



# Growing in Godliness: Spiritual Disciplines

1 Timothy 4:7, "Discipline yourself for the purpose of godliness"

## Lesson 4 & 5: Family Worship

### Introduction

- **Charles Spurgeon**, "If we want to bring up a godly family, who shall be a seed to serve God when our heads are under the clouds of the valley, let us seek to train them up in the fear of God by meeting together as a family for worship."

### A Biblical precedent

- **Joshua 24**
  - Family worship is not optional (v. 15)
  - Family worship is expected of all families in Israel (vv. 1, 15, 31)
- **Psalm 78:1-8**
  - Family worship exposes what may be hidden (v. 4)
  - Family worship ensures a generational legacy (vv. 4-6)
  - Family worship is the father's responsibility (v. 3)

- **Douglas Kelly**, “The representative principle inherent in God’s covenant dealings with our race indicates that the head of each family is to represent his family before God in divine worship and that the spiritual atmosphere and long term personal welfare of that family will be affected in large measure by the fidelity – or failure – of the family head in this area.”
- **Ephesians 5:25; 6:1-4**
  - Family worship sanctifies the home
- **2 Tim 1:5; 3:14-15**
  - Family worship provides the means of instruction

## **An historical precedent**

- **Martin Luther (1483-1546)**. Preface to his Larger Catechism, “It is the duty of every head of a household at least once a week to examine the children and servants one after the other to ascertain what they know or have learned of it, and, if they do not know it, to keep them faithfully at it.”
- **London Baptist Confession of 1689**. Preamble, “And verily there is one spring and cause of the decay of religion in our day, which we cannot but touch upon and earnestly urge a redress of; and that is the neglect of the worship of God in families by those to whom the charge and conduct of them is committed.”
- **Thomas Doolittle (1630-1707)**. “If God be the Founder, Owner, Governor, and Benefactor of families, then families are jointly to worship God and pray unto Him.”

## Definition

- **Family Worship** is the regular and intentional gathering of a household to worship God and to make disciples in the home.
  - **Regular**- consistent, habitual, normal
  - **Intentional**- planned, deliberate, on purpose
  - **Gathering**- coming together, meeting, assembly
  - **Household**- family unit, everyone living in your home
  - **Make Disciples**- evangelizing, teaching, and equipping

## Key Elements

### ***READ: Daily instruction in the Word of God***

- ***2 Tim 3:14-15***, “But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.”

### ***PRAY: Daily prayer to the throne of God***

- ***1 Tim 4:4-5***, “For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.”

### ***SING: Daily singing the praise of God***

- ***Col 3:16***, “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

# Family Worship Method

## READ:

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- **Read**

- Choose a portion of Scripture to read
- Share the reading among family members
- Work through a book of the Bible (can use children's catechism)
- Type of book will determine length of reading: Narrative more, instruction less

- **Discuss**

- Method 1
  - Observation: What does the text say?
  - Interpretation: What does the text mean?
  - Application: How does it apply to my life?
- Method 2
  - Truth: What promise, command to follow, or truth about God is in the text?
  - Application: How does that truth apply to my life?

- **Note:**

- Be engaging in teaching
  - Teach by asking questions
- Be plain in meaning
  - Speak to the level of those present
- Be relevant in application
  - Don't be afraid to share experiences
- Be affectionate in manner
  - Show affection toward the family
  - **J. C. Ryle** said, "Love is one grand secret of successful training. Soul love is the soul of all love"

## PRAY:

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- **Pray as a family**

- Method 1: A.C.T.S. pattern of prayer
  - Adoration:
    - Acknowledge who you are praying to
    - Praise God for who He is (His attributes)
  - Confession:
    - Confess our sinful nature
    - Confess actual sins
    - Seek forgiveness in Christ
  - Thanksgiving:
    - Identify general and specific items of thanks
  - Supplication:
    - Identify petitions in your family, school, work, church, nation, and world and seek the Lord for those
- Method 2: Lord's prayer model (see below)

- **Note:**

- Be inclusive
  - All participate in praying
- Be short
  - Keep prayers to the point
  - Don't teach in your prayers. God doesn't need to be taught
- Be simple yet weighty
  - Pray for things that your family are aware of
  - Pray in a language that is understood by all
- Be Scriptural
  - Use the text read to guide what you pray for
  - This will create variation and freshness
- Be expectant
  - Children know if there is no faith behind what you are praying

## SING:

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- **Sing**
  - Choose one song or hymn and sing together as a family
- **Note:**
  - Sing doctrinally pure, easy to sing, songs and hymns

### **Example of Family Worship**

#### **1. Read (Mark 1:1-8)**

Study passage

- i. Observation: What does the text say?
- ii. Interpretation: What does the text mean?
- iii. Application: How does it apply to my life?

#### **2. Pray**

Each family member chooses a part to pray from A.C.T.S.

#### **3. Sing**

##### **Praise to the Lord, the Almighty**

1) Praise to the Lord, the Almighty, the King of creation!  
O my soul, praise Him, for He is thy health and salvation!  
All ye who hear, now to His temple draw near;  
Join me in glad adoration.

2) Praise to the Lord, who o'er all things so wondrously reigneth,  
Shelters thee under His wings, yea, so gently sustaineth!  
Hast thou not seen how thy desires e'er have been  
Granted in what He ordaineth?

3) Praise to the Lord, O let all that is in me adore Him!  
All that hath life and breath, come now with praises before Him.  
Let the Amen sound from His people again,  
Gladly fore'er we adore Him.

# Important things to note

## Fathers

- Don't overdo it
- Don't preach at your kids
- Don't bait and switch
- Don't get frustrated
- Don't be boring
- Don't be proud
- Don't lose heart

## Wives

- Be a follower
- Be encouraging
- Be constructive and gentle
- Be patient
- Be a participant
- What if your husband is either not a believer, absent, sick or unable to carry out his duty? Do you lead the family?

## Objections

- We don't have time
- We are never home together
- I'm not good at leading
- Some members won't participate

# Matthew 6:9-13 Pattern of Prayer

## First Petition: God's Glory

- *Our Father in heaven, hallowed be your name.*
- As Christians, God is our Father and should be approached with respect and honor. To hallow is to honor; thus, we should express praise and adoration of God in our prayers for who He is and what He does.
- We were created for God's glory and need to pray for Him to be glorified in our lives.

## Second Petition: God's Kingdom

- *Your kingdom come,*
- God's kingdom is His rule and reign. We should ask Jesus to rule and reign in our lives, our families, our church, our community, and the world. We should also pray for the lost that God would save them and begin reigning and ruling in them.

## Third Petition: God's Will

- *Your will be done, on earth as it is in heaven.*
- God's will is revealed in His Word. Therefore we need to pray that we, our families, and the church would live based on what God teaches us in His Word: that we would serve and obey God and not ourselves.

## Fourth Petition: Give Us

- *Give us this day our daily bread*
- Ask God to give what is needful: our *needs*, those of your family, and others.
- Also, express thanksgiving for what He has given you.

## Fifth Petition: Forgive Us

- *And forgive us our debts, as we also have forgiven our debtors.*
- Confess any sin in your life to Christ. Also ask God to help you, your family, and others to show forgiveness to others just as God has forgiven us through Jesus!

## Sixth Petition: Lead Us

- *And lead us not into temptation, but deliver us from evil.*
- Ask God to deliver you and your family from temptation that you know awaits you.
- Ask God to deliver you from temptations that you do not yet see.
- Ask God to deliver you and your family from evil.