

PART TWO
PLAYING THE GAME

CHAPTER FIVE

EQUIPMENT FOR SPIRITUAL TRAINING

Hopefully, one of the reasons you are now looking at Chapter Five is that you have decided to become actively involved in discipling your children. This chapter contains many pieces of equipment (helps) which should make your job a little easier. Here is an overview of the contents of the chapter with a brief explanation of each. Familiarize yourself with each piece of equipment and use the ones you think will help you train your children.

Contents Of This Chapter

On page 126 you will find an agenda for family devotions. This gives you an overview of the kinds of things you can do while having devotions. You can follow it step by step or pick and choose.

On page 128 begin some prayer helps for the family. These pages are designed to guide families in how to pray together with a richer, more balanced prayer diet than just, "God bless..." and "God give me...."

Beginning with page 135 you will find memorization helps. The memorization of Bible content and specific verses is important, as Part 1 has already shown. These pages help parents with what to have children memorize. It begins with a simple catechism that gives a very basic overview of key teachings in the Bible. This can be learned by some children as early as four or five years old. After this you will find verses and lists to memorize and a chart where you can keep track of when each child or parent has learned the verse or list. If a parent and/or child memorizes all the material here, they will have a good overall grasp on the Bible.

Page 141 contains a guide for a weekly family meeting. If you decide to make this part of your weekly family agenda, this guide will walk you through how to have such

meetings.

Pages 142-144 contain a worksheet designed to help you as a parent decide four very important matters in the spiritual training of your family: (1) If you do not presently have a quiet time, there is a section to help you decide how you are going to do this and when. (2) If you do not presently have family devotions, there is a section to help you decide what you are going to do and when. See Chapters 6-7 and the Annotated Bibliography for resources and ideas. (3) There is a section for helping you decide when you will have discipling times with your children. (4) Finally, there is a section to help families decide what kind of ministries (evangelistic and otherwise) they can do together. This is very important in being a model for your children, discipling them, and helping them apply the Bible.

Where You Start

What you probably are wondering now is, "Where in the world do I begin with this daunting task of discipling my children?" Here are some simple steps you can take which will get you started. As you grow in your walk with the Lord, as you come back and reread portions of this book, and as you become familiar with other resources for training your children, you will gain a fuller and more complete approach. For now, however, take the following five easy steps.

- (1) Turn to pages 142-144 and complete the worksheet.
- (2) Familiarize yourself with the equipment on pages 126-141. These will help you in family discipling times and devotions. Decide what parts you will use.
- (3) If you have children who are approximately 6-10 years old, you can use the devotional lessons and activities in chapters 6-8. If you have children in different age groups, here are some possible ways you can approach family devotions:
 - a. If you have pre-school and older children and have family devotions centered

around meals, then merely keep the pre-schoolers occupied with play or food while you have devotions geared for the older children. Then, have another short time of reading a Bible story book with your pre-school children.

b. If you have elementary and jr. high or high school children, you can rotate devotions. One day you can have devotions geared for the younger ones and then the next day for the older. Sometimes you can also have older children read books or stories for younger children. This is a way of occasionally involving children of multiple ages at the same time.

(4) If you have children younger than or older than 6-10, then look at the Annotated Bibliography and find a resource(s) appropriate for them.

(5) Occasionally refer back to Part 1 and you might pick up some other ideas for devotions and discipling times.

(6) Refer to Chapter Three and your answers to the study questions at the end of the chapter for other guidance on your plan-of-action, especially for one-on-one discipling times.

AN AGENDA FOR FAMILY DEVOTIONS

1. **Prayer.** The following acrostic may be of help with how to have a balanced and rich prayer life:
 - a. **A**doration (Praise of God for who he is and his attributes. The Psalms can help you with how to do this).
 - b. **C**onfession (What do we need to ask God's forgiveness for and repent of?). See 1 John 1:8-2:2.
 - c. **T**hanksgiving (Thank God for something he has done for you recently and also, see the list of things in helps, page).
 - d. **S**upplication (Prayer requests).
 - 1) Keep a list. See Prayer Helps, pages 128-134.
 - 2) Also see Prayer Helps for different ideas on prayer requests, pages 128-131.
 - 3) Ask your family if they have any prayer requests.
 - e. Occasionally, if not regularly, involve the whole family in prayer. In other words have one person do adoration, another thanksgiving, etc. Or, have each pray for a different request.
2. **Bible reading and /or lesson.** Here are some different ideas of what to do:
 - a. Use a family devotional book. See the Annotated Bibliography.
 - b. Use the devotions in this guide.
 - c. Read through books of the Bible (1/2 to 1 chapter at a time).
 - d. Use variety. For example, one day read through a book of the Bible (see c); the next day use a resource for your grade schooler; then the next day something for your jr.higher.
3. **Go over memory work.** See helps, pages 135-140.
 - a. Work on verses.
 - b. If you choose to take your children through a catechism, work on a couple of questions each devotional time. See the Annotated Bibliography.
4. **Sing and/or do activity.** For singing you might want to purchase a chorus book at a local Christian book store.

*You might find out that the best time to do devotions is at the beginning of a meal.

Have prayer and then allow children to begin eating. While they are beginning their meal go through the devotion and other activities. Meal time is good because you will not have to work as hard at getting them together and keeping their attention. You have more of a captive audience.

**This whole process will usually take 10-15 minutes.

***If there is a day when you do not have time for the whole agenda, do the Bible/story reading part with a short prayer.

PRAYER HELPS FOR THE FAMILY



Use each of these scriptures and suggestions as a starting point for prayer. They can help give you ideas for a more balanced prayer life. Use one passage or suggestion each time.

Prayers For Our Growth And The Growth Of Others

1. Philippians 1:9-11: And it is my prayer that your love may abound more and more, with knowledge and all discernment, [10] so that you may approve what is excellent, and so be pure and blameless for the day of Christ, [11] filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.
2. Col. 1:9-12: And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, [10] so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. [11] May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, [12] giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.
3. Col. 4:2-4: Continue steadfastly in prayer, being watchful in it with thanksgiving. [3] At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison— [4] that I may make it clear, which is how I ought to speak.
4. 2 Thes. 2:16-17: Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, [17] comfort your hearts and establish them in every good work and word.
5. Ephesians 1:15-20: For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, [16] I do not cease to give thanks for you, remembering you in my prayers, [17] that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, [18] having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, [19] and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might [20] that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places,
6. Matthew 22:37-40: Christ gave in this passage the two greatest commandments. Based upon what he said here we can conclude that the main mission of believers revolves around fulfilling these 2 commandments. With this in mind, pray that we and others will be able to love God with our heart, soul, strength, and mind and also that we will be able to love our neighbor as ourselves.
7. Exodus 20:1-17: Pray that we (and/or others) might be able to obey and live out the following Ten Commandments (you can pray for 1 commandment per prayer time):
#1: You must not have any other gods except me.

- #2: You must not make for yourselves any idols.
- #3: You must not use the name of the Lord your God thoughtlessly.
- #4: Remember to keep the Sabbath day as a holy day.
- #5: Honor your father and your mother.
- #6: You must not murder anyone.
- #7: You must not be guilty of adultery.
- #8: You must not steal.
- #9: You must not tell lies about your neighbor in court.
- #10: You must not want to take your neighbor's [things].
8. The Lord's Prayer (Matthew 6:9-13): Pray then like this: "Our Father in heaven, hallowed be your name. [10] Your kingdom come, your will be done, on earth as it is in heaven. [11] Give us this day our daily bread, [12] and forgive us our debts, as we also have forgiven our debtors. [13] And lead us not into temptation, but deliver us from evil.
9. Philemon 4-7: I thank my God always when I remember you in my prayers, [5] because I hear of your love and of the faith that you have toward the Lord Jesus and all the saints, [6] and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ. [7] For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.
10. Ephesians 3:14-21: For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, [16] that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, [17] so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, [18] may have strength to comprehend with all the saints what is the breadth and length and height and depth, [19] and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. [20] Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, [21] to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.
11. Ephesians 5:21-6:4 (Family members' prayer guide): submitting to one another out of reverence for Christ. [22] Wives, submit to your own husbands, as to the Lord. [23] For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. [24] Now as the church submits to Christ, so also wives should submit in everything to their husbands. [25] Husbands, love your wives, as Christ loved the church and gave himself up for her, [26] that he might sanctify her, having cleansed her by the washing of water with the word, [27] so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. [28] In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. [29] For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, [30] because we are members of his body. [31] "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." [32] This mystery is profound, and I am saying that it refers to Christ and the church. [33] However, let each one of you love his wife as himself, and let the wife see that she respects her husband. [6:1] Children, obey your parents in the Lord, for this is right. [2] "Honor your father and mother" (this

is the first commandment with a promise), [3] "that it may go well with you and that you may live long in the land." [4] Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

12. James 1:2-6: Count it all joy, my brothers, when you meet trials of various kinds, [3] for you know that the testing of your faith produces steadfastness. [4] And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

[5] If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. [6] But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

13. Use the Psalms as guides for prayer, especially worship.

Other Miscellaneous Prayers

1. Things for which we can thank God:

- | | |
|-----------------------|---|
| a. God's love. | m. Variety among people, even different races. |
| b. God's salvation. | n. Our friends. |
| c. God's promises. | o. Our clothes, car, and other possessions we have. |
| d. God's Word. | p. Our trials and lessons we learn. |
| e. God's Church. | q. Protection. |
| f. God's Grace. | r. Provision of food and other necessities. |
| g. Our family. | s. Our nation and community. |
| h. Our home. | t. Our education and schools. |
| i. Our health. | |
| j. Our talents/gifts. | |
| k. Hands to work. | |
| l. Minds to think. | |

2. Things to pray in behalf of church leaders and teachers:

- a. God's wisdom and direction in leading the church.
- b. God's working in their lives in such a way that they remain pure and lovingly obedient to God.
- c. That God would help them to teach God's Word accurately, to be diligent in studying and preparing and insightful in applying it. That the Holy Spirit would make fruitful their study, preparation, teaching, preaching, and leading.
- d. That they would remain sensitive to God's will and that their ministry would never become just a job.
- e. That their family members would all come to know Christ as savior and that they would be able to be a solid and righteous model to the church and community of what Christians ought to be like.
- f. For refreshment, rest, and joy in their lives.
- g. That God's Spirit would work in their lives in such a way as to bring forth much spiritual fruit.
- h. That God would give them a great passion for him and to glorify him.
- i. That they would enjoy God greatly.

3. Things to pray in behalf of missionaries:

- a. The same list that was used for church leaders and teachers.

- b. That God would help them to handle any homesickness that they have.
- c. That God would help them to learn the language of the country, adapt to the culture, understand the mindset of nationals, and minister out of love no matter how different the culture and people are from them.
- d. That God would work in the lives of supporters in such a way that their support would be provided for them.

Your Family Prayer List

Request:

When and how answered:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

Your Family Prayer List

Request:

When and how answered:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

Your Family Prayer List

Request:

When and how answered:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

FAMILY MEMORIZATION**Catechism For 5-9 Year Olds:**

1. What is the most important thing in all the world? Answer: To love God and show people how great he is.
2. What does it mean to love God and show people how great he is? Answer: We love God and show how great he is by receiving Jesus as our savior, by obeying God, and by showing him how great we think he is.
3. What has Jesus done to save me? Answer: He died on the cross to take my punishment for my sins.
4. How do we know what God wants us to do? Answer: By reading the Bible.
5. Where do people go when they die? Answer: Heaven or hell.
6. Who goes to heaven? Answer: Those who receive Jesus.
7. Who goes to hell? Answer: All others go to hell.
8. What are two very important things God wants me to do? Answer: Obey mom, dad, and all leaders, and also to respect other people.
9. Who is Jesus? Answer: He is God's Son.
10. Does Jesus love me? Answer: He loves me by dying on the cross for my sins and by helping me love God.
11. How can I talk to God? Answer: By praying.

Bible Memory Verses

Verses:

When Done (each person):

1. Salvation:

- a. John 3:16 _____
- b. Romans 3:23 _____
- c. Romans 1:16 _____
- d. Romans 5:8 _____
- e. Romans 10:13 _____
- f. Ephesians 2:8-9 _____
- g. Galatians 2:16 _____
- h. Titus 3:5 _____
- i. Acts 4:12 _____
- j. John 14:6 _____
- k. Romans 6:23 _____
- l. 1 Peter 3:18 _____

2. The Bible

- a. 2 Timothy 3:16-17 _____
- b. 2 Peter 1:20-21 _____
- c. Joshua 1:8 _____
- d. Matthew 5:18 _____
- e. Psalm 119:9 _____
- f. Psalm 119:11 _____
- g. Psalm 119:18 _____

3. God The Father

- a. Deuteronomy 6:4 _____
- b. Jeremiah 10:10 _____
- c. Genesis 1:1 _____
- d. Genesis 1:31a _____
- e. Titus 1:2 _____

f. John 4:24	_____	_____	_____	_____	_____
g. Psalm 90:2	_____	_____	_____	_____	_____
h. Exodus 34:6-7	_____	_____	_____	_____	_____
i. Revelation 4:8	_____	_____	_____	_____	_____
j. Revelation 15:4	_____	_____	_____	_____	_____
k. Ephesians 1:11-12	_____	_____	_____	_____	_____
4. God the Son					
a. Philippians 2:5-11	_____	_____	_____	_____	_____
b. John 1:1-5	_____	_____	_____	_____	_____
c. Matthew 28:19-20	_____	_____	_____	_____	_____
d. Mark 10:45	_____	_____	_____	_____	_____
e. Luke 1:34-35	_____	_____	_____	_____	_____
f. Hebrews 7:24-25	_____	_____	_____	_____	_____
g. Hebrews 4:15	_____	_____	_____	_____	_____
h. Hebrews 1:3	_____	_____	_____	_____	_____
i. Acts 17:31	_____	_____	_____	_____	_____
5. God The Spirit					
a. Acts 5:3-4	_____	_____	_____	_____	_____
b. John 16:7-15	_____	_____	_____	_____	_____
c. John 14:26	_____	_____	_____	_____	_____
d. Romans 8:9	_____	_____	_____	_____	_____
e. Romans 8:16	_____	_____	_____	_____	_____
f. Galatians 5:16	_____	_____	_____	_____	_____
g. Galatians 5:22-23	_____	_____	_____	_____	_____
6. Mankind					
a. Genesis 1:26-27	_____	_____	_____	_____	_____
b. Psalm 8:3-9	_____	_____	_____	_____	_____

- c. Ecclesiastes 7:29 _____
- d. Romans 5:12 _____

- 7. Sin
 - a. 1 John 3:4 _____
 - b. 1 John 1:8-9 _____
 - c. Ecclesiastes 7:20 _____

- 8. Church
 - a. Matthew 16:18 _____
 - b. Hebrews 10:25 _____
 - c. Ephesians 4:7-16 _____
 - d. 1 Corinthians 12:7 _____
 - e. 1 Corinthians 12:18-20 _____

- 9. End-Times
 - a. 1 Thessalonians 4:13-18 _____
 - b. Matthew 24:42 _____
 - c. 1 Corinthians 15:21-23 _____
 - d. Revelation 21:1-4 _____
 - e. Revelation 20:14-15 _____

- 10. Angels
 - a. Hebrews 1:14 _____

- 11. Demons
 - a. James 2:19 _____
 - b. Matthew 10:1 _____

- 12. Evangelism/Discipleship
 - a. Matthew 28:19-20 _____
 - b. 2 Timothy 2:2 _____

- 13. Additional verses (You can add):
 - a. _____

- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

Bible Lists To Memorize

1. The Ten Commandments. Exodus 20:1-17. See also #7 under Prayers For Our Growth And The Growth Of Others in prayer section of Devotional Helps. _____

2. The Twelve Disciples: Peter, Andrew, James, John, Matthew, Bartholomew, Philip, Thomas, Simon the Zealot, James the son of Alpheus, Thaddeus, and Judas Iscariot. _____

3. Books of the Bible in order (See Contents in front of Bible) _____

4. Creation Days: #1: Light. #2: Expanse above and separated it from waters below. #3: Brought forth vegetation on land and separated waters from land. #4: Light bodies--Sun, stars, moon, etc. #5: Birds, water creatures. #6: Land animals, man woman from man, man named animals. #7: God rested. See Genesis 1-2. _____

5. Jacob's (Israel's) sons in chronological order: Reuben; Simeon; Levi; Judah; Dan; Naphtali; Gad; Assher; Issachar; Zebulun; Joseph; Benjamin. _____

6. Twelve tribes of Israel: Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Assher, Issachar, Zebulun, Half tribes of Ephraim and Manassah _____

(named after sons of Joseph), and Benjamin.

7. Israel's Judges: Othniel, Ehud, Shamgar, Deborah/Barak, _____
 Gideon, Tola, Jair, Jephthah, Ibzan, Elon, Abdon, Samson. _____

8. Kings of Israel and Judah:

a. Israel (Northern ten tribes--all nineteen kings were bad): _____
 1. Jeroboam; 2. Nadab; 3. Bashah; 4. Elah; 5. Zimri;
 6. Omri; 7. Ahab; 8. Ahaziah; 9. Jehoram; 10. Jehu;
 11. Jehoahaz; 12. Jehoash; 13. Jeroboam II;
 14. Zechariah; 15. Shallum; 16. Menahem;
 17. Pekahiah; 18. Pekah; 19. Hoshea.

b. Judah (Southern two tribes--8 good kings; 1 bad
 queen; 11 bad kings): _____
 1. Rehoboam (b); 2. Abijam (b); 3. Asa (g);
 4. Jehosaphat (g); 5. Jehoram (b); 6. Ahaziah (b);
 7. Athaliah (b--queen); 8. Joash (g); 9. Amaziah (g);
 10. Uzziah (g); 11. Jotham (g); 12. Ahaz (b);
 13. Hezekiah (g); 14. Manassah (b); 15. Amon (b);
 16. Josiah (g); 17. Jehoahaz (b); 18. Jehoiachem (b);
 19. Jehoiachin (b); 20. Zedekiah (b).

WEEKLY FAMILY MEETING



Agenda

1. Give an opportunity for family members to discuss anything they need to: Conflict, ask questions, etc.
2. Take care of any planning: Such as plans for a vacation, etc. Also, set up and monitor family rules.
3. Sometimes have activities: Examples: Mom and dad can share testimonies. You could have each member share different things, such as: Something you like about each of the other family members or something God has taught you lately.
4. Spend time in prayer (see list at end of prayer section). Perhaps focus on things you do not normally pray about or have the time to pray about each day.
5. You might end by playing a game or games and/or reading. Try to keep the television off during your family night so you can encourage more interaction with each other.
6. If you have children do jobs and pay them periodically, you might take care of payment during this time.

Family Rules

Ideas For Family Outings And Vacations

FAMILY DISCIPLESHIP WORKSHEET¹**PERSONAL QUIET TIME:**Dad:

1. What are you going to do for Bible reading and study. Write anywhere from 1-3 possibilities:
 - a.
 - b.
 - c.
2. When are you going to read and study your Bible? Write your answer:
3. How are you going to pray? Write your answers:
 - a.
 - b.
 - c.
4. When are you going to pray? Write your answer:

Mom:

1. What are you going to do for Bible reading and study. Write anywhere from 1-3 possibilities:
 - a.
 - b.
 - c.
2. When are you going to read and study your Bible? Write your answer:
3. How are you going to pray? Write your answers:
 - a.
 - b.
 - c.

¹ Refer to the study questions and your answers at the end of each of the first four chapters for more specific guidance in this exercise. It is recommended that you revisit this worksheet at least yearly. That way it can provide a good assessment of how you are doing with family discipling and suggest what changes might need to be made.

4. When are you going to pray? Write your answer:

FAMILY DEVOTIONS:

1. What are we going to do? Write a possible agenda:

- | | |
|----|----|
| a. | d. |
| b. | e. |
| c. | |

2. Who is going to lead it?

3. When are we going to do it?

4. What book(s) or tools are we going to use?

- a.
b.
c.

5. Use tabs or sticky notes to mark the different sections in this book to which you will refer regularly (e.g. Prayer Helps/Lists; Agenda for Family Devotions; the lessons, etc.)

DISCIPLING TIMES:

1. Write down the day of the week, time, and place where you will meet with each child for their discipling time (refer especially to Chapter Three for more information).

FAMILY MINISTRY AND EVANGELISM:

1. What ministry will you and your family participate in together on a regular basis (include when and how often)?

2. Who will be responsible for setting this up, getting it going, and keeping it going?

5. List some people you will begin praying for so that they will come to Christ as savior (for the purpose or organization and ease, you might want to transfer these to your Family Prayer Lists (pages 132-134).

- | | |
|----|----|
| a. | d. |
| b. | e. |
| c. | f. |

6. How and when will you seek to make contacts with these people?