

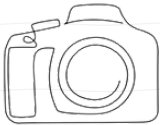
FAMILY DISCIPLESHIP

MOUNTAIN BROOK COMMUNITY CHURCH



MINUTES

Creating opportunities in the ordinary minutes of the day to experience the power and presence of God.



MOMENTS

Cultivating intentional moments within our regular rhythms of life to point our families to Jesus.



MILESTONES

Celebrating the milestones of life by giving God the glory and growing our relationship with Him.

[MBCC.US/FAMILY](https://www.mbcc.us/family)

The purpose of family discipleship at MBCC is to create fully devoted followers of Christ by engaging, equipping and encouraging families to experience the power and presence of God in the everyday minutes, moments and milestones of life.



This workbook is not designed to save your family, only Jesus can do that. Instead, this book gives you some practical steps to experience Jesus in the ordinary minutes, moments and milestones of life.

This workbook is for all families at MBCC. From the newlyweds to the grandparents, our desire is to create a safe space to think about the spiritual direction of your family and encourage you to take the next step into following Jesus together.

This workbook is not designed to sit on the shelf but to be used. To have coffee rings on the crumpled pages that are filled with the hopes and dreams for your family.

This workbook is not designed to bring about shame and feelings of failure. No family is perfect and we all have areas where we need to grow spiritually together. It is not too late for God to do an incredible work in your family.

This workbook is not designed to make you feel overwhelmed or to add anything else to your schedule. We are all busy (too busy). With that in mind, we have created this book to redeem your current rhythms of life. This is accomplished by repurposing what you are already doing and creating opportunities to experience God's power and presence as a family.

This book is not designed for the next season of life when things slow down. We all think that if we could just get past _____ then everything will be better. This is the time to prioritize your families spiritual growth and the following pages are filled with practical steps to do so.



MINUTES

**Creating opportunities in the ordinary minutes of the day
to experience the power and presence of God.**

MINUTES

some of God's greatest work is in the most ordinary places of our life

There are over 10,000 minutes in a week but we only spend 200 of them at church. Those 200 minutes are incredibly important in forming our faith and growing community in the body of Christ, but they were never intended to be the only time during the week to experience spiritual growth. We believe that God does some of His greatest work in the most ordinary places of our lives. We all desire for our families to be more intentional with our time but most of us don't know where to begin or how we could fit anything else into the schedule. The goal for Family Discipleship at MBCC is to redeem our daily rhythms by creating habits that allow us to experience God's power and presence in the ordinary minutes of life.

WHERE TO START - redeeming our rhythms

- Spend the first few minutes of the day in prayer and reading God's word.
- Pray over your kids as you make their lunches in the morning.
- Utilize the time in the car to check in and encourage your kids.
- Find opportunities during the day to pause and pray.
- Pray for God's grace to be expressed when disciplining your kids.
- Create a daily rhythm to check in and pray with your spouse.
- Find time during the day to spend a few minutes one-on-one with each of your kids.
- Have phone free time each day to intentionally engage with the people around you.

FAMILY VALUES - discovering what matters for your family

- Dedicate some time as a family to create your own family values.

RULE OF LIFE - discovering what matters most to you

- Dedicate some time to create a rule of life.



MINUTES worksheet

What are your current habits for daily time reading God's word and prayer?

What is working?

What needs improvement?



MINUTES worksheet

What is a realistic daily rhythm that you can implement to spend dedicated time in God's word and in prayer?

What are ways that you can be reminded to pray for your family during the day?

Your spouse:

Your Kids/grandKids:



MINUTES worksheet

What opportunities in the day do you have to pray with your family?

Your spouse:

Your Kids/grandKids:

What opportunities do you have during an ordinary day to pause and recognize the power and presence of God?

Morning:

Afternoon:

Night:



MINUTES worksheet

What opportunities do you have to spend one-on-one time with each member of your family?

Your spouse:

Your Kids/grandKids:

Here are some sample questions for intentional conversations:

- What made you laugh today?
- What is something you are excited about?
- What is something that you are nervous about?
- What is something that God is teaching you right now?
- How can I be praying for you?
- Will you pray for me about _____?
- Where did you see God's power today?
- How were you Jesus' light today?



FAMILY VALUES

worksheet

sit down as a family and honestly answer the questions below

1. In a perfect world, what words describe the ideal family?



FAMILY VALUES

worksheet

2. What words currently describe your family?

highlight any words that were the same from questions 1 and 2



FAMILY VALUES

worksheet

3. What values are most important to your family?



FAMILY VALUES

worksheet

4. What do you love to do as a family?



FAMILY VALUES

worksheet

5. What do you want your family to be known for?

**highlight any words or themes that
were the same from questions 3-5**



FAMILY VALUES

worksheet

**write out all the words that were highlighted
from questions 1-5**

From that list of words, create your family values. They can be listed as pillars or written in sentence form like a mission statement. There is no wrong way to do this as long as you capture the values for your family. This should serve as daily encouragement and a constant reminder of what matters most to your family and how God is calling you to intentionally spend your time.

Use the following pages to write them out. Don't worry about it being perfect on the first try, there are multiple pages for you to work through what values are most important to your family. Once you get a good rough draft, we encourage you to tear out that page and spend some time praying, talking and thinking about them as a family. It is likely that you will make edits and change things in the weeks to come because it is designed to be a work in progress. Some families can agree in a few hours, while others might take months to truly capture what matters most to your family. Once you have your family values finalized, we encourage you to print them out, frame them and put them in a prominent place in your home to serve as daily encouragement for your family.

Here is an example:

LOVE

Selflessly sacrifice for one another

HOLINESS

Spur one another on to look more like Jesus

COMPASSION

Love and serve the least of these

GRATITUDE

Be thankful in all circumstances

TRUTH

Understand and obey the authority of God's word

TRUST

Hold an unwavering confidence in one another

FAMILY VALUES

_____ (write your family name here)



FAMILY VALUES

(write your family name here)



FAMILY VALUES

_____ (write your family name here)



FAMILY VALUES

_____ (write your family name here)





RULE OF LIFE

What is a rule of life?

A rule of life is a set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did. A rule of life is different than the goals, intentions, or resolutions we tend to set for ourselves because those methods are task-based and measurable, and they're often focused on what we do. A rule of life, on the other hand, helps you become. It is comprised of several simple statements that guide the posture of your life and the living of your days.

A rule of life is a commitment to live your life in a particular way. It is meant to be crafted with prayer and discernment, in partnership with God, as you consider the way God made you and the values He has inscribed upon your heart. Once written, it serves as a tool that can help you make decisions for your life and determine how best to order your days. Our English word rule is derived from the Latin *regula*, meaning "a straight piece of wood (a ruler, pattern, model, or example). Therefore, these "rules" serve as a signpost, a railing, and a guide that keeps you trained toward God.

Why do I need a rule of life?

A rule of life is important because it aligns your schedule with your values. Most people know what matters most to them but rarely does their schedule reflect that. The following pages will help you create cohesion between your values and schedule.

How do I create a Rule of Life?

Use the following pages to think through your values and to create a corresponding schedule. A rule of life is designed to be a working document so make this a yearly ritual and revisit this page often.

RULE OF LIFE worksheet

Use the space below to write out a few values in each of the areas below. It can be a sentence or a list but the goal is to determine what matters most to you in these four areas of life. Answer this question: What is most important to me in these area of my life?

PERSONAL

SPIRITUAL

RELATIONAL

VOCATIONAL

RULE OF LIFE worksheet

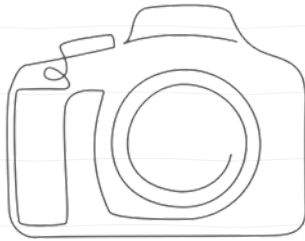
Now work on your Rule of Life. Based on the values on the previous sheet, create a set of 3-5 practices that allow you to incorporate these values into your regular rhythms of life. Answer the question: How can I incorporate these values in the regular rhythms of life?

PERSONAL

SPIRITUAL

RELATIONAL

VOCATIONAL



MOMENTS

Cultivating intentional moments within our regular rhythms of life to point our families to Jesus.



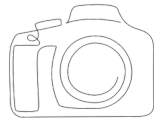
MOMENTS

**cultivating intentional moments into the
rhythms of the day**

Unfortunately, our culture has compartmentalized Christianity to Sunday mornings and Wednesday nights. This is a recent innovation and was never the original intent for a thriving relationship with Jesus. In Deuteronomy 6:4-9, there is a commandment to Love God with everything and further instruction of how to do so. We are to structure our lives around teaching the gospel to our children, talking about God throughout the day and even writing these principles on our door frames! I'm not suggesting that we start painting Bible verses on our houses, but we do need to incorporate ordinary liturgies into our lives.

A liturgy is a practice or ritual that creates a framework for worship.

During corporate worship we participate in these practices during communion, baptism and corporate prayers. At home we see them in our morning routine, at the dinner table and while tucking our kids into bed at night. Our goal is to cultivate intentional moments in ordinary places in order to see God move in extraordinary ways.



MOMENTS

cultivating intentional moments into
the regular rhythms of the day

DAILY MOMENTS

- Morning Routine - gathering for prayer as a family
- Commute - using that opportunity to talk, for silence and solitude, prayer or a time of worship
- Mealtimes - create a liturgy for weekly mealtimes
- Bedtime - create a liturgy for bedtime routine

WEEKLY/MONTHLY MOMENTS

- Family Worship - find a time to gather for prayer, reading God's word together or worship.
- Service - create a regular rhythm of serving as a family by preparing someone a meal or volunteering with one of our mission partners.
- Everyday Adventures - get outside and explore God's creation as a family.
- Sabbath - set aside a day to unplug and reconnect with God by creating a weekly rhythm of rest.
- Date Night - create a habit of reconnecting with your spouse and use that time for intentional conversations.

YEARLY MOMENTS

- Holiday Traditions
- Family Retreats
- Family Mission Trips



MOMENTS worksheet

What is your normal morning routine as a family?

What is one way (or another way) that you can cultivate an intentional moment for your family to experience the power and presence of God in your normal morning routine?



MOMENTS worksheet

What is your normal routine for your daily commute?

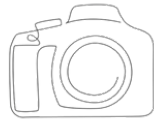
What is one way (or another way) that you can cultivate an intentional moment for your family to experience the power and presence of God during your daily commute?



MOMENTS worksheet

What is your normal routine for mealtimes?

What is one way (or another way) that you can cultivate an intentional moment for your family to experience the power and presence of God during mealtimes?



MOMENTS worksheet

What is your normal routine for bedtime?

What is one way (or another way) that you can cultivate an intentional moment for your family to experience the power and presence of God during bedtime?



MOMENTS resources

BEDTIME LITURGIES

taken from "Habits of the Household"

A BEDTIME BLESSING OF GOSPEL LOVE

Parent: Do you see my eyes?

Child: Yes.

Parent: Can you see that I see your eyes?

Child: Yes.

Parent: Do you know that I love you?

Child: Yes.

Parent: Do you know that I love you no matter what bad things you do?

Child: Yes.

Parent: Do you know that I love you no matter what good things you do?

Child: Yes.

Parent: Who else loves you like that?

Child: God does.

Parent: Even more than me?

Child: Yes.

Parent: Rest in that love.



MOMENTS resources

A HUG BLESSING:

(during a really big, really tight hug)

Parent: Dear Lord, may this child feel your love wrap around them, all of his/her days.

Child: Struggles to break free and hopefully laughs

Parent: Amen.

A BLESSING FOR THE BODY OF A CHILD WHILE LYING IN BED

Jesus, bless their feet,
may they bring good news.

Bless their legs,
may they carry on in times of suffering.

Bless their backs,
may they be strong enough to bear the burdens of others.

Bless their arms to hold the lonely,
and their hands to do good work.

Bless their necks,
may they turn their heads toward the poor.

Bless their ears to discern truth,
their eyes to see beauty,
and their mouths to speak encouragement.

Bless their minds,
may they grow wise.

And finally, bless their hearts,
may they grow to love you and all that you have made.

Amen.



MOMENTS resources

BEDTIME LITURGIES - write your own for your family

For your spouse:



MOMENTS resources

BEDTIME LITURGIES - write your own for your family

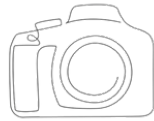
For your Kids/grandKids:



MOMENTS resources

BEDTIME LITURGIES - write your own for your family

For your Kids/grandKids:



MOMENTS resources

The table is a sacred place. It is a holy moment during a hectic week that we can stop to taste and see the goodness of God. It is an opportunity to sit and talk with others, just as Jesus did during the last supper. It is a beautiful picture of God's presence and provision that we need to be reminded of daily. In order to capture the sanctity of this space, we encourage you to create a mealtime liturgy for your family.

- **Begin by lighting a candle (let the kids take turns each day)**
- **Recite or read a mealtime liturgy**
- **Have someone pray for the meal**

MEALTIME LITURGIES **adapted from "Every Moment Holy"**

ANY DAY OF THE WEEK

Jesus, this candle reminds us that you are the light of the world, that you are with us and everything good comes from you. Amen

START OF THE WEEK

We are gathered at this table in grateful fellowship to share the blessing of this meal at the beginning of this new week. We lift to you our hearts and prayers.

For grace and provision in the coming week,
we look to you.

For the life giving gifts of your word and truth,
we are thankful.

For the joys of life shared with family and friends,
we praise you.

Amen



MOMENTS resources

MEALTIME LITURGIES

START OF THE WEEK

We pray your purposes in our lives would be accomplished, O God, that in the new week to come we would somehow be changed by the work of your spirit, that you would be active in us, ever sanctifying our desires and Christ-shaping our hearts.

Amen

MID WEEK

We, your children, are greatly loved. And so we bow our heads in thanks, gratefully receiving from your great hand the provision of this meal, and the still greater provisions of your mercy, compassion, grace, and love.

Amen.

As we hunger for the tastes and aromas of this meal now before us, we pray you would daily increase our deep hunger for your words and truth. That our words, choices and actions this week would be shaped by your gracious revelation.

Feed us, O bread of Life.

Amen

END OF THE WEEK

We give thanks, O Lord
For the week that was,
and for the day that is,
and for what is yet to come,

Knowing that as you have been faithful
so you are faithful, and so you will be
faithful forever more.

Amen



MILESTONES

Celebrating the milestones of life by giving God the glory and growing our relationship with Him.



MILESTONES

celebrating God's faithfulness in the milestones of life

In Joshua 4, after crossing the Jordan River, the Israelites took 12 stones to make a monument to commemorate the miracle that they experienced. As generations passed, the stones remained to remind God's people of his power and provision in that place. At MBCC, we follow the same model by creating spiritual milestones in the life of our Kids and families. These milestones give families an opportunity to celebrate God's faithfulness while encouraging growth through the stages of life.

MILESTONES at MBCC

- Baby Dedication
- Receiving Beginners Bible in Nursery
- 3rd Grade Bible Presentation
- Baptism
- 6th Graders entering into Youth Ministry
- High School Graduation
- Marriage
- Discovery Class - becoming members of MBCC

MILESTONES at Home

- Birthdays
- Anniversaries
- Rights of passage
- Starting a new school year or school
- Celebrating an accomplishment



MILESTONES worksheet

BABY DEDICATION

Take the bible verse that was read during the baby dedication and put it in a frame in your child's room. Take a few minutes each day to intentionally pray that passage over your child.

3RD GRADE BIBLE PRESENTATION

Start a bible reading plan together as a family. Use the bookmark reading plan given to your child with their bible. Grow the reading plan as they get older by using the resources online.

BAPTISM

Frame a picture, testimony and certificate from the baptism and place it somewhere special to remember the redeeming work of God in the life of your child.

BIRTHDAY AND ANNIVERSARY

Celebrating a milestone is more than just eating cake and ice cream. It creates an opportunity as a family to look back on the previous year and look ahead at what is next. Begin a practice of writing a letter to family members on their birthday (or for your spouse on anniversaries) by celebrating the accomplishments of the past year and writing out a prayer for the next.

RIGHT OF PASSAGE

Create a milestone for your Kids/grandKids when they reach a certain age. It might be when they become a teenager or when they enter youth group. Use this milestone to create a tradition in your family by going on a trip or spending one-on-one time with them in a special way. Use that time to encourage their God given gifts and begin to help them understand their calling in life.

GRADUATIONS

Create a tradition as a family to celebrate graduations by pausing to give God the glory for this incredible accomplishment in life.



MILESTONES worksheet

FAMILY MILESTONES

Take some time to write out your family milestones and how you can intentionally celebrate them.



MILESTONES worksheet

HOLIDAY TRADITIONS

Take some time to write out your family holiday traditions and how you can use them to point your family to God.



RESOURCES

The contents of this workbook came from a variety of books, podcast, conversations and prayers. To further your understanding and application of family discipleship, please consider the resources below.

Family Discipleship Books

- Habits of the Household - Justin Whitmel Early
- Parenting - Paul David Tripp
- Age of Opportunity - Paul David Tripp
- Family Discipleship - Matt Chandler & Adam Griffin
- Show Them Jesus - Jack Klumpenhower
- Grandparenting with Grace - Larry E. McCall
- Equipping Grandparents - Dr. Josh Mulvihill

Liturgical Books

- Every Moment Holy - Douglas Kaine McKelvey
- Liturgy of the Ordinary - Tish Harrison Warren

Podcasts

- Raising Boys and Girls - Sissy Goff & David Thomas
- The Intentional Family - Jefferson Bethke & Jon Tyson
- Gospel Shaped Home Podcast - Providence Church
- Dad Tired - Jerrad Lopes
- Legacy Grandparenting - Legacy Coalition
- Girl Mom - Kari Kampakis
- Don't Mom Alone - Heather MacFadyen

Additional resources at mbcc.us/family

