

# 3 FOR THIRTY

## Choose Life

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.

***Deuteronomy 30:11-20*** – Choose Life

***Deuteronomy 1:19-31*** – Courage to Obey

***Deuteronomy 4:25-31*** – The Lord is God

***Deuteronomy 6:1-9*** – Love the Lord

***Deuteronomy 7:6-11*** – Chosen People

***Deuteronomy 8:10-20*** – Remember the Lord

***Deuteronomy 15:1-8*** – God Will Bless You

***Deuteronomy 26:1-11*** – Giving to God

***Deuteronomy 31:1-8*** – God is our Deliverer

***Deuteronomy 34:1-12*** – The Reward of Obedience

- 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