

JANUARY

FAMILY DISCIPLESHIP PRACTICE: HABITS



Spiritual disciplines, or habits, are intentional practices rooted in faith that nurture a deeper relationship with God, foster spiritual growth, and align a person's life with God's will.

Family Activity: Domino Choices

Supplies Needed: Dominoes, Choices Challenge, Domino Map

Activity Instructions:

1. Prepare Your Dominoes:

- Sit together as a family and lay out your dominoes. On one side of each domino, use a sharpie to write a good choice* that helps you grow closer to God (e.g., reading the Bible, praying, worshiping, memorizing scripture). Leave the other side blank. (*Use this as an opportunity to ask your child(ren) what they think are good choices to grow closer to God)

2. Use the Domino Map:

- Pull out the Domino Map attachment and lay it in front of you.
- Set up the dominoes on the paper so that all the sides with good choices face the direction of "Further from God," and all the blank sides face "Closer to God."

Discussion Questions:

1. Visualize the Dominoes:

- SAY: **"It's a brand new year! This is the time of year that most people like to talk about our choices and habits, and how they affect our lives. We've got some great choices lined up in front of us. Let's see what happens when we make that first good choice."**
- Tap the dominoes in the direction of the good choices and watch them all fall toward "Closer to God." Then, discuss what would happen if they were flipped the other way (they lead "Further from God").

2. Discuss Choices and Consequences:

- SAY: **"What happened when we tapped on our first good choice? (They all fell and moved us closer to God) That happens in our lives as well! Every choice we make either helps us get closer to God or moves us further from Him. Think about it like your friends. Tell me, what are some things you do with your friends? (spending time with them, talking with them, playing games with them, finding them at school, etc.) Those are all choices that we make that help us be closer to our friend. When we make choices that help us be closer to the Lord, we honor God and grow closer to Him. Let's look at someone in the Bible who make some good choices and see where it got him."**

4. Overview of Hezekiah:

- Read or summarize 2 Kings 18:1-8, which tells the story of King Hezekiah. Ask: **Did Hezekiah make good or bad choices?** (He made good choices and obeyed God.)
- **Discuss the specific ways Hezekiah was faithful to the Lord.** (e.g., removed high places, destroyed idols, trusted in the Lord, remained faithful, resisted evil kings).

Closing:

- SAY: **Choices and daily practices are important because they help us grow spiritually. Just like spending time with a best friend strengthens your bond, spending time with God through good habits strengthens your relationship with Him.**

Family Challenge:

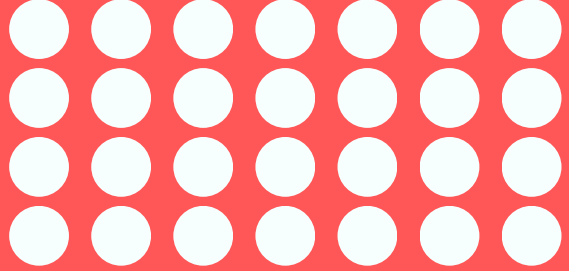
- Brainstorm together: **What are some choices or habits we can start this year to grow closer to God?** (Examples: Reading the Bible, praying together, helping others, memorizing scripture.)
- Commit to implementing these habits as a family and celebrate your progress regularly.

CHOICES CHALLENGE

The Family Choices Challenge is a simple and meaningful tool designed to help your family grow closer to God through consistent spiritual practices. Identify four meaningful goals you'd like to work on together as a family, and set realistic expectations for how many times a week you'll commit to each one. Set aside time every Saturday or Sunday night to come together as a family and review your progress toward your goals. For preschoolers, consider using stickers as a fun and engaging way for them to track their habits and celebrate their achievements. Your goal? To grow closer to the Lord!

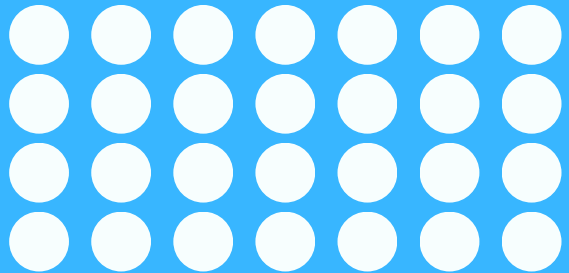
CHALLENGE 1

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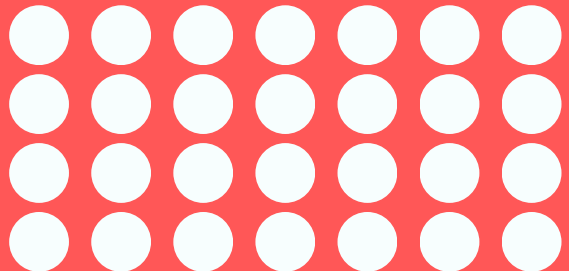
CHALLENGE 2

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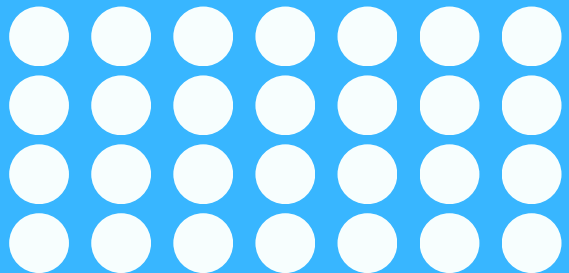
CHALLENGE 3

S M T W T F S



CHALLENGE 4

S M T W T F S



GOAL

NOTES

Closer to
God

Further
from
God

