A Bible Study with your Kids? Nope!

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Family Rhythms

*Your kids will not learn to love God with a simple Bible Study, rather through daily repetition.*

**How to build family rhythms:**

Love the Lord your God with all your heart and with all your soul and with all your strength.These commandments that I give you today are to be on your hearts.Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Deuteronomy 6:5-7

***God instructs us to talk to our children about the greatest commandment all day, every day.***

* Kids will not absorb a focused bible study unless they are having God-centered conversations throughout the day.
* Identify the times of your day that offer the easiest time for conversation
	+ Sit at home: mealtime
		- Establish values with intentional conversations about life while sitting and eating
	+ Walk along the road: drive time
		- On the way to school or running errands – a prime opportunity when children are “held captive” in the car; internal information conversations with them about the world around them
	+ When you lie down: bedtime
		- A unique time to strengthen your relationship with them through quiet heart conversations – tucking them in or through end of the day snuggle time on couch
	+ When you get up: morning time
		- Connect with your child in positive way, instill purpose, give fuel and positive energy for the day.

Creating rhythms and routines in your home are an investment in your children’s emotional, social, and spiritual growth.

Live as a disciple of Jesus

***Our children will learn how to live like disciples by learning how we live as disciples.***

* You need to leverage your time and your conversations to make disciples.
* Your kids will learn to process their hurdles from how you do it in your own life.
	+ How are we leaning on Jesus to get through each day?
	+ How do we learn to trust God?
* Your kids are watching you and how you do this. Are you doing this?
	+ Be authentic and honest – they need to see our mistakes and imperfections
		- Do not try to come across as a sinless being.  The ONLY sinless being is Jesus!
		- At an age-appropriate level, share your mistakes and stories.

Resources

* *Habits of the Household* – Justin Whitmel Earley
* *Family Discipleship: Leading Your Home Through Time, Moments, and Milestones* – Matt Chandler and Adam Griffin
* *Take Back Your Family: From the Tyrants of Burnout, Busyness, Individualism, and the Nuclear Ideal* – Jefferson Bethke
* [Mealtime Conversation Prompts](https://www.focusonthefamily.ca/content/100-mealtime-questions) – Focus on the Family