

# 3 FOR THIRTY

Every day, set aside 30 minutes to sit down together as a family to do the following:

## 1. Reading

- Spend 10 minutes reading Matthew 8:1-13 together (on the back of this sheet).
- Divide it among your family so that everyone gets a chance to read.
- Ask the question, *“what stands out to you from this text?”*

## 2. Praying

- Spend 10 minutes praying together.
- Find a quiet space that your family can gather together. Adults, lead the prayer time and invite your students to join in.
- Ask the questions, *“who do we need to pray for?”*; *“what needs are we aware of within our family, friend, and neighbor circles?”*

## 3. Journaling

- Spend 10 minutes journaling together.
- Have paper and something to write with ready.
- Write down what stood out to you from the text you read as a family.
- Write down what you can remember from prayer time. (Thoughts about specific people, places, or events that were prayed for, as well as any personal thoughts.)

## 4. Repeat Daily

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## ***Matthew 8:1-13***

### ***Jesus heals a man with leprosy***

1 When Jesus came down from the mountainside, large crowds followed him. 2 A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." 3 Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cleansed of his leprosy. 4 Then Jesus said to him, "See that you don't tell anyone. But go, show yourself to the priest and offer the gift Moses commanded, as a testimony to them."

### ***The faith of the Centurion***

5 When Jesus had entered Capernaum, a centurion came to him, asking for help. 6 "Lord," he said, "my servant lies at home paralyzed, suffering terribly." 7 Jesus said to him, "Shall I come and heal him?" 8 The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. 9 For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it." 10 When Jesus heard this, he was amazed and said to those following him, "Truly I tell you, I have not found anyone in Israel with such great faith. 11 I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac and Jacob in the kingdom of heaven. 12 But the subjects of the kingdom will be thrown outside, into the darkness, where there will be weeping and gnashing of teeth." 13 Then Jesus said to the centurion, "Go! Let it be done just as you believed it would." And his servant was healed at that moment.