

## Family Discipleship Quick Start Guide

If you have purchased a new TV within the past few years, you know that they usually come with a “quick start guide.” It’s basically a shortened version of the 100-page, seven-language owner’s manual (that most of us never read) so we can more quickly begin using our new TV and get on with our lives. As we find ourselves in an unusual season of life with more time together as family, we have a unique opportunity to consider how we as believers are involved in intentionally discipling our family. The intent of this document is to be a quick start guide for family discipleship. You may have been involved in this for years, or like many of us, it may be a relatively new concept for you. Either way, I hope you find this beneficial to you and your family’s walk with Christ.

We see the responsibility of families making God’s Word a priority all the way back in the Old Testament. **Deuteronomy 6:4-9** states, <sup>4</sup> “Hear, O Israel: The Lord our God, the Lord is one. <sup>5</sup> You shall love the Lord your God with all your heart and with all your soul and with all your might. <sup>6</sup> And these words that I command you today shall be on your heart. <sup>7</sup> You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup> You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup> You shall write them on the doorposts of your house and on your gates.”

**Family Devotions** If you have never attempted family devotions before, this is an excellent time to start! This is just a guide, but it is good to include the following three elements.

**Read:** Read the Bible. Whether is a chapter at a time or just few verses at a time, read the Bible. It always helps to have a Bible-reading plan so you’re not just randomly opening the Bible. North Shelby’s suggested plan is the F260 New Testament plan. You can find the church’s plan with dates and links to verses by going to: <https://northshelbybaptist.org/f260/> You can also just read through a book of the Bible. Children old enough to read may want to read the passage out loud for the rest of the family.

**Pray:** Pray for the sick and those affected by illness, pray for healthcare workers (doctors, nurses, etc.), pray for the elderly, pray for missionaries and those in the military around the world facing this situation in another culture and far from family, pray that God would use this current situation for His glory and that people would turn to Jesus Christ as their Lord and Savior, pray for your church family and church staff. Encourage your kids to pray.

**Sing:** Sing hymns and/or worship songs. If you are not musical (like me), Youtube is your friend for worship music at home. Some favorites of our family that North Shelby’s choir sings are “[Is He Worthy?](#)” and “[10,000 Reasons.](#)” Singing “Jesus Loves Me” without any musical accompaniment works with all ages.

### Tips:

**Be Brief.** Part of the intimidation factor of starting a time of family devotions can be thinking they have to be long. They don’t. Think ten minutes, possibly less with younger children.

**Be Regular:** Like with a physical exercise routine, a big part of family devotions is showing up. Try to be consistent and get into a routine time and place, maybe at breakfast, dinner, or before bed. It helps if it is a time when your family normally gathers together.