




HEALTHY HABITS @HOME

WEEKLY PLAN


HEALTHY HABITS @HOME IS A RESOURCE TO HELP YOU BE A FAITHFUL DISCIPLE-MAKER AND LEADER IN YOUR HOME DAILY. THIS GUIDE GIVES YOU FOUR EASY STEPS YOU CAN TAKE EACH WEEK TO BUILD THE RHYTHMS OF DISCIPLESHIP! WHETHER YOU HAVE A HOUSE FULL OF CHILDREN, ADULT CHILDREN, NO CHILDREN, OR GRANDCHILDREN, YOU WILL FIND HELPFUL RESOURCES FOR YOU! NO MATTER THE MAKE UP OF YOUR HOUSE, YOU CAN BE A FAITHFUL DISCIPLE MAKER! WE WANT TO HELP YOU FIND A PLACE TO START!




TAKE TIME TO PRAY TOGETHER EACH MORNING! TAKE WHAT YOU LEARNED ON SUNDAY AND RESPOND TO GOD TOGETHER!



DO SOMETHING FUN TOGETHER AS A FAMILY! AND DO A PULSE CHECK ON THE SPIRITUAL HEALTH OF YOUR FAMILY BY ASKING OPEN-ENDED QUESTIONS!



WHEN YOU ARE ALL IN THE CAR TOGETHER, DISCUSS WHAT YOU LEARNED SUNDAY! SHARE HOW YOU WILL BE APPLYING IT IN YOUR LIFE!



HAVE ONE MEAL AROUND THE DINNER TABLE THIS WEEK. HAVE A TIME OF FAMILY WORSHIP THROUGH BIBLE ENGAGEMENT (QUESTIONS ON BACK)!

H3 FOCUS: NEHEMIAH 9



"DEAR LORD, THANK YOU FOR YOUR FAITHFULNESS AND MERCY. YOU'VE SHOWN US HOW FAITHFUL AND MERCIFUL YOU ARE THROUGHOUT YOUR WORD AND IN OUR LIVES. HELP US LOOK BACK AT YOUR FAITHFULNESS AND LET IT HELP US TRUST YOU AGAIN TODAY. AMEN."

ASK, "WHAT IS ONE THING YOU LEARNED ON SUNDAY?"

SAY SOMETHING LIKE, "I LEARNED _____ AND THE LORD IS TEACHING ME TO _____."

ASK, "HOW CAN YOU TAKE WHAT YOU LEARNED AND USE IT THIS WEEK TO GIVE GOD GLORY?"

FUN TIME! (DO ANY FUN ACTIVITY YOU'D LIKE AND CONNECT IT TO THIS WEEK'S THEME).

EXAMPLE: GO TO A STATE PARK AND HIKE A TRAIL WITH A COOL VIEW

AT THE END, ASK, "HOW DID YOU KNOW IT WAS SAFE TO HIKE THIS TRAIL? (HINT: MAYBE YOU SAW HIKERS COMING BACK DOWN IN FRONT OF YOU)"

CONNECT IT TO THE THEME AND ASK OPEN-ENDED QUESTIONS! MAKE IT FUN!

ENJOY A MEAL AROUND THE TABLE WITH NO PHONES/TV. ASK TO HEAR STORIES ABOUT THE DAY. LISTEN AND ENJOY.

AFTER DINNER, READ NEHEMIAH 9 TOGETHER. DISCUSS THE FOLLOWING QUESTIONS:

- HOW WOULD YOU DESCRIBE THE OLD TESTAMENT OF THE BIBLE?
- WHAT'S ONE OF YOUR FAVORITE PARTS OF THE OT? WHAT PARTS OF THE OT ARE CHALLENGING OR CONFUSING TO YOU?
- THE PRAYER IN NEHEMIAH 9 GIVES A BIG OVERVIEW OF THE OT HISTORY TO THAT POINT. WHAT ARE SOME OF THE KEY EVENTS THEY HIGHLIGHT? CAN YOU SUMMARIZE THIS RETELLING OF THE OT STORY IN YOUR OWN WORDS?
- WHAT DO THESE EVENTS TELL US ABOUT GOD'S CHARACTER? WHAT DOES IT TELL US ABOUT OUR HUMAN NATURE?
- HOW DOES GOD'S CHARACTER IN THE PAST IMPACT HOW WE CAN PRAY TO HIM AND DEPEND ON HIM IN THE PRESENT?

