

**Living
Church.**

FAMILY DISCIPLESHIP GUIDE



WEEK 4
WALK IN THE LIGHT

WALK IN LOVE
EPHESIANS PART TWO

Hi Families!

Family Discipleship is kind of a big deal. Deuteronomy 6:4-7 instructs parents to make God front and centre in home life; talking with children, impressing upon them and working with them at all times of the day and night. Put simply a parent's primary ministry is to raise their children to be disciples of Jesus.

For some of you it's already a regular part of the rhythm of your family's week; keep up the good work. Some of you will feel like you could be doing better; keep on trying, practice builds confidence and competence. And some of you feel overwhelmed and don't know where to start; that's ok, your church family is here to help.

Our prayer is that this Family Discipleship Guide will give you some helpful tools in developing a weekly rhythm of discipleship practices to help you and your family to grow together in love and service of God.

We've broken the guide in into 5 parts each with its own specific way of engaging the bible passage that week:

REFLECT encourages family members to reflect on the bible passage and what it means to them.

REACT engages your emotions and helps bringing those reactions before God.

RELATE encourages families to share honestly, and listen deeply to how one another are growing as disciples.

RESPOND helps families to work out real and practical ways they can respond to God in light of the weekly bible passage.

REVIEW encourages families to review the bible passage for the week and engage with it in a different way.

You might like to use these as 5 separate daily devotions, OR you might like to group some of the sections together to make a couple of family devotional times but leave yourself room to use other resources you've found elsewhere. Remember these are a collection of tools, not rules, for family discipleship.

Don't forget to show us how your family are discipling one another by sharing your photos and reflections on our social media pages with the hashtag [#WeAreLivingChurch](#).



Sunday 1st Nov

BIBLE PASSAGE

Eph. 5:1-14

BIG IDEA

God, who said 'let there be light', sent Jesus, the light of the world, to re-create us as children of light.

KIDS BIG IDEA

Jesus is the light of the world, sent to re-create us as children of light (the God of love).

APPLICATION

Don't be afraid to admit your sins to the loving God who knows everything. Instead, turn to him for help and do what God loves.

KEY VERSE

Ephesians 5:8

For you were once darkness, but now you are light in the Lord. Live as children of light

QUICK VIEW

Jesus is the light of the world and came to bring the dark things of the world into the light; to expose the sin that is in us. But because of his great love for us, we don't need to stay dormant in our shame. We are called to live in the freedom that the Gospel brings and be compelled to work on our points of weakness so that we may be built up to maturity in Christ.

KEY SONGS



Kids
Practice Being Godly - Colin Buchanan



Youth
Shame – Andy Mineo feat. Josh Garrels



Youth
Felix Culpa – Kings Kaleidoscope

MOMENTS

This week, we are thinking about light and darkness and how we, as children of light, can bring our sin and shame into the light. Consider how you can point your family to these themes in the moments you share this week.

‘Hey kids, remember how Jesus wants us to live as children of light? Why don't we pray before you head off to school that God would help you today.’

When you see your child trying to hide or making excuses for their wrong actions: ‘Hey, you know that I love you and that Jesus loves you. You don't have to feel shame for the wrong things you do. You can tell me and then we can work on doing better next time together.’

PRAYER

Lord,

You are the light of the world and in you there is no darkness. We know that at times we do things that are not of the light, and we thank you that by your death on the cross, we don't have to face punishment for our sin. As your people, help us to love others like you have loved us.

*In Jesus' name,
Amen*

Reflect

As parents, encourage your family to personally reflect on the Bible passage, and what it means for them. Try to guide this so it lands close to the big idea.

EARLY YEARS

Read Ephesians 5:1-14 to your children. As they listen, have them switch the lights on and off when they hear about something good or bad. Good things = lights on, bad things = lights off. If it's daytime, they can close the curtains for the bad things. Explain to your children that we must follow Jesus' example and love others.

KIDS

Read Ephesians 5:1-14 to your children. As they listen, have them switch the lights on and off when they hear about something good or bad. Good things = lights on, bad things = lights off. If it's daytime, they can close the curtains for the bad things.

Did Jesus do anything bad?

No, he is the light of the world. There was no darkness in him at all.

What are some of the ways Jesus loved people?

Jesus always walked in the way of love. He was always thinking of others' needs before his own. He gave his own life for us!

What are some ways you could be better at walking in the way of love like Jesus this week?

YOUTH

Read Ephesians 5:1-14 together

Which of the negative behaviours in the passage do you struggle with?

How can we encourage each other to be children of light?

You can work towards being a family that is a safe place to bring your sin into the light, being people who gently rebuke each other instead of being judgmental, being people who love each other even through the times when you hurt each other.

You can also point each other to Jesus as the ultimate example of someone who always walked in the way of love.

PRAY

Lord,

You are the light of the world and in you there is no darkness. We know that at times we do things that are not of the light, and we thank you that by your death on the cross, we don't have to face the punishment for our sin. As your people, help us to love others like you have love us.

*In Jesus' name,
Amen*

React

As parents, encourage your family to see how they are reacting emotionally to the Bible passage. Engage emotionally and bring it before God.

EARLY YEARS

Instead of sitting and reading the passage, you could use the questions below when you recognise your child feeling shame or trying to hide something they have done.

KIDS

Read Ephesians 5:11-13.

When you do something in secret that you know is wrong, how do you feel afterwards?

We feel shame. Most people try to hide what they have done or make excuses for their actions.

Do you think God wants us to continue to feel shame for the bad things we do in secret?

No. It's true that God doesn't like sin and doesn't want us to sin, but because he sent his Son to die and take our punishment for sin, he takes away our shame for the wrong things we do.

What do you think God wants us to do when we do something bad in secret?

He wants us to turn back to him knowing that Jesus has already dealt with the messes we make.

How does it make you feel knowing that God loves you even though you are still sinful?

YOUTH

Read Ephesians 5:11-13

When you do something in secret that you know is wrong, how do you feel afterwards?

We feel shame. Most people try to hide what they have done or make excuses for their actions.

In what ways could Satan use shame to his advantage?

Shame makes us want to hide and run away, to find ways out of facing up and dealing with our sin. The evil one loves it when we try to run away from God. He wants us to stay in the darkness because he has no power against the light. He also loves it when we are stuck in our patterns of sin. Often the shame for our sin leads us to sin again to cover up the first sin. Just think of David after he committed adultery. His attempt to cover up his sin led him to lie and commit murder. Another example is Adam and Eve covering up with leaves and hiding from God after they ate from the tree.

What do you think God wants us to do when we sin in secret?

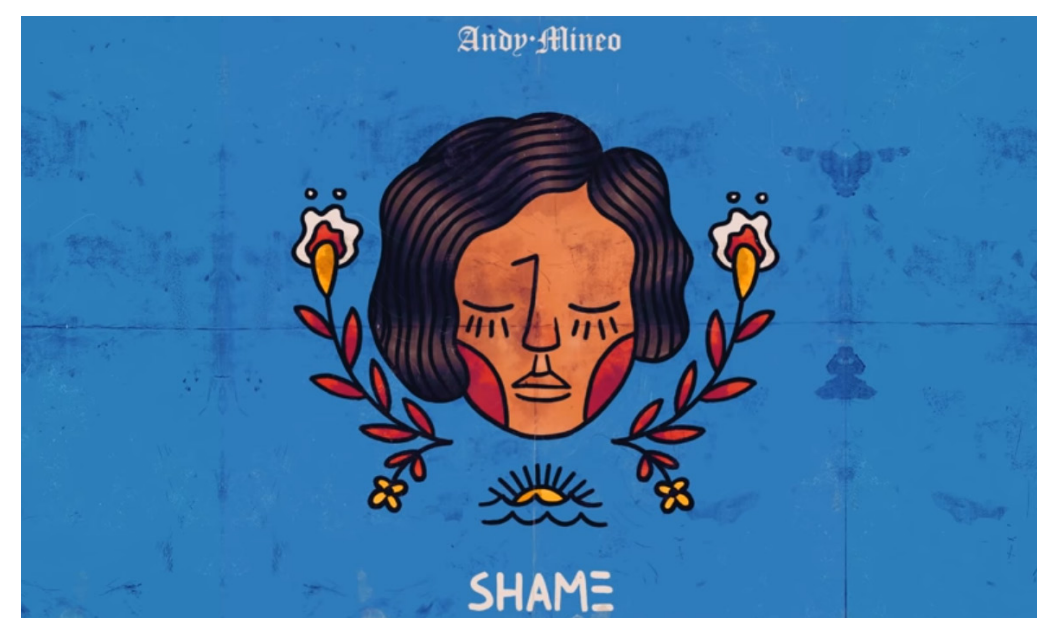
He wants us to repent; turning back to him and trusting in the fact that Jesus has already dealt with the punishment for our sin through his death on the cross. When we sit in shame, it is nearly impossible to be thankful and experience the joy of our salvation through Jesus. We must not sit in the darkness, but should bring ourselves into the light, which is where our sin and shame cannot prevail.

PRAY

Lord,

We thank you for your son Jesus, who took the punishment that we were meant to have. When we sin please help us to turn back to you and not hide. May the grace you have shown us bring us once again into joy. In Jesus' name,

Amen.



Shame – Andy Mineo feat. Josh Garrels

Relate

As parents, encourage your family to share honestly, and listen deeply to how one another are growing as disciples.

Parents it will be important for you to model honesty and vulnerability as you answer these questions, so your kids know they can do the same. Allow time for everyone to reflect and answer each question openly and honestly. Make sure you listen well to one another, and pray from the heart.

FAMILIES

In last week's Family Pact, you would have committed to forgiving one another for the wrong you do to each other. This week, think of ways that you can confess your sins to one another. As a family, commit to loving and forgiving each other when one of you confesses and brings their sin into the light.

PRAY

Pray for each other, asking God to give one another the love and strength to willingly serve those who we find hard to love. Below is an example prayer:

Lord I pray for _____,

Please help them when they find it hard to _____

May your Holy Spirit be giving her/him strength to lay down her/his own feelings so that she/he can love the way that Jesus loves us.

In Jesus' name,

Amen.

Respond

As parents, encourage your family to work out real and practical ways they can respond to God in light of the Bible passage. Land the application in this section.

We are called to leave behind our lives in the darkness and join Jesus, living as children of light. But it is hard to leave our patterns of sin in the past, because if we are being real, it is easier and it seems to bring us happiness. The only way that we will be truly be able to leave behind our sin is if we replace our love for the world with love for our Lord.

This is something that only the Holy Spirit can do in you or your children's lives. It is only through a deep and intimate relationship with Jesus that this will happen. How then can you encourage this in your children? One way you can do this is modelling what it looks like to spend intentional time with God on a regular basis, and encourage them to find ways of doing this themselves.

EARLY YEARS

Read 1 John 15 to your children.

How do you think we learn to love a person or become friends with them?

We spend time with them.

How do you think we can love God and not love the world?

We spend time with God.

How can we spend time with God?

Spend time praying and reading the Bible. This is something we should build into our daily routines.

Help your children remember this every day.

KIDS / YOUTH

Read 1 John 2:15-17 (NIRV for Kids)

Loving the world and loving God are opposites. Generally, how do you learn to love a person more?

You spend time with them so that you can get to know them.

Practically, how can you spend time with God regularly so that you can get to know him more?

Daily quiet time reading the Bible, praying.

Practicing times of silence and solitude like Jesus.

In what ways can you see spending time with God helping you in your struggle against sin?

As you grow in your love for God, you will grow in your maturity by becoming more like Christ. While we will always struggle with sin until Jesus returns, as we become more like Jesus, we will grow to have more strength to resist temptation.

PRAY

Lord,

Help me to grow in my love for you so that my love for the world may fall away. Please help me to spend more time with you every day, so that by your Holy Spirit, you may change me to be more like your son Jesus. In his name,

Amen.

Review

As parents, encourage your family to review the Bible passage for the week. This section tries to find a way to engage with the passage in a different way.

EARLY YEARS & KIDS

Colin Buchanan's song Practice Being Godly is an amazing reminder for kids that although we are saved by grace alone and by no merit of our own, as those who are now children of God, we need to work on our character and struggle with our sin; to practice being godly.

Play the song on the TV. If your kids are old enough to be in Kids Church, ask them if they remember the actions.



Practice Being Godly - Colin Buchanan

YOUTH

The song Felix Culpa by Kings Kaleidoscope does a great job of reminding us of our fallen nature and how the grace Jesus won for us washes every one of our stains away.

"Turn the lights on, look at what I have / See the twisted trophies of a dead man / Countless stories, tell of sin and pain / But they sing the sweetness of my saviour's grace."

"From His wounds a rushing torrent that can wash it all away / Grace upon grace, upon grace upon grace."



Felix Culpa – Kings Kaleidoscope

Below are a couple of ways that you could help your child interact with this song:

Simply send the link to them, mentioning that it is an interesting song that you found. Then ask them what they thought of it.

Play it in the car or around the house and start a casual conversation about a lyric in the song.

Sit down and listen to it together and then discuss it.

PRAY

Lord, We thank you so much for your grace so freely given to us. We are undeserving, yet because of your love, you have lavished grace on us. Please help us to remember what your son Jesus did for us on the cross. In Jesus' name, Amen.