




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: GENESIS 1-2



"DEAR LORD, YOU ARE THE CREATOR OF ALL THINGS AND THE RULER OF ALL THINGS. THANK YOU THAT YOU SAID YOUR CREATION IS GOOD. AS WE LOOK TO THE GOOD THINGS YOU HAVE GIVEN US, HELP THEM DIRECT OUR ATTENTION AND AFFECTION TO YOU. HELP US HONOR WITH YOU EVERYTHING WE DO 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: SIT AROUND A FIREPIT IN THE BACKYARD AND MAKE SMORES AROUND SUNSET.

TAKE TIME TO POINT OUT THE BEAUTY OF THE SUNSET AND OF CREATION. TALK ABOUT HOW GOOD GOD IS FOR CREATING SUCH A BEAUTIFUL SCENE.

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:

- WHAT DO WE LEARN ABOUT GOD IN THE VERY FIRST CHAPTER OF THE BIBLE? WHAT DOES IT TEACH US ABOUT WHO HE IS?
- WHAT ARE SOME OF THE ELEMENTS OF GENESIS 1 THAT HELP US SEE THIS IS POETRY (REPEATED WORDS, STANZAS/"RHYTHMS" TO THE PASSAGE)?
- WHAT'S THE MESSAGE OF THIS "POEM" OF CREATION?
- GENESIS 2 RETELLS A PORTION OF THE CREATION POEM OF GENESIS 1. WHAT DOES CH. 2 ADD TO OUR UNDERSTANDING OF GOD'S PLANS AND PURPOSES IN CREATION?
- WHAT DOES IT MEAN TO BE MADE IN THE IMAGE OF GOD (GEN. 1:26-28)? HOW DOES THAT INFORM HOW WE LIVE?

