

**A Guide
to
Family Worship**

Dear Reader-

In this booklet I have attempted to give you a few simple thoughts about Family Worship. There are many resources available that go in to greater depth and so I have intentionally been short here so as to give you a starting point for making Family Worship part of your home life.

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Family Worship has occurred in various forms throughout history and is well worth your time and effort. You and your family will find great reward in spending time together worshipping our great God.

Charles Spurgeon (1834-1892), the prince of preachers, once said the following about family worship,

If we want to bring up a godly family, who shall be a seed to serve God when our heads are under the clouds of the valley, let us seek to train them up in the fear of God by meeting together as a family for worship.¹

Some Scriptural References relating to Family Worship

- Genesis 18:17-19; 22:6-7
- Deuteronomy 6:4-9; 11:18-21
- Psalm 78:1-8
- Ephesians 5:25-26; 6:1-4
- 2 Timothy 1:5; 3:14-15
- Psalm 5:11, 7:17, 59:17, 81:1, 84:2, 98:5,100, 105:2, 119:172, 147:1; 150

A Simple Definition of Family Worship

Family Worship is the regular and intentional gathering of a household to worship God and to make disciples in the home.

- **Regular**- consistent, habitual, normal
- **Intentional**- planned, deliberate, on purpose
- **Gathering**- coming together, meeting, assembly
- **Household**- family unit, everyone living in your home
- **Make Disciples**- evangelizing, teaching, and equipping

¹ C.H. Spurgeon, " A Pastoral Visit," 362-363

Elements of Family Worship

Read and Study the Bible

- **2 Timothy 3:14-17; Psalm 1:1-2; 119**
- **Sermon Series Text:** as a family study the passages being preached from in church. Use sermon notes to explain the text; discuss main points and applications.
- **Pick any book of the Bible:** expository studying of God's Word as a family helps to understand it in context.
- **Topical Study from Bible:** studying through one doctrine at a time to better understand it from all of Scripture.
- **Catechism:** a set of questions and answers based on Scripture to teach and discuss Biblical truth.

Prayer

- **Philippians 4:4-7; Colossians 4:2-3**
- **A.C.T.S. Pattern of Prayer:** adoration, confession, thanksgiving, and supplication
- **Matthew 6:9-13 Pattern:** using the Lord's Prayer as pattern of prayer
- **Categorical Pattern:** having each night be a different category focus; i.e. family, friends, church, government, missions, lost people, etc.

Singing

- **1 Chronicles 16:9,23; The book of Psalms; Colossians 3:16**
- **Sing a hymn(s) or song(s):** those being sung at church (or any other Biblically solid song you know).
- **Sing acapella or with instruments:** If no one in the household plays an instrument you can use an iPod, Spotify, CD or other resources to play music to sing along to.
- **Singing is part of the Christian Faith as found in the passages above and others.**
 - Including singing in our homes is a way to model and teach our kids about this part of the Christian's Life.
 - Including singing in our homes also can enhance our families' time as they sing along side other believers in corporate singing on Sundays.
- **Please do not let the singing part keep you from leading your family in Time in the Word and in Prayer.**

Helpful Thoughts for Family Worship

- **Led and initiated by the Father**- Scripture speaks of men as the head of their home and specifically calls them to lead their family in the study of God's Word.
- **Regular**- same scheduled time and place so that this becomes a habit and normal part of your home life. Don't let the things of this world rob your family of the eternal treasure of knowing God.
- **Natural**- be yourself and have fun with this. Enjoy being together worshipping God as a family.
- **Mandatory**- all members of the household should be present.
- **Participatory**- everyone should be involved and engaged in the process.
- **Simple**- this time does not have to be a long drawn out event. Keep it simple and clear so that each person can benefit. With younger children 10 minutes is plenty of time. As your children age you can increase the time as beneficial.
- **Avoid Distractions**- turn off the all media devises, remove toys and games from the area, turn your phones down or off, etc.

Some Benefits of Family Worship

- It honors God.
- It draws the family closer to God.
- It draws the family closer to one another.
- It lays a foundation for multigenerational faithfulness (parents evangelizing children).
- It is a training ground for children (teaching and equipping them).
- It is a way of washing your wife with the water of the Word
- It can make corporate worship more meaningful.
- It will help connect all of life to God.

What Family Worship is Not

(From Jason Helopoulos' Book *A Neglected Grace*)

- A replacement for corporate worship.
- Worship of the Family.
- A burden of weight.
- A time to chastise your family.
- Family Activity Time.
- Morality Training Time.
- A guarantee of saving faith.

What if's

- **What if I travel for work?**
 - Make the most of when you are home.
 - Utilize skype, facetime, phone calls.
 - Wife can lead kids through this when you are gone.
- **What if I have never done this before?**
 - Start slowly.
 - Don't try to over-do it at first.
- **What if I Mess Up?**
 - The goal is not perfection, don't beat yourself up just keep trying.
 - Ask others for help and guidance.
 - Read resources listed in the pages below.
- **What if my family is not into it?**
 - Be patient with them (wife and or kids).
 - Pray and ask God to work in your family.

How to Start

- **Personally spend time in the Word and Prayer.**
- **Dependence on God**
Confess to God your need for His help to lead your family
- **Lead Family with Vision**
Define and explain Family Worship to family
Giving direction for your plan to implement this
- **Lead Family with God Honoring Attitude**
Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-Control

Basic Bible Study Approach

After reading through a text cover the categories listed below.

- **Observation**
What does the text say?
- **Interpretation**
What does the text mean?
- **Application**
How does it apply to my life?

Samples of Family Worship

Sample # 1 of Family Worship going through a Book of the Bible

1. Time in Word

Going through the Gospel of Mark

- Read Passage (from table below)
- Study passage
 - Observation
 - What does this passage say?
 - Interpretation
 - What does this passage mean?
 - Application
 - How does it apply to my life?

2. Time in Prayer

- Adoration
- Confession
- Thanksgiving
- Supplication

3. Sing

- Sing the *Gospel Song*
http://www.sovereigngracemusic.org/Songs/The_Gospel_Song/16
 - This page has song to listen to (and sing to).
 - This page also has sheet music you can download for free.
- Lyrics
Holy God in love became
Perfect man to bear my blame
On the cross He took my sin
By his death I live again

Day 1	Mark 1:1-8
Day 2	Mark 1:9-15
Day 3	Mark 1:16-20
Day 4	Mark 1:21-28
Day 5	Mark 1:29-34
Day 6	Mark 1:35-39
Day 7	Mark 1:40-45
Day 8	Mark 2:1-12
Day 9	Mark 2:13-17
Day 10	Mark 2:18-22

Day 11	Mark 2:23-28
Day 12	Mark 3:1-6
Day 13	Mark 3:7-12
Day 14	Mark 3:13-21
Day 15	Mark 3:22-30
Day 16	Mark 3:31-35
Day 17	Mark 3:31-35
Day 18	Mark 4:1-9
Day 19	Mark 4:10-20
Day 20	Mark 4:21-25
Day 21	Mark 4:26-29
Day 22	Mark 4:30-34
Day 23	Mark 4:35-41
Day 24	Mark 5:1-20
Day 25	Mark 5:21-34
Day 26	Mark 5:35-43
Day 27	Mark 6:1-6
Day 28	Mark 6:7-13
Day 29	Mark 6:14-29
Day 30	Mark 6:30-44
Day 31	Mark 6:45-52
Day 32	Mark 6:53-56
Day 33	Mark 7:1-13
Day 34	Mark 7:14-23
Day 35	Mark 7:24-30
Day 36	Mark 7:31-37
Day 37	Mark 8:1-10
Day 38	Mark 8:11-21
Day 39	Mark 8:22-26
Day 40	Mark 8:27-30
Day 41	Mark 8:31-9:1
Day 42	Mark 9:2-13
Day 43	Mark 9:14-29
Day 44	Mark 9:30-32
Day 45	Mark 9:33-37
Day 46	Mark 9:38-41
Day 47	Mark 9:42-50
Day 48	Mark 10:1-12
Day 49	Mark 10:13-16
Day 50	Mark 10:17-31
Day 51	Mark 10:32-34
Day 52	Mark 10:35-45
Day 53	Mark 10:46-52

Day 54	Mark 11:1-11
Day 55	Mark 11:12-14
Day 56	Mark 11:15-19
Day 57	Mark 11:20-26
Day 58	Mark 11:27-33
Day 59	Mark 12:1-12
Day 60	Mark 12:13-17
Day 61	Mark 12:18-27
Day 62	Mark 12:28-34
Day 63	Mark 12:35-40
Day 64	Mark 12:41-44
Day 65	Mark 13:1-13
Day 66	Mark 13:14-23
Day 67	Mark 13:24-27
Day 68	Mark 13:28-31
Day 69	Mark 13:32-37
Day 70	Mark 14:1-9
Day 71	Mark 14:10-21
Day 72	Mark 14:22-25
Day 73	Mark 14:26-31
Day 74	Mark 14:32-42
Day 75	Mark 14:43-52
Day 76	Mark 14:53-65
Day 77	Mark 14:66-72
Day 78	Mark 15:1-5
Day 79	Mark 15:6-15
Day 80	Mark 15:21-32
Day 81	Mark 15:33-41
Day 82	Mark 15:42-47
Day 83	Mark 16:1-13
Day 84	Mark 16:14-20

Sample # 2 of Family Worship using a Single Passage

1. Time in Word

- Read 2 Timothy 3:14-17
- Study passage
 - Observation
 - What does this passage say?
 - Interpretation
 - What does this passage mean?
 - Application
 - How does it apply to my life?

2. Time in Prayer

- Categorical Prayer (choose one category below and use in prayer time)
 - Church
 - Family
 - Friends
 - Missions/Lost
 - Government (local and Federal)

3. Sing

- Sing the *Doxology Hymn* (can be found on YouTube)

Sample # 3 of Family Worship using Sermon Notes

1. Time in Word

- Read Passage from Sermon
- Use Sermon notes from Sunday
 - Discuss Main Points
 - Use Just For Kids Program (from Church) to include younger children

2. Time in Prayer

- Use Lord's Prayer Matthew 6:9-13 as pattern for prayer using the example included in this guide.
 - First Petition: God's Glory
 - Second Petition: God's Kingdom
 - Third Petition: God's Will
 - Fourth Petition: Give Us
 - Fifth Petition: Forgive Us
 - Sixth Petition: Lead Us

3. Sing

- Sing *Once and For All*
 - By Passion Band featuring Chris Tomlin

Examples of Prayer Patterns to use in Family Worship

A.C.T.S. Pattern of Prayer

Adoration (2 Samuel 22:50; Psalm 34:1; 1 Chronicles 29:11-13)

To adore God; to praise God for who He is and what He has and is doing; to worship and love God with all your heart, soul, mind and strength (Mark 12:30)

The book of Psalms is helpful in guiding our adoration.

Example of using a Psalm: 147:1,5: *"I praise you oh God for you are great, abundant in strength and you are all-knowing."*

Confession (Psalm 66:18; 1 John 1:9)

Acknowledging your sins before God. When you received eternal life through Jesus, a father-child relationship was established between you and God that will never be broken, but our fellowship with God can be hindered by unconfessed sin.

Thanksgiving (1 Thessalonians 5:16-18; Philippians 4:4-7)

Expressing gratitude and praise to God for specific things He has done in you and your family's life.

Supplication (1 Thessalonians 5:16-18; 1 Timothy 2:1-4; Philippians 4:4-7)

Making requests and expressing desires to God on behalf of family, church, friends, others, the world, the lost, and yourself (specific requests).

Matthew 6:9-13 Pattern of Prayer

First Petition: God's Glory

Our Father in heaven, hallowed be your name.

As Christians, God is our Father and should be approached with respect and honor. To hallow is to honor; thus, we should express praise and adoration of God in our prayers for who He is and what He does.

We were created for God's glory and need to pray for Him to be gloried in our lives.

Second Petition: God's Kingdom

Your kingdom come,

God's kingdom is His rule and reign.

We should ask Jesus to rule and reign in our lives, our families, our church, our community, and the world. We should also pray for the lost that God would save them and begin reigning and ruling in them.

Third Petition: God's Will

Your will be done, on earth as it is in heaven.

God's will is revealed in His Word. Therefore we need to pray that we, our families, and the church would live based on what God's teaches us in His Word: that we would serve and obey God and not ourselves.

Fourth Petition: Give Us

Give us this day our daily bread

Ask God to give what is needful our *needs*, those of your family, and others.

Also express thanksgiving for what He has given you.

Fifth Petition: Forgive Us

And forgive us our debts, as we also have forgiven our debtors.

Confess any sin in your life to Christ. Also ask God to help you, your family, and others to show forgiveness to others just as God has forgiven us through Jesus!

Sixth Petition: Lead Us

And lead us not into temptation, but deliver us from evil.

Ask God to deliver you and your family from temptation that you know awaits you.

Ask God to deliver you from temptations that you do not yet see.

Ask God to deliver you and your family from evil.

Categorical Pattern of Prayer

In this approach each night of the week there is a different focus for prayer. This pattern continues in the same manner each week.

Example:

Monday: Family

Tuesday: Friends

Wednesday: Church

Thursday: Government (local, state, and federal)

Friday: Lost and Missions

SBC Resolution on Family Worship

ON FAMILY WORSHIP

June 2010

WHEREAS, The Bible teaches the spiritual discipline of family worship for the glory of God, the strengthening of the church, and the spiritual nourishment of the family (Deuteronomy 6:1-18; Psalm 78:1-8; Ephesians 4-6); and

WHEREAS, Scripture pictures the Christian home as a place in which parents are instructed to teach and disciple their children in the nurture and admonition of the Lord (Deuteronomy 6:1-18; Ephesians 6:1-4); and

WHEREAS, Family worship has been a cherished Southern Baptist principle reflected in church covenants which have called believers "to maintain family and secret devotions" and "to religiously educate" their children; and

WHEREAS, In recent years, family worship has been emphasized in The Baptist Faith and Message, which states that "Parents are to teach their children spiritual and moral values and to lead them, through consistent lifestyle example and loving discipline, to make choices based on biblical truth"; and

WHEREAS, Southern Baptists have launched major initiatives which have brought to the forefront the need for families to pray, read from the Bible, memorize scripture, and give

praise to the Lord within their homes; and

WHEREAS, In 2009, the president of the Southern Baptist Convention included family worship as a key catalyst for a Great Commission resurgence calling on Southern Baptists “to build gospel-saturated homes that see children as a gift from God and as our first and primary mission field”; and

WHEREAS, Family worship is integral to laying a foundation for multi-generational faithfulness to the gospel (Psalm 145:4) and a necessary complement for the strengthening of the local church to fulfill its commission (Matthew 28:18-20); and

WHEREAS, Family worship serves as an important preparation for the corporate worship of the local church on the Lord’s Day (Ephesians 4:11-16; Hebrews 10:25); and

WHEREAS, In recent generations, the act of family worship has been neglected, evidenced by the breakdown of the family in our time; and

WHEREAS, The embracing of the spiritual discipline of family worship in the Christian home has the capacity to nurture stronger families, a stronger church, and a stronger nation; now, therefore, be it

RESOLVED, That the messengers to the Southern Baptist Convention meeting in Orlando, Florida, June 15-16, 2010, encourage churches and families to rekindle the spiritual discipline of family worship; and be it further

RESOLVED, That we define family worship as the regular meeting together of a family for a time of prayer and Bible reading, which may include other activities such as scripture memorization, singing spiritual songs and hymns, and discussing biblical truth and Christian mission; and be it further

RESOLVED, That we encourage families to cultivate not only structured times of worship together, but also ongoing intentional and informal conversations about the things of the Lord; and be it further

RESOLVED, That as we call families and churches to embrace family worship, we urge fathers particularly to fulfill their divinely mandated responsibility to lead their families toward

spiritual maturity (Ephesians 5:22-6:4; Colossians 3:19-21); and be it further

RESOLVED, That we encourage all parents to consider times of family worship to be an opportunity to introduce their children to the gospel, to train their children to seek the salvation of their friends and neighbors, and to pray for the nations; and be it further

RESOLVED, That we encourage churches and families to make use of the many resources produced to aid in family worship; and be it finally

RESOLVED, That we urge the churches of the Southern Baptist Convention and their pastors to promote family worship and encourage the families of their congregations to place the highest priority on embracing this foundational spiritual discipline for the well-being of families, the spread of the gospel, the making of disciples, and the glory of God.

Additions related to Family Worship

Along with Family Worship there are other means of imparting a Godly legacy to your children. Three that have been included below are Scripture Memory, Catechism, and Life Moments.

Scripture Memory and a Catechism can be used during Family Worship time or at separate times.

Life moments occur outside of Family Worship time, as you will read below.

Scripture Memory

God in His loving kindness to us has provided for us His Word so that we might know Him and His son. Below are 5 verses (among many) found in the Bible that give compelling reason to memorize God's Word:

2 Timothy 3:14-17
Psalm 119:11
Colossians 3:16
Psalm 1:1-2
2 Peter 1:16-21

It is vital for parents and children to be memorizing God's Word. There are a variety of methods that can be used. Here are a few suggestions:

Fighter Verses
Memory Verses from Child Connection Classes at Grace Fellowship

Whole books of the Bible.

Memory verse suggestions from the T.A.G. books (found listed in the resource section at the end of this guide)

Catechism

Adapted from John Piper

I. What is a catechism?

In 1 Corinthians 14:19 Paul says, "In the church I would rather speak five words with my mind, in order to **instruct** others, than ten thousand words in a tongue." In Galatians 6:6 he says, "Let **him who is taught** the word share all good things with **him who teaches**." Acts 18:25 says that Apollos "has been **instructed** in the way of the Lord."

In each of these verses the Greek word for "instruct" or "teach" is *katecheo*. From this word we get our English word "catechize". It simply means to teach Biblical truth in an orderly way. Generally this is done with questions and answers accompanied by Biblical support and explanation.

II. Is there a Biblical pattern of doctrine?

Several texts teach that there is. For example, in Romans 6:17 Paul gives thanks that "you have become obedient from the heart to the *pattern of teaching* to which you were committed." 2 Timothy 1:13 says, "Follow the *pattern of sound words* which you heard from me." Acts 2:42 says, "They devoted themselves to *the apostles' teaching*." 2 Thessalonians 2:15 says, "Stand firm and hold to *the traditions* which you were taught by us." And Acts 20:27 says, "I did not shrink from declaring to you the *whole counsel of God*."

So it appears that there was a body of authoritative instruction and even a way of teaching it in the early church.

III. Why is it important?

1. We are required to "continue in the faith, stable and steadfast" (Col. 1:23).
2. We are urged to "attain to the unity of the...knowledge of the Son of God...so that we may no longer be children, tossed to and fro and carried about by every wind of doctrine" (Eph. 4:13-14).
3. There are many deceivers (1 John 2:26).
4. There are difficult doctrines "which the ignorant and unstable twist to their own destruction" (2 Peter 3:16).

5. Leaders must be raised up who can “give instruction in sound doctrine and also confute those who contradict it” (Titus 1:9).

Life Moments

Defined

Being attentive to use everyday moments as opportunities to share God’s truth with our kids. To say it another way: using daily opportunities to give our kids awe of who God is and what He has done whether at the grocery store, school, the park, home, games, etc.

Bible Exhortation

Deuteronomy 6:4-9 teaches us that we are to make disciples of our children in all of life by modeling for them and teaching them the ways of God.

Content

Verse 4-5: We are to love God with all our heart, soul, and might.

Verse 6: We are to cherish in our hearts the commands of God and are to live them out.

Verse 7-9: States that we are to teach our children diligently when we Sit, Walk, Lie Down, and Rise.

Application

Teach the Way of God to your children in all of life’s moments.

We are to teach our kids how God and His ways impact all of life (not just at church). God’s Word relates to and informs how we live every area of our life.

Model the Way of God to your children in all of life’s moments.

We are to model for our children how to live out the truths of God’s Word in conjunction with what we are teaching them.



Resources for Parents

Children's Bible and Story bibles:

- *ESV Children's Bible* by Crossway
- *The Big Picture Story Bible* by David Helm
- *Jesus Storybook Bible: Every Story Whispers His Name* by Sally Lloyd-Jones
- *The Beginner's Bible: Timeless Children's Stories* by Kelly Pulley
- *365 Bible Stories for Young Hearts* by Lion Hudson

Family Worship:

- *Family Worship* by Donald S. Whitney
- *Rediscovering Family Worship* by Jerry Marcellino
- *A Neglected Grace* by Jason Helopoulos
- *Family Worship, 2nd Edition* by Joel R. Beeke
- *The Family Worship Book: A Resource Book for Family Devotions* by Terry L. Johnson

Family Devotion Books:

- *Big Truths For Young Hearts: Teaching and Learning the Greatness of God* by Dr. Bruce Ware
- *Big Book of Questions and Answers: A Family Devotion Guide to the Christian Faith* (Bible Teaching) by Sinclair B. Ferguson
- *Training Hearts Teaching Minds* by Starr Meade
- *Mighty Acts of God* by Starr Meade
- *Long Story Short* by Marty Machowski
- *Old Story New* by Marty Machowski
- *Leading Little Ones to God* by Marian M. Schoolland
 - *Behold the Lamb of God* by Russ Ramsey
- *Let Every Heart Prepare Him Room: Daily Family Devotions for Advent* by Nancy Guthrie
 - *Counting the Days, Light the Candles: A Christmas Advent Devotional* by Elyse M. Fitzpatrick
 - *Prepare Him Room: Celebrating the Birth of Jesus Family Devotional* by Marty Machowski
 - *The Lamb* by John Cross

Catechisms:

- A Baptist Catechism adapted by John Piper (free)
- Catechism for Girls and Boys at reformedreader.org (free)
- Truth and Grace Memory Books 1, 2, 3 by Thomas K. Ascol
- Westminster Larger, Shorter, and Young Children Catechism at <http://www.reformed.org/documents/index.html>
- *The Young Baptist's Catechism* by Adam Murrell
- Here is a link to articles by Dr. Tom Nettles, Professor at the Southern Baptist Theological Seminary about catechisms.
<http://wwwFOUNDERS.org/journal/fj10/article3.html>

Parenting Books:

- *Age of Opportunity: A Biblical Guide to Parenting Teens* by Paul David Tripp
- *Give Them Grace: Dazzling Your Children With the Love of Jesus* by Elyse M. Fitzpatrick
- *Shepherding a Child's Heart* by Tedd Tripp
- *Teach Them Diligently: How To Use Scripture in Child Training* by Louis Priolo
- *Don't Make Me Count to Three* by Ginger Hubbard
- *The Faithful Parent* by Martha Peace and Stuart W. Scott
- *Everyday Talk: Talking Freely and Naturally about God with your Children*

Teaching Boys about Manhood

- *Created for Work* by Bob Schultz
- *Boyhood and Beyond* by Bob Schultz
- *Practical Happiness* by Bob Schultz
- *Everyday Battles* by Bob Schultz

Music Resources:

Websites

- Family Seed Worship on www.seedsfamilyworship.com
- Online Hymn resource www.hymnbook.igracemusic.com

CDs

- Songs that Jesus Said by Keith and Kristen Getty
- Awesome God by Sovereign Grace Music
- To Be Like Jesus by Sovereign Grace Music
 - Together for the Gospel Live sold by Sovereign Grace Music

- Together for the Gospel Live II sold by Sovereign Grace Music

Children's Books of Redemptive History:

- *The Bible's Big Story* by James M. Hamilton Jr.
- *God's Great Plan* by Melissa Cutrera

Scripture Memory:

- Fighter Verses

Books on Sex and Intimacy:

- *Growing Up God's Way* by Dr. Chris Richards and Dr. Liz Jones
- *Time for The Talk* by Steve Zollos
- *Passport2Purity* by FamilyLife
- 4 book set called *God's Design for Sex* by Stan & Brenna Jones

Books of Prayer:

- *Water of the Word: Intercessions for Her (2nd Edition)*, by Andrew Case
- *Prayer of an Excellent Wife: Intercession for Him* by Andrew Case
- *Setting Their Hope in GOD: Biblical Intercession For Your Children*, by Andrew Case and Joy Hernandez
- *Prone To Wander: Prayers of Confession and Celebration*, by Barbara R. Duguid and Wayne Duguid Houk
- o *The Valley of Vision: A Collection of Puritan Prayers and Devotions*, no author

Bible Study Starters:

- *How to Read the Bible for All Its Worth* by Gordon D. Fee and Douglas Stuart
- *How to Read the Bible Book by Book* by Gordon D. Fee and Douglas Stuart
- *ESV Study Bible* Published by Crossway
- *The New Inductive Study Bible NASB* published by Harvest House