

VERITAS CHURCH

Family Rhythms Guide



Welcome

How to Use

We're excited to see you start practicing these important rhythms together. Each week will build off of the previous week. Use this short, five days a week guide to help establish rhythms into your home.

Prepare

Determine the time of day your family will spend in the Bible together. It will be helpful to write this down on your family calendar to make sure everyone knows the time set aside. Discuss or decide what that time will look like. For families of little kids, it may look like reading a story out of a Storybook Bible. For families with older kids, it may be spending time reading a Bible passage individually and talking about it after.



THE RHYTHM

STEP ONE

Gather

Get the family together in one room.
Have the kids grab their Bible or your favorite storybook Bible.
Consider starting your time together singing a hymn or another song of worship.

STEP TWO

Read

Follow the Veritas Bible Reading Plan, start going through a Storybook Bible, or use whatever reading plan you choose to do with your family.

STEP THREE

Talk

Ask a few questions about the reading and have a discussion about it. This will help everyone work to understand what was read.

Here are a couple of basic questions you can always ask:

1. What questions do you have about what we read?
2. What truth or truths about God did you see or hear?
3. What does this make you thankful to God for?

STEP FOUR

Pray

Thank God for His Word, your family, and whatever else your family needs to pray for.

RHYTHM ONE

Bible

God has given us the Bible to know him, love him, and obey him. The Bible is true, trustworthy, and useful.

Follow the Veritas Bible Reading Plan, start going through a Storybook Bible, or use whatever reading plan you choose to do with your family.

DAY ONE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for His Word and your family

DAY TWO

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for His Word and your family

DAY THREE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for His Word and your family

DAY FOUR

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for His Word and your family

DAY FIVE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for His Word and your family

RHYTHM TWO

Prayer

This week, try praying using the ACTS acronym. In the “Thanksgiving and Supplication” parts of prayer, rotate through different categories. Use the provided categories as a starting point and add your own.

Adoration: Praise God for who He is and what He’s done.

Confession: Confess ways you’ve sinned against God and each other.

Thanksgiving: Spend time thanking God. Focus on different things each day.

Supplication: Spend time asking God for the things you and others need.

DAY ONE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for your family and friends, and ask Him to meet their needs.

DAY TWO

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for your family and church, and ask Him to meet their needs.

DAY THREE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for your family and missionaries, and ask Him to provide for your family and raise up more missionaries.

DAY FOUR

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for your family and the lost, and ask Him to meet your family’s needs and save the lost.

DAY FIVE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Thank God for your family and neighbors, and ask Him to meet their needs.

RHYTHM THREE

Worship

This week, we're adding a focus on worship. Incorporating a time of worship through song as a family may feel strange at first but it's a worthwhile rhythm to get into. Pick one day during the week to start your time gathered as a family by singing a hymn or two together (Amazing Grace and Be Thou My Vision are a great place to start!).

On the day(s) of your choosing, start your Bible and prayer time as a family with a time of singing. Don't overcomplicate it, the important part isn't that it sounds great but that you are reinforcing the value of singing to our great God!

In addition to a morning or evening where you worship together, attend church together as a family. Have your kids sit in service with you so they can watch as you worship through song and through the preaching of God's Word.

DAY ONE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Continue the ACTS model from last week.

DAY TWO

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Continue the ACTS model from last week.

DAY THREE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Continue the ACTS model from last week.

DAY FOUR

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Continue the ACTS model from last week.

DAY FIVE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** Continue the ACTS model from last week.

RHYTHM FOUR

Missions

This week, we're adding a focus on missions to our weekly rhythms. If you've been keeping up, you should have five days of reading and prayer - one of which starts with a short time of worship through song (continue this rhythm by choosing another worship song or two for this week!). As we focus on missions this week, we want to pray specifically for unreached and unsaved people. Prepare by making a list, as a family, of people you know who don't follow Jesus, then choose a few of the following unreached people groups to pray for this week:

Those you know who don't follow Jesus and that God would use you to share the gospel with them and for one unreached people group each day.

DAY ONE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** For your unbelieving friends and family as well as an unreached people group

DAY TWO

- ☐ Read
- ☐ Talk
- ☐ **Pray:** For your unbelieving friends and family as well as an unreached people group

DAY THREE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** For your unbelieving friends and family as well as an unreached people group

DAY FOUR

- ☐ Read
- ☐ Talk
- ☐ **Pray:** For your unbelieving friends and family as well as an unreached people group

DAY FIVE

- ☐ Read
- ☐ Talk
- ☐ **Pray:** For your unbelieving friends and family as well as an unreached people group

What's Next?

Over the last four weeks you've started developing some rhythms for pursuing Jesus together as a family. What should you do now? Keep going! Don't stop the rhythms because you've reached the end of this little guide. Instead, continue what you've started. Here's a few ways you can continue building these rhythms as a family:

1. Pick back up with Rhythm one and go through it again while keeping up with the Bible Reading Plan that you started.
2. Talk to a godly family you know. Ask what their family spiritual rhythms look like and see if you want to try something new.
3. Find a Storybook Bible that's appropriate for your family and work through it cover to cover.

The important thing is to keep up the practice of reading, talking, and praying. Prioritizing the spiritual rhythms of reading, praying, worshiping, and missions together as a family will have a lasting impact on your family.

