



FAMILY DISCIPLESHIP QUICK-START GUIDE

This guide gives you simple, everyday steps to disciple your children, following Deuteronomy 6:6–7.

Choose one rhythm to start with, and let it become part of your family culture.

AT THE TABLE (SIT IN YOUR HOUSE)


- Pick one mealtime this week to share a Bible story, verse, or question.
- Try 'Highs & Lows': ask each child their best and hardest moment of the day, then connect to prayer.



IN THE CAR (WALK BY THE WAY)

- Ask one open-ended question on the drive (e.g., 'What's one thing God is teaching you?').
- Play a worship song and talk about one lyric that stands out.
- Choose an audiobook or podcast and discuss.

AT BEDTIME (WHEN THEY LIE DOWN)

- End the day with a blessing over your child (e.g., 'The Lord bless you and keep you').
 - Read a verse/story if they're young, or ask 'What's one thing you'd like to ask me about?' Then pray together.
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IN THE MORNING (WHEN THEY RISE)

- Start with gratitude: 'What's one thing you're thankful for this morning?'
- Say a short family prayer or sing a simple song before the day begins.

