

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 19:13-22 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?”*

Jesus Blesses Little Children

“13 Then little children were brought to Him that He might put His hands on them and pray, but the disciples rebuked them. 14 But Jesus said, “Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven.” 15 And He laid His hands on them and departed from there.”

Jesus Counsels the Rich Young Ruler

“16 Now behold, one came and said to Him, “Good Teacher, what good thing shall I do that I may have eternal life?” 17 So He said to him, “Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments.” 18 He said to Him, “Which ones?” Jesus said, “‘You shall not murder,’ ‘You shall not commit adultery,’ ‘You shall not steal,’ ‘You shall not bear false witness,’ 19 ‘Honor your father and your mother,’ and, ‘You shall love your neighbor as yourself.’ ” 20 The young man said to Him, “All these things I have kept from my youth. What do I still lack?” 21 Jesus said to him, “If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.” 22 But when the young man heard that saying, he went away sorrowful, for he had great possessions.”

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