

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 9:1-10 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 9:1-10 — Jesus Forgives and Heals a Paralyzed Man; The Calling of Matthew

“1 Jesus stepped into a boat, crossed over and came to his own town. 2 Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, ‘Take heart, son; your sins are forgiven.’ 3 At this, some of the teachers of the law said to themselves, ‘This fellow is blaspheming!’ 4 Knowing their thoughts, Jesus said, ‘Why do you entertain evil thoughts in your hearts? 5 Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk’? 6 But I want you to know that the Son of Man has authority on earth to forgive sins.’ So he said to the paralyzed man, ‘Get up, take your mat and go home.’ 7 Then the man got up and went home. 8 When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to man.

9 As Jesus went on from there, he saw a man named Matthew sitting at the tax collector’s booth. ‘Follow me,’ he told him, and Matthew got up and followed him. 10 While Jesus was having dinner at Matthew’s house, many tax collectors and sinners came and ate with him and his disciples. 11 When the Pharisees saw this, they asked his disciples, ‘Why does your teacher eat with tax collectors and sinners?’ 12 On hearing this, Jesus said, ‘It is not the healthy who need a doctor, but the sick. 13 But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

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