

DISCIPLE-MAKING AT HOME: STARTING WITH HOW – PART 6

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Some parents recently ask me about the best way to start a family devotion, and what activities to do according to the teaching in **Deuteronomy 6:4-9**. Since every family has its own rhythm and schedule, there is probably no one-size-fits-all plan. Nonetheless, these are a few pointers to consider when you plan to start a family devotion:

a) A consistent time. The first step is setting aside regular time, and it is essential to choose a specific time each day or week when the whole family can be free from distractions. For some families, devotions after breakfast or supper work well as members usually gather at meal times, and the occasions can lead conveniently into a devotional time. For some families, devotions just before bed time works well, too. Regardless of what time you choose, it is crucial that the whole family can be together on a regular basis. Consistency is important because it shows that time with God is a high priority.



b) A consistent place. You need to find a place where everyone can sit comfortably, and have no distractions, e.g. TV, phone, computer, music player, etc. For example, many families choose to sit around their dining tables while some choose to sit in a circle in their living rooms.

c) A consistent plan. Family devotions can include many activities, and some could be fun. Nonetheless, it is important to include at least these three:



- Bible reading
- Discussion, teaching, and meditation
- Prayer.

You should follow a Bible reading plan with a passage long enough to provide some context to the story or discussion, but short enough that is not overwhelming. Also, some time can be set aside to meditate on the passage. Usually, a chapter will be a good starting point.

It will be challenging at first starting a family devotion. However, after a while, your family will include the devotion time as part of the routine, and form a habit. These two short video clips may give you a few ideas that could be useful:

- How to Start a Family Devotional with Kids (<https://www.youtube.com/watch?v=YdzjtNXiCrY>)
- How to Start a Family Devotional with Teens (<https://www.youtube.com/watch?v=BQc6zZB4ncA>)

To grow spiritually, check out the Pastor's Corner (<https://emc.ecac.ca/pastors-corner/>) and JMC's Devotions (<https://emc.ecac.ca/jmc-devotionals/>).

Please come back next week and read another article in this series: Disciple-making at Home.