with the family and how to better engage families in faith based discussions. That is why we have landed on these three key elements for our family nights; Food, Fun and Faith.

Our hope is that you will choose one night, every week, and dedicate it to being a family night. Decide how to best use the elements of Food, Fun and Faith, and continue to find creative ways to engage your family in the process of becoming more like Jesus.

FOOD

There is something special about gathering together and sharing a meal. Jesus modeled this for us with His disciples and now it's our chance to do the same with our families. The value found in this time isn't about what you are eating, but rather that you are BEING together. Use this time as a chance to debrief the day and ask engaging questions.

FUN

The book, Households of Faith, says this about fun, "Spiritually vibrant households are characterized by fun and quality time. Games, singing, reading and sports are common group activities among these households". Be intentional about doing something with your kids that they enjoy. Build anticipation for family nights and try to include everyone in picking the fun element. This could be movie nights, board games, video games, coloring, building a fort, crafts; what matters most is that you are doing it together.

FAITH

The objective for the faith component is that, as a family, you are following along with what we are teaching to kids on Sunday morning. There are four components to walk through each week; **Read**, **Ask**, **Pray**, and **Verse**. As you **Read** and **Ask** the questions, we anticipate that more questions might arise. We have tried to add a little direction in italics after some questions. Do your best to answer honestly and if you don't know the answer it might be the perfect time to learn together as a family. Every week has a **Prayer** focus and we encourage you to find times throughout the week to weave this into your prayers with your family, e.g. bedtime, on the way to school, before meals, etc. Lastly we have a quarterly **Verse** we will be memorizing together.



READ

1 Kings 17

ASK

IT'S AMAZING! GOD TAKES CARE OF ME.

- When has someone taken care of you? Why was that important?
- How did God take care of Elijah, the widow, and her son?

God cares for His people. This is something we see repeated throughout the Bible. Although we see this done in various ways we know God's intentions remain the same; He cares about us.

- How can God use you to care for someone else?

God not only cares about us but He wants us to care about others. This is part of what it means to be the church. We use our gifts, talents, and money to help those around us so that they can know God's love in a greater way.

PRAY

Ask God for opportunities to care for others.

VERSE

Proverbs 3:5-6

"Trust in the Lord with all your heart. Do not depend on your own understanding. In all your ways obey him. Then he will make your paths smooth and straight."



READ

1 Kings 18:16-39

ASK

IT'S AMAZING! GOD KNOWS WHAT'S BEST FOR ME.

- Have you ever faced a moment that seemed overwhelming?
- What did Elijah do before God burned up the sacrifice?

Elijah had them pour water over the altar 12 times which lined up with the 12 stones that represented the 12 tribes of Israel. This showed both that God cared for His people and also that the physical held no power over God (because water usually puts out fire).

- How can we live knowing that God is still in control and knows what is best for you?

This is a challenge because life can feel overwhelming, but we rely on the promise that God is with us in every circumstance (Psalm 23:4).

PRAY

Ask God for trust in every situation.

VERSE

Proverbs 3:5-6

"Trust in the Lord with all your heart. Do not depend on your own understanding. In all your ways obey him. Then he will make your paths smooth and straight."