

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 19:1-12 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?*”

Divorce

“1 When Jesus had finished saying these things, he left Galilee and went into the region of Judea to the other side of the Jordan. 2 Large crowds followed him, and he healed them there. 3 Some Pharisees came to him to test him. They asked, ‘Is it lawful for a man to divorce his wife for any and every reason?’ 4 ‘Haven’t you read,’ he replied, ‘that at the beginning the Creator ‘made them male and female,’ 5 and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? 6 So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.’ 7 ‘Why then,’ they asked, ‘did Moses command that a man give his wife a certificate of divorce and send her away?’ 8 Jesus replied, ‘Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning. 9 I tell you that anyone who divorces his wife, except for sexual immorality, and marries another woman commits adultery.’ 10 The disciples said to him, ‘If this is the situation between a husband and wife, it is better not to marry.’ 11 Jesus replied, ‘Not everyone can accept this word, but only those to whom it has been given. 12 For there are eunuchs who were born that way, and there are eunuchs who have been made eunuchs by others—and there are those who choose to live like eunuchs for the sake of the kingdom of heaven. The one who can accept this should accept it.’”

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