

Creating a Family Rhythm

Icebreaker: It's Saturday Morning.

What's the **first** thing you do when you wake up? Do you think it's possible to change the Saturday morning routine?

Deuteronomy 6:5-7 *Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

Note (Historical Perspective):

Moses and the Israelites are in the territory of Moab in the area where the Jordan flows into the Dead Sea (1:5). As his final act at this important time of transferring leadership to Joshua, Moses delivered his farewell addresses to prepare the people for their entrance into Canaan. In them, Moses emphasized the laws that were especially needed at such a time, and he presented them in a way appropriate to the situation. For example, he spoke regarding the giving of the Ten Commandments, the significance of the Covenant relationship with the Lord, the importance of leaving a heritage in which future generations could learn and follow in their daily lives, etc.

Rhythm: (definition) - An interval during which a recurring sequence of events occurs, or a regular pattern in nature or in life. The concept of rhythms can be seen or has been detected in nearly every field of study man has embarked upon.

Note: Our personal/family “Rhythms” should be reflective of our love, priorities, and obedience toward God. (Deuteronomy 6:5)

1. When you **“WAKE UP”**

- Describe some of the first thoughts you have upon waking up in the morning. (For example: turning off the alarm clock, brushing teeth, activities planned for the day, clothes to wear, what’s for lunch, etc.)
- Describe how you bless or stress your family members upon waking up in the morning?
- When is the best time for you to begin thinking about God or spiritual matters?
- What do you perceive as some benefits of starting off with God upon waking up in the morning?
- If you were wanting to make God a priority in your life, what would you need to change in your morning routine? Or what have you changed in your morning routine to make God a priority in your life?

2. When you **“EAT”**

- Describe what you believe to be the value of eating meals together as a

family. What do you do that makes that time valuable?

- How do you involve God during your mealtime?
- What kind of things get in the way of making mealtime and God time a priority in your routine?
- How would your regular giving of thanks to God for His provisions of food, etc. be beneficial to yourself, your family, and anyone else visiting you during a mealtime? What can we do to keep it fresh and meaningful (i.e. heartfelt thanks)?

3. When you **“TRAVEL”**

- Describe what occupies your time while traveling with family members in your daily routine. Does this help you to focus on God?
- What are some things you could add to your routine to help strengthen your relationship for a more positive influence?

4. When you **“SLEEP”**

- How do you decide when it's time to go to sleep? (planned, abrupt, bored, etc.)

- Do you pray together as a family before going to bed?
- What can we do to help make family prayer a routine in the lives of our family members?
- Describe what you can do to bring God into the family discussions before going to bed?

5. Concluding Thoughts:

- How do we keep our prayers, discussions and routines from losing their meanings and becoming ritualistic?
- What is one thing you plan to change in your routine to help in the development of a better “Family Rhythm”?

Pastor Dave said at the end of his message that “God is saying if you are going to impress these truths in your heart or the hearts of your children, you will have to be more deliberate about ‘*creating a rhythm*’ within your home.”