

3 FOR THIRTY

Follow Christ

Every day, set aside 30 minutes to sit down together as a family to do the following:

1. Reading

- Spend 10 minutes reading **one of the following passages** together.
- Divide it among your family so that everyone gets a chance to read.

John 1:11-14— *Christ calls you to be born again.*

John 3:16-21— *Christ calls you to believe.*

Acts 2:22-28— *Christ calls you to live beyond death.*

Acts 2:32-41— *Christ calls you to turn away from sin.*

Romans 6:1-11— *Christ calls you to be baptized.*

Romans 12:1-10— *Christ calls you to serve others in love.*

- After reading, ask the following questions:
 - **Consider...***What stands out to you from this text?*
 - **He is...***What do we learn about God?*
 - **We are...***What do we learn about people?*
 - **I will...***What has the Holy Spirit revealed to you in this passage, and how will you obey it in your life this week?*
 - **You can...***Who do you know who needs to hear this?*

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