

# 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

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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

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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

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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 3:4-15

## ASK

WISDOM COMES FROM GOD.

- What are some things you have asked God for? What did Solomon ask God for?

*Sometimes when we ask God for things it's for our benefit, but Saul asked God for a gift that would help others.*

- Read Proverbs 2:2-6. What does Solomon tell us about how we should seek out wisdom?
- In what area of your life do you think you need more wisdom?

*Share with your kids a time when you needed extra wisdom. This is a great opportunity to show your kids that you are still growing because each of us needs more wisdom.*

## PRAY

Ask God for wisdom in the area's you just talked about.

## 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 8:1-21

## ASK

GOD CAN BE TRUSTED.

- What is something really cool or big that you've built?
- Why do you think King Solomon built the temple?

*In the Old Testament God's presence remained in the temple. It wasn't until Jesus came and died for our sins that the curtain in the temple (hundreds of years later) was torn in two and God's presence could now be with each of us.*

- When we trust God, what action should follow?

*Obedience!!! This isn't easy but it's so important. Talk with your kids about the hurdles of being obedient and how important it is to overcome those difficulties.*

## PRAY

Ask God for an obedient heart.

## 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."