

# 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 23:1-12 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?*”

### ***A Warning Against Hypocrisy***

*“1 Then Jesus said to the crowds and to his disciples: 2 “The teachers of the law and the Pharisees sit in Moses’ seat. 3 So you must be careful to do everything they tell you. But do not do what they do, for they do not practice what they preach. 4 They tie up heavy, cumbersome loads and put them on other people’s shoulders, but they themselves are not willing to lift a finger to move them. 5 “Everything they do is done for people to see: They make their phylacteries wide and the tassels on their garments long; 6 they love the place of honor at banquets and the most important seats in the synagogues; 7 they love to be greeted with respect in the marketplaces and to be called ‘Rabbi’ by others. 8 “But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers. 9 And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven. 10 Nor are you to be called instructors, for you have one Instructor, the Messiah. 11 The greatest among you will be your servant. 12 For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”*

## 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