

FAMILY DISCIPLESHIP

TIME WITH GOD

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Family discipleship is having intentional and organic moments that teach your child how to be a follower of Jesus and make Him known. It is one of the most meaningful things parents can do with their lives. It's not about adding one more thing to your to-do list as a parent, it is THE THING. It's about reshaping your current family rhythms and everyday moments to include gospel-centered conversations and practices.

TIME WITH GOD

Spending time with God, through Bible reading and prayer, is essential to growing in your relationship with Him. God desires for us to know him more and that happens when we meet with him daily.

PERSONALLY GROW IN TIME WITH GOD

- Study the scriptures to see how and when Jesus met with God.
- Create a rhythm for your time with God. Pick a place, time of day, and a devotional resource.
- Ask a friend to help keep you accountable.
- Read this Lifeway article for more suggestions: [lifeway.com/en/articles/christian-living-discipleship-spending-time-with-god](https://www.lifeway.com/en/articles/christian-living-discipleship-spending-time-with-god)
- Visit [uhbc.net/sunday-worship/meet-with-god/](https://www.uhbc.net/sunday-worship/meet-with-god/) for devotional resources.

MODEL TIME WITH GOD

- From time to time, spend time with God in a place that is visible to your children. This allows them to see you engaging with God and His Word and tells them of its value in our lives.
- Share with your children what you are learning in your own time with God. Share the scriptures you've read and the prayers you've prayed.
- Talk about the importance of growing in our relationship with God by spending time with Him.

PRACTICE TIME WITH GOD

- Sit down with your child or as a family and walk through what it looks like to spend time with God through the reading of His Word and talking to him in prayer.
- Practice the S.O.A.P. Method together - Scripture, Observation, Application, Prayer
- Encourage your child to pick a time and a place that they will spend time with God each day.
- Pick out a devotional for them to use or a book of the Bible to begin in. Devotionals are a great way to begin learning how to spend time with God.

RESOURCES

- S.O.A.P. Journal Pages - Visit www.uhbc.net/kids for downloads.
- Devotional Books - Dinner Table Devotions by Nancy Guthrie; Indescribable by Louie Giglio; Long Story Short & Old Story New by Marty Machowski; Think, Act, Be Like Jesus by Randy Frazee
- CentriKid Article: www.centrikid.com/explaining-quiet-time-to-kids/

