

## Instructables Take Away

### Healthy Family Discipleship Model

#### A Healthy Me:

For the next 21 days, you establish a time with the Lord. If you already have a routine, continue to meet with the Lord, read His word and pray for your leadership within your family. If you don't have a plan or routine quiet time, I would suggest you begin with the following:

A. Pray and ask the Lord to open your mind and heart to what He wants to tell you as you read His word.

B. Take today's date: (January 22) and begin reading with Psalm 22.

C. Write down what God impresses on your heart.

D. Pray this back to the Lord concerning to your life, walk and leadership of your family.

E. Add 30 to the date and continue until you have no further Psalm to read that day.

Example (Jan. 22)- Read: Psalm 22, 52, 82, 112, & 142

Follow the same pattern of writing down what the Lord impresses on your heart and praying about them.

Also, add one proverb based on the date (Proverbs 22.)

F. If you continue this pattern, you will read through 150 Psalms and 31 Proverbs each month.

G. Get involved in a B-Group.

H. Consider getting involved in a Discipleship Group.

#### Heart Matters :

##### Practice Building Trust with your Kids

Love God with heart, soul, mind and strength.

Parenting must be motivated by your love for Him.

Win/Win resolution happens with Love leads to obedience.

##### Repair the Broken Trust

Admit where you broke your promise, your word or failed to follow through.

Ask forgiveness of your children.

Address your future parenting by rebuilding trust daily.

(With teens, consider Richard Ross's 30 Days)

#### Ho Hum Mundane

##### Establishing a Routine- One suggestion

When you get up in the morning:

Talk about the upcoming day/activities

Connect Sunday lesson/Wednesday lesson to the day

Talk about ways you can all honor God with your actions

Pray for the day.

When you are driving home from school, to practice, etc...

Talk about the day/lesson applied.

Struggles/issues/accomplishments.

Celebrate. Challenge

When you are eating, sitting in the evening, etc..

Reinforce the day's discoveries

Remind them of God's faithfulness

Devotional option here  
When you are going to bed  
Prepare for the upcoming day  
Devotional option here  
One challenge for tomorrow  
Pray

Remember be flexible, consistent, creative and fun!

### **Hula Hoop Measurement**

Where in your church do you kids connect with adults?  
Age Graded B-Group, Choir, Missions, etc...  
Who teaches your children?  
Get to know them and discover their values.  
Begin to build a relationship with these adults.  
Partner with them for influence and leverage.  
Involve your family in service projects with these and other families.  
Local, Regional, and Global.  
Remember: Information, Relationships and Experiencing Life Together  
make a huge impact on your child's future spiritual impact.

### **Hope: Make the Beginning the End**

Focus on Legacy  
What am I investing in my child?  
Does God Trump Everything?  
Evaluate all your families' involvement in secondary stuff.  
Is my focus on the temporal or the eternal?  
Have I lost perspective concerning "milk and honey?"

If I were to launch my child as an arrow today, what target would they hit ?

What adjustments do I need to connect my child to God's big story of redemption and restoration?

Am I trying to create the perfect family?

Am I pursuing a love relationship with Christ daily?

Am I trustworthy in the eyes of my children?

Are we valuing God as a part of our daily routine at home?

Am I including other adults in our journey of parenting?

Am I investing in "who" my child is becoming?

Am I focused on a spiritual legacy for my children?

Seek further development from your Broadmoor Staff.