

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 17:14-23 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 17:14-23 – Jesus Heals a Demon-Possessed Boy;

14 When they came to the crowd, a man approached Jesus and knelt before him. 15 “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. 16 I brought him to your disciples, but they could not heal him.” 17 “You unbelieving and perverse generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.” 18 Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. 19 Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” 20 He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” 21 But this kind of demon won’t leave except by prayer and fasting.

Jesus Predicts His Death a Second Time

22 When they came together in Galilee, he said to them, “The Son of Man is going to be delivered into the hands of men. 23 They will kill him, and on the third day he will be raised to life.” And the disciples were filled with grief.

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