

# 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 11:1-19 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 11:1-19 – Jesus and John the Baptist**

*“1 After Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in the towns of Galilee. 2 When John, who was in prison, heard about the deeds of the Messiah, he sent his disciples 3 to ask him, ‘Are you the one who is to come, or should we expect someone else?’ 4 Jesus replied, ‘Go back and report to John what you hear and see: 5 The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. 6 Blessed is anyone who does not stumble on account of me.’ 7 As John’s disciples were leaving, Jesus began to speak to the crowd about John: ‘What did you go out into the wilderness to see? A reed swayed by the wind? 8 If not, what did you go out to see? A man dressed in fine clothes? No, those who wear fine clothes are in kings’ palaces. 9 Then what did you go out to see? A prophet? Yes, I tell you, and more than a prophet. 10 This is the one about whom it is written: ‘I will send my messenger ahead of you, who will prepare your way before you.’ 11 Truly I tell you, among those born of women there has not risen anyone greater than John the Baptist; yet whoever is least in the kingdom of heaven is greater than he. 12 From the days of John the Baptist until now, the kingdom of heaven has been subjected to violence, and violent people have been raiding it. 13 For all the Prophets and the Law prophesied until John. 14 And if you are willing to accept it, he is the Elijah who was to come. 15 Whoever has ears, let them hear. 16 ‘To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others 17 ‘We played the pipe for you, and you did not dance; we sang a dirge, and you did not mourn.’ 18 For John came neither eating nor drinking, and they say, ‘He has a demon.’ 19 The Son of Man came eating and drinking, and they say, ‘Here is a glutton and a drunkard, a friend of tax collectors and sinners.’ But wisdom is proved right by her deeds.”*

## 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