

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 8:14-22 together.
- Divide it among your family so that everyone gets a chance to read.
- Ask the question, “*what stands out to you from this text?*”

Matthew 8:14-22 – Jesus Heals Many; The Cost Of Following Jesus

“14 When Jesus came into Peter’s house, he saw Peter’s mother-in-law lying in bed with a fever. 15 He touched her hand and the fever left her, and she got up and began to wait on him. 16 When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. 17 This was to fulfill what was spoken through the prophet Isaiah: ‘He took up our infirmities and bore our diseases.’

18 When Jesus saw the crowd around him, he gave orders to cross to the other side of the lake. 19 Then a teacher of the law came to him and said, ‘Teacher, I will follow you wherever you go.’ 20 Jesus replied, ‘Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.’ 21 Another disciple said to him, ‘Lord, first let me go and bury my father.’ 22 But Jesus told him, ‘Follow me, and let the dead bury their own dead.’”

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 your 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