

# 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 15:1-20 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 15:1-20 –**

## ***That Which Defiles***

*“1 Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, 2 “Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!” 3 Jesus replied, “And why do you break the command of God for the sake of your tradition? 4 For God said, ‘Honor your father and mother’ and ‘Anyone who curses their father or mother is to be put to death.’ 5 But you say that if anyone declares that what might have been used to help their father or mother is ‘devoted to God,’ 6 they are not to ‘honor their father or mother’ with it. Thus you nullify the word of God for the sake of your tradition. 7 You hypocrites! Isaiah was right when he prophesied about you: 8 ““These people honor me with their lips, but their hearts are far from me. 9 They worship me in vain; their teachings are merely human rules.””*

*10 Jesus called the crowd to him and said, “Listen and understand. 11 What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” 12 Then the disciples came to him and asked, “Do you know that the Pharisees were offended when they heard this?” 13 He replied, “Every plant that my heavenly Father has not planted will be pulled up by the roots. 14 Leave them; they are blind guides. If the blind lead the blind, both will fall into a pit.” 15 Peter said, “Explain the parable to us.” 16 “Are you still so dull?” Jesus asked them. 17 “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? 18 But the things that come out of a person’s mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what defile a person; but eating with unwashed hands does not defile them.”*