



SEPTEMBER & OCTOBER

# 5 STEPS TO CREATE A RHYTHM OF DISCIPLESHIP IN THE HOME



## 5 STEPS



Start your day with Jesus and the Word! This time of year is the perfect time to start a rhythm of a daily family devotion time. It doesn't have to be very long, or even super spiritual most days! Taking even 5 to 10 minutes each day will create and establish a rhythm of placing Christ as the center of the home! In other words, it is a simple way to begin practicing discipleship with your family and model for your kids what daily time with the Lord looks like! So on the following cards you will find 5 steps to creating a family devotion time!

1. Don't overshoot. Start with a manageable time frame. Think 10-20 minutes, tops. Most of us are aware that kids have a short attention span. The idea is to create a time that is something they look forward to, not dread. Pull everyone together as a start to the school day. I let my kids snuggle up on the couch, but you can also sit at the dining room table or wherever they will do school.
2. Set the tone for the day. You have the power to set the tone by expressing a positive attitude and expectation and by laying out the structure of the day. Tell your children that Jesus made today and you are grateful to have this time with them to talk and pray and learn together.

## 5 STEPS



### 3. Pick one or two of the following strategies each day:

- Weekly Media - Bible Story Video, 2 worship songs (find links on our Parent Cue App)
- Use the Secret Sauce Cards each week - They will provide you with a daily dose of scripture and thought provoking questions that coincide with that week's Bible story.
- Word - Use Secret Sauce cards each week to read the word! Enjoy answering questions from scripture. Take time to discuss what the scripture is saying, what can be learned from it and decide on any action steps to be taken. Let everyone participate. Kids can learn to look up verses. Kids benefit from dissecting a sentence and really contemplating what each word or concept means.
- Memorize scripture - You can pick your own or use the one provided at the bottom of the card each week. Be creative and make memorization fun.
- Devotional - Mom or Dad, prepare a devotional to share with the kids. Periodically challenge each child to come up with their own devotional to share. You will treasure these rich times.
- Gratefulness - Take turns saying things you are grateful for. Fun twist, take turns saying things you are grateful for about the person to your right or left and go around the circle!
- Mission - Prayerfully consider how your family can tangibly meet a need and then take steps to follow through. The serving bug is contagious and kids can catch it from YOU!
- Worship together - Lead a few songs or let your musically inclined kids lead. You can also worship with the spoken word by writing out a psalm to Jesus and then sharing it aloud. Read scripture out loud to declare God's attributes and character.



## 5 STEPS



4. Bless your kids - remind them how much you enjoy being their mom or dad, how important this time together is, how special and unique they are, how much you believe in their abilities to work hard and understand fractions and work together, how this day has the potential to be the best day. End with a blessing from scripture like Numbers 6:24-26.
5. End your time with a prayer - Thank God for who he is, let your kids hear you ask God to help you with the task of parenting and teaching, and ask the Lord to help your kids in the tasks set before them. Keep a prayer journal of requests and answered prayer! This is a fun activity and will help keep track of the ways God has been faithful and answered your family's prayers.



# WEEKLY ACTIVITIES FOR SEPTEMBER





**Life App: INITIATIVE** – Seeing what needs to be done and doing it!  
**Weekly focus:** Nehemiah Plans to Rebuild the Wall | Nehemiah 1:1-2:18  
**Bottom Line:** Don't wait for someone else to do what needs to be done.

- MON:** Read Proverbs 6:6-8. This month is all about initiative! Seeing a need is only half the battle. In order to show real initiative, we actually have to get busy and help! We can't wait for someone else to do what needs to be done, even if it's not your mess. Even if you have other more fun things to do. God wants you to see a need and do something to help! Talk about ways you can take initiative this week!
- TUES:** Q & A Time! Ask Each Other: What are some things you see that need to be done that you feel like you could do-at home, school, work, etc?
- WED:** Choose a memory verse activity and do it together as a family.

**“WORK AT EVERYTHING YOU DO WITH ALL YOUR HEART. WORK AS IF YOU WERE WORKING FOR THE LORD.” COLOSSIANS 3:23A, NIRV**



SEPT 9-10



**Life App: INITIATIVE** – Seeing what needs to be done and doing it!  
**Weekly focus:** Nehemiah Plans to Rebuild the Wall | Nehemiah 1:1-2:18  
**Bottom Line:** Don't wait for someone else to do what needs to be done.

**THUR:** Read this week's verses together. Nehemiah could've said, "I'm so sad to hear the news about the broken walls, I hope someone helps." But he didn't. He was brave and took initiative! Pray for each other, that this week God will give you both the eyes to see what needs to be done and the grit to do it.

**FRI:** Read Galatians 6:2. Talk about what it looks like to see a need. When do you know someone is in need? It might look like encouraging a friend, or taking out the trash. Talk about today's verse and what it means to take initiative.

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SEPT 13-15



**Life App: INITIATIVE** – Seeing what needs to be done and doing it!

**Weekly focus:** Nehemiah Helps the Poor | Nehemiah 5

**Bottom Line:** Look for ways to make things right.

**MON:** Read Acts 20:35. Sometimes when we see others that need help, we think we can't help them. We think someone else could help or that we're not old enough to make a difference. The truth is, anyone can help. Nehemiah understood this. He stopped in the middle of a huge building project to help the people that were being mistreated. The people were more important than the project! Talk about this as a family, is it true in yours?

**TUES:** Q & A Time! Ask Kids: What do you think kindness, compassion, and forgiveness have to do with initiative?

**WED:** Choose a memory verse activity and do it together as a family.

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SEPT 16-17



**Life App: INITIATIVE** – Seeing what needs to be done and doing it!

**Weekly focus:** Nehemiah Helps the Poor | Nehemiah 5

**Bottom Line:** Look for ways to make things right.

**THUR:** Start your day off right! Pray together and take initiative to encourage one another by taking turns completing this sentence: I always smile when you . . .

**FRI:** When it comes to showing initiative, sometimes we need to look at the world around us through different lenses. We need to take our “me” lenses off and put on our “others” lenses instead. Grab a pair of sunglasses. Walk around for the next hour with them on (inside or outside). As you wear them, remind each other to watch out for the needs of others.

**“WORK AT EVERYTHING YOU DO WITH ALL YOUR HEART. WORK AS IF YOU WERE WORKING FOR THE LORD.” COLOSSIANS 3:23A, NIRV**





**Life App: INITIATIVE** - Seeing what needs to be done and doing it!  
**Weekly focus:** Nehemiah and Sanballat | Nehemiah 2:19-20, 4, 6  
**Bottom Line:** Stay focused on what needs to be done.

- MON:** From cleaning your room to finishing your homework, there are a lot of ways to show initiative. Sometimes, it doesn't take long for cleaning your room to become playing with the toys you're supposed to be picking up. Talk about ways to stay focused on the task at hand when you're taking initiative. Pray for each other today! God has all sorts of jobs for us to do. We can trust Him to give us the focus we need to finish them.
- TUES:** Q & A Time! Ask Kids: Do you have a hard time focusing on finishing a job? Ask Parents: What are some ways you have learned to stay focused on the task at hand?
- WED:** Choose a memory verse activity and do it together as a family.

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SEPT 23-24



**Life App: INITIATIVE** – Seeing what needs to be done and doing it!

**Weekly focus:** Nehemiah and Sanballat | Nehemiah 2:19-20, 4, 6

**Bottom Line:** Stay focused on what needs to be done.

**THUR:** Read Ephesians 4:32. This past week, we learned the Nehemiah had kindness and compassion for the people being treated unfairly. It would have been easy for Nehemiah to look past this because he had a job to do. Instead, he found a solution to the problem and helped the people suffering. Pray together and ask God to help you take initiative to be kind and compassionate.

**FRI:** Read this week's bible passages together. As you talk about it, think of anything in your family, your group of friends, or even your community that needs to be 'made right'. Then think of one step you could all together do to make it right and then stay focused on getting it done.

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SEPT 27-29



**Life App: INITIATIVE** – Seeing what needs to be done and doing it!

**Weekly focus:** The Wall is Rebuilt | Nehemiah 3-4, 6:15-16, 8:1-17

**Bottom Line:** Look for ways to celebrate what God has done.

**MON:** Read Psalm 147:1. Share together about some things that God has done for you and your family. Talk about what you can do to celebrate those things. Spend some time together praising God today! Sing your favorite worship song (you can use a playlist if you don't want to hear yourself) or take turns praying one sentence of praise together!

**TUES:** Q & A Time! Ask Each Other: How have you seen God work this week, this month?

**WED:** Choose a memory verse activity and do it together as a family.

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**Life App: INITIATIVE** – Seeing what needs to be done and doing it!

**Weekly focus:** The Wall is Rebuilt | Nehemiah 3-4, 6:15-16, 8:1-17

**Bottom Line:** Look for ways to celebrate what God has done.

**THUR:** Read and write out Proverbs 16:3. When you have a big job to do, getting started is sometimes the hardest part! After getting started, remember, initiative is about following all the way through to the finish. One thing you can do is to invite God in to help. Right at the very beginning, you can stop and say, “Okay God. I’m not sure how this is going to go. It’s a big job. Will you help me? Will you show me what to tackle first? Will you remind me that you’re with me along the way?” Write your own prayer to God to say when you’re trying to finish a big job and keep it close!

**FRI:** This past week, we learned that Nehemiah had kindness and compassion for the people being treated unfairly. It would have been easy for Nehemiah to look past this because he had a job to do. Instead, he found a solution to the problem and helped the people suffering. Nehemiah had to solve problems along the way to see this big job to completion. And when he was finished, he took time to thank God and to celebrate such a huge accomplishment. Remember that God is with you and He will help you come up with a plan to get the job done. I hope you have taken initiative this month and completed a task! Take time to celebrate together as a family!

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**NEW CITY  
CATECHISM  
QUESTIONS  
FOR REFLECTION**



## NCC QUESTIONS



**36. What do we believe about the Holy Spirit?**

*That he is God, coeternal with the Father and the Son (John 14:16-17).*

**37. How does the Holy Spirit help us?**

*The Holy Spirit convicts us of our sin, and he enables us to pray and to understand God's Word. (Ephesians 6:17-18)*

**38. What is prayer?**

*Prayer is pouring out our hearts to God. (Psalm 62:8)*

**39. With what attitude should we pray?**

*With love, perseverance and gratefulness (Phillipians 4:6)*

**40. What should we pray?**

*The whole Word of God directs us in what we should pray. (Ephesians 3:14-21)*



# WEEKLY ACTIVITIES FOR OCTOBER



OCT 4-6



**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.  
**Weekly focus:** Image of God | Genesis 1:26-28  
**Bottom Line:** You were made in God's image.

**MON:** Read this week's scripture together. Brainstorm with your kid three practical ways that you could show the people around you what God is like—whether it's by encouraging someone with a card or smile, helping make peace in a difficult situation, or something entirely different.

**TUES:** Q & A Time! Ask Each Other: Who do you think knows more about you, you or God? How do your answers make you feel? Do they differ?

**WED:** Choose a memory verse activity and do it together as a family.

**"HOW YOU MADE ME IS AMAZING AND WONDERFUL. I PRAISE YOU FOR THAT. WHAT YOU HAVE DONE IS WONDERFUL. I KNOW THAT VERY WELL." PSALM 139:14, NIRV**



OCT 7-8



**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.  
**Weekly focus:** Image of God | Genesis 1:26-28  
**Bottom Line:** You were made in God's image.

**THUR:** Read Psalm 139:14. Find a dry erase marker and write, “Made in God’s Image” on your mirrors! Every time you brush your teeth, fix your hair, or wash your hands, stop and thank God for the totally uniquely awesome way He’s made you!

**FRI:** Read Psalm 139:16. Have you ever broken a bone and had an x-ray that allowed you to see the break inside your arm or leg? Pretty cool, right? Guess what? God doesn’t need an x-ray machine. He’s the one who formed you in the first place. Look at some of your baby pictures. As you look back at all that cuteness, stop and thank God for the awesome way He made you! Ask Him to help you trust Him each day, knowing that the way He made you is wonderful!

**“HOW YOU MADE ME IS AMAZING AND WONDERFUL. I PRAISE YOU FOR THAT. WHAT YOU HAVE DONE IS WONDERFUL. I KNOW THAT VERY WELL.” PSALM 139:14, NIRV**





**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.

**Weekly focus:** Matthew 9:9-13

**Bottom Line:** Knowing Jesus changes how you see yourself.

- MON:** Read this week's verse together. Matthew might have seen himself as a mess. But Jesus chose Matthew to follow Him. Regardless of who we were or who we are right now, Jesus wants to have a relationship with us too. Jesus sees past our mistakes and sees the individual that God created. How do you think knowing Jesus can change how you see yourself?
- TUES:** Q & A Time! Ask Kids: Why do you think God made us in His own image? How does this make us different from animals, or plants or other parts of creation?
- WED:** Choose a memory verse activity and do it together as a family.
- THUR:** Read 1 Samuel 16:7. What are some things that make you smile? Puppies? Popsicles? Cool lizards in your backyard? Grab a piece of paper and draw or make a list of the things that bring you joy. Do you realize that if Jesus had a list of things that make Him smile, your name would be on it? You are deeply loved and valued because God made you. Pray together and thank God for each member of your family and how much He loves you!
- FRI:** Read 1 John 3:16. Jesus did something no one else could do. He gave His life so that we could have a relationship with God forever. In order to show this kind of love to others, we have to accept Jesus' love for us first! Talk about this as a family. Now, grab a piece of paper and draw a large heart on the page. Write out the words of today's verse in the center of your heart and cut it out. On the back, write out a prayer to God. Ask Him to help you understand His love for you so that you can love others.

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OCT 18-20



**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.

**Weekly focus:** Lydia | Acts 16:13-15

**Bottom Line:** Use your gifts to help others.

**MON:** Read Colossians 3:23. God made you to make a difference. Sometimes, that difference looks like putting away your stuff or cleaning up the dishes. Every single time you choose to help, you use the unique and individual way God made you to make a difference. And God is so proud of you when you choose to help. Make a list of your weekly chores. Write today's verse at the bottom of the list. Each time you complete a task, read the verse and tell God "Thank you" for the wonderful way He's made you to help.

**TUES:** Q & A Time! Ask Kids: "If you could be invisible one day, what would you do?"

**WED:** Choose a memory verse activity and do it together as a family.

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OCT 21-22



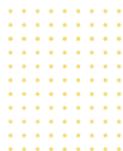
**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.  
**Weekly focus:** Lydia | Acts 16:13-15  
**Bottom Line:** Use your gifts to help others.

**THUR:** Read Philippians 2:3. When it comes to helping, God doesn't want us to decide who is or isn't worth our time or energy. Because everyone is important to God, we should do all we can to help others when we see a need. Talk about ways to help each other as a family and how your family can help someone that needs it.

**FRI:** Read Ephesians 2:10. Individuality means that your gifts and talents are different from the people around you. As a kid, you're just beginning to figure out what those gifts and abilities are and that's OKAY! As you grow, you'll discover more and more what you really love to do. But whether you can dance or sing or draw or write or run super-fast or think of new ideas – all of those different gifts were given to different people for one purpose. He wants you to use the gifts and abilities He's given you to help others. Right now, part of figuring out what you're good at is trying new things. Talk about one thing you're interested in that you would like to try, then do it!

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OCT 25-27



**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.

**Weekly focus:** Timothy, 1 Timothy 4:12

**Bottom Line:** You can make a difference right now.

**MON:** Read this week's bible focus together. God can use our strengths as we help others and show them what it means to follow Jesus. Talk about today's scripture. How does it help you understand that even when you're young, God has a purpose for you?

**TUES:** Q & A Time! Ask Kids: How important are the commandments to wisdom? Ask Parents: Can you name the commandments that require wisdom?

**WED:** Choose a memory verse activity and do it together as a family.

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**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.

**Weekly focus:** Timothy, 1 Timothy 4:12

**Bottom Line:** You can make a difference right now.

**THUR:** Read Galatians 6:4. In your language arts class at school, have you ever been asked to read two different passages to find their similarities and their differences? This is usually called “compare and contrast.” Comparing stories is a great way to practice your reading. But comparison is not so great when it comes to people! God wants you to learn to be content with the awesome way He made you. Today take some time to encourage each other in the gifts that you see in each other. Then pray together that God will give you wisdom and courage and thank Him for the different gifts each of you possess!

**FRI:** Read 1 Peter 4:10. God has given you specific gifts – gifts like talents and abilities. He gave you those gifts so that you would use them to make a difference. The way God made you is so very special. “Interview” someone who knows you well by asking these questions: 1. What do you think I’m good at? What do I love to do? 2. How do you think I could use that gift or ability to make a difference?

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**Life App: INDIVIDUALITY** – Discovering who you are meant to be so that you can make a difference.

**Weekly focus:** One Body but Many Parts | 1 Corinthians 12:12-27

**Bottom Line:** We can use our gifts together to make a greater difference

**MON:** Read 1 Corinthians 12:21. Just as the eyes and hands are an important part of your body, you have a role to play when it comes to making a difference in the world around you. Think about it: God made you for a unique and specific purpose. That means that there are things you can do that NO ONE else can do. Just as your body needs your eyes and feet and hands and ears, all the people that love and follow Jesus around you need you. We can use our gifts together to make a bigger impact.

**TUES:** Q & A Time! Ask: What are some creative ways you might be able to use your gifts to help others at work or school this week?

**WED:** Choose a memory verse activity and do it together as a family.

**THUR:** Family task - Make a list of all the things you are good at individually. Then come up an idea of how you could use some of those things together to do one thing to help others.

**FRI:** Read 1 Corinthians 12:15-21. Review ways you can use your gifts together to make a greater difference. No matter how big or small they appear, all gifts and abilities can make a great difference in the world. Remind each other that when you believe that Jesus is who He says He is, then you're a part of something bigger than just yourself. When we use our gifts and abilities together, we can make a greater difference than we can on our own.

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**NEW CITY  
CATECHISM  
QUESTIONS  
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## NCC QUESTIONS



### 41. What is the Lord's Prayer?

*Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. (Matthew 6:9)*

### 42. How is the Word of God to be read and heard?

*With diligence, preparation, and prayer; so that we may accept it with faith and practice it in our lives. (2 Timothy 3:16-17)*

### 43. What are the sacraments or ordinances?

*Baptism and the Lord's Supper (Romans 6:4, Luke 22:19-20)*

### 44. What is baptism?

*Baptism is the washing with water in the name of the Father, the Son, and the Holy Spirit. (Matthew 28:19)*

# MEMORY VERSE ACTIVITIES



## MEMORY VERSE



- Use your best handwriting to write the verse on poster! Use your creative brain (and maybe some crafts) to decorate it and hang it in a room where everyone will see it for the week.
- Create skits that show how the Word might be applied to a real life situation. Or play a good 'ole game of Charades with your memory verses.
- Create a crooked path to walk on. You can set up obstacles to jump over, use yarn or tape to create a crazy zig-zag pattern on the floor, whatever you choose! Then write out the words of today's verse on scraps of paper and set them out along the path. As you walk, pick up the words and repeat the verse. Time yourself to see how long it takes to say the verse. Then, create a straight path or remove all the obstacles. Lay the cards along the new path and say the words of the verse as you pick them up. Was it faster on the straight, blameless path?
- Hang the memory verse on the frig and everybody has to say it before they can open the door.

## MEMORY VERSE



- Replace the words to a familiar tune with the verse you are memorizing and sing it together repeatedly each day!
- Create hand motions for the verse you are memorizing.
- Practice saying the memory verse with different voices. For example, opera style, slow motion, squeaky, robot, etc!
- Write the verse with expo marker on different places around the house: bathroom mirror, inside the car window where your kid sits, bedroom window, etc.
- Write it on post-it notes and stick it all over the house.
- Make a fun video
- Write the verse on a chalkboard or dry erase board. Say it together. Erase one word. Say it again. Keep going until the whole verse is erased.

## MEMORY VERSE



- Write the verse in a journal leaving some blanks to be filled in until you can recite the entire verse without any words written.
- Write each word of the verse on a separate card. Shuffle the cards and practice putting them in order.
- Say the verse while you are doing jumping jacks. See how long it takes you to say the verse from memory while jumping.
- Plank and say the memory verse and see if you can finish before you give out.
- At a family dinner, teach the memory verse to dad or grandma.
- Break the verse up and write it on different pieces of paper and hang on the wall. Each day, take down a page and recite the verse in full. Repeat until memorized.
- While driving in the car, recite the verse as many times as you can while waiting at every stoplight.