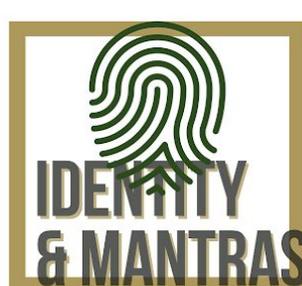
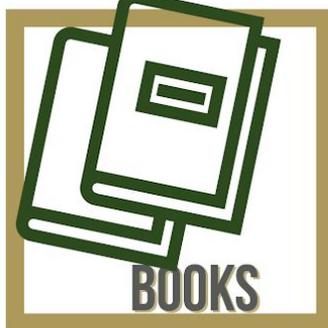
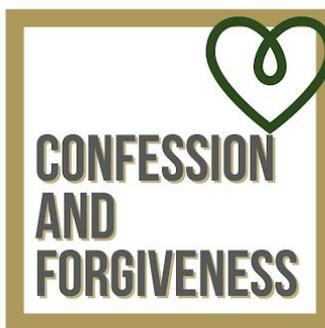
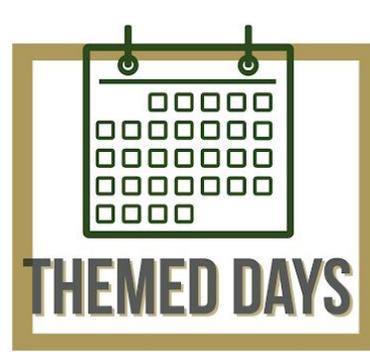


# Spiritual Rhythms



Sp Adobe Spark

Scroll for descriptions

And when can these be done?

# When?



**PIGGY BACK THE SPIRITUAL RHYTHM  
ONTO SOMETHING YOU ALREADY DO**

## **Types of Spiritual Rhythms Descriptions -**

*Pray pray pray! Before you start any rhythm and as you pick one and figure out the content and as you do and after you do it pray pray pray. "Prayer is the heavy lifting of life" - Paul E. Miller. God loves your kids more than you do. He wants them to know Him more than you do so let go of control a little, be okay if it doesn't look perfect or go the way you wanted. Ask God to show up and trust that He will even if you don't see it.*

*this is not an exhaustive list or even a "to do list." My truest hope is that this list inspires you to lead your family every moment and every day in the reality of Jesus' love.\**

T.A.G. Time- The letters standing for Time Alone with God. It's important for us to teach our kids that they can hear from God and read their Bible and pray for themselves. Obviously of course we still need to do in community as well. However a key step in our kids having a faith of their own is just that doing it on their own. TAG time doesn't have to look like anything in particular it could include (but doesn't have to) Bible reading, prayer, journaling. The best way to do this is to MODEL it. Say something like "we are going to spend some time with God today. I am going to read my Bible and you can read yours." Make this a habit and show them what it looks like. It's okay if their whole world doesn't look like it's changed right away. TAG time plants seeds and lays down a foundation for future connection with the living God.

Memorize Scripture - We all need to "hide his word in our hearts." It can come to mind when we are distressed or be something we can intentionally turn to when we need. The great thing is that kids can soak up so much! Start with one verse at a time taking time to make sure they really get it. You can break it into parts if it seems too long. The Content Folder will have lists of verses that will pertain to the Quest Kids and Roots curriculum we are teaching at the moment (and will be updated with new content). The best way to start is to MODEL this. Memorize with them. Write it out pretty, color it, write it with sidewalk chalk, post it on the mirror or the fridge.

Music - Music has a way of opening our hearts and minds without us even realizing it. That is why it is such a good and easy way to worship God. Play music that you love. Find music that they love. Has everyone gotten way to cranky? Have a worship dance party! The Content Folder will have a list of albums, musicians, and songs that you can look up if you need a place to start.

Bible Journal - A Bible journal is simply a journal where kids can write down what they remember from a passage of scripture. Read to them a psalm or a chapter from a gospel and have them draw a picture or write about what happened or what they heard. They can also write down thing they think God was speaking to them, praises, prayer requests, etc. It might not seem like they are getting anything out of it but again this is planting the seed, a habit that can only grow.

Themed Days- A themed day is a day every week or month etc that you do a certain thing. For example Monday's could be "mission Mondays" where you intentionally pray together asking God who can love on this week. Tuesday could be "teaching Tuesday" where you ask your kids to teach you something about God (a verse, a song, etc). Wednesday "world Wednesday" pray for the world, Thursday "thankful Thursday" etc. The point is that it is a day that you can refocus your kids on Jesus' Kingdom. This works out practically at our house that at a meal when we aren't talking a lot or maybe getting at each other's throats I can say, "Hey guys! I forgot today is thankful Thursday! What are you guys thankful for?" And then MODEL by answering the question too. It could also be a journal prompt, or an activity that you do as a family. Just like a family might always do chores on Saturday.

Meditate on Scripture - To mediate in the Hebrew language means to chew. So meditating on God's word is chewing on it. Thinking about it slowly, letting it sit with us for awhile. The easiest way to do this for me (take from Martin Luther) is to take each word in a verse and just think about the meaning of that word. For kids I usually say what picture comes to mind when you think of \_\_\_\_\_. Or have them draw pictures of what each word means. MODEL this with them. This is also a great practice to do when trying to memorize a scripture.

Confession and Forgiveness- Our kids are sinners. They are going to mess up and the sooner we realize this reality the better we can be prepared for it. Ask God to guide you in making a confession, forgiveness, and reconciliation pattern that reflects the gospel. Every time your kiddo messes up it's an opportunity to show them who Jesus is, what He did and what that means! It could be something like-

Who Jesus is: When you were trying to grab this out of your sister's hand you were trying to be the king. But honey you aren't! Jesus is the only king and He is the best King. You are stealing his crown! When we say "me first" or we try to be the King we deserve death.

What Jesus did: But Jesus took that death for you! In the cross He took your place. He loves you even when you stole from Him.

What it means: You are so loved and important to Him and because He dies for you, you don't have to hide (shame) or blame other people or fight to be important.

\*Obviously it doesn't need to look just like this or be done like this every time, but it's good to use this often frustrating time to show the Gospel in real time.

The key to this though is MODELING. What do you do when you have messed up? When you need forgiveness? Use your sin as a tool to share the gospel. "See Mom needs Jesus too. I was trying to be the king, trying to control everything. But God is so much bigger and wiser than me. I am sorry I was \_\_\_\_\_. Will you forgive me?"

Let God be glorified when you succeed (This is all God in my life) and when you fail (This is why I need God) - your life will be a powerful testimony.

Books- Reading books is a very easy way for biblical truths to enter into a child's imagination forming a rich foundation. The Content File will have a list of books I personally recommend for a range of ages.

P.R.A.Y. - Praying is communicating to God, a conversation. It should include us talking, really talking about our heart, praising, worshiping and thanking God as well as listening for God to speak to us through the Holy Spirit. I can't recommend enough the P.R.A.Y. acronym since it includes all these things.

P- praise (God you are \_\_\_\_)

R- repent (God I tried to be the king today when \_\_\_\_)

A- ask (God I need help with, \_\_\_\_ needs you today)

Y- yield (breathe and say out loud "in the name of Jesus enemy be quiet. Then "yield" or slow down so God can speak)

Serving - Jesus is the Servant King. The King who chose to serve his subjects. If Jesus is the king and the servant king at that then we are for sure servants who should be serving each other and our community. The best way is to MODEL this behavior. For younger kids pointing it out might be helpful. "I am serving you today by doing your chore." Etc. Bring them along when you go to bring your neighbors cookies etc. Ask them to think of ways they can serve. Educators will tell you the most optimal way to learn is to experience something for themselves so give your kids plenty of opportunities to serve those around them.

Identity and Mantras - What I mean by identity and mantra is speaking the life giving truth of who God made them to be so often that it is like a repeated slogan in your house, an essential part of their DNA. A phrase that even if they hate it they could never get it out of their head. Examples - You are a child of God. You are a treasure. God is your Father and you are His precious child. Jesus is the king, what He says matters the most, you are His loved servant. The Holy Spirit sends you and gives you power to be on a mission- you are the sent. You are a world changer because they world can't change you.

\*caution\* truth isn't just telling "positive" things or trying to manifest positive vibes. That is in the New Age religion. This is truth telling. Truth that is found in scripture, based off of who God is and what He has done.

Scenario you kid's soccer team lost:

Example of new age- you are the best soccer player in the world - just believe in yourself

Example of truth - you are loved and how you play doesn't change that or Losing this game doesn't make you a loser - you are a winner always because Jesus has won the battle over death and He shares His winnings with you.

Do and Teach- The best way to learn something deeply is to experience it and then teach it to someone else. Give your children opportunities to love the poor, give generously, serve and to watch you do the same. Give them opportunities to be the "teacher" or "leader" in your family devotional times. Ask them to contribute in prayer or with a song. Raise them up to be a leader now.