

FAMILY TABLE TALK

WEEK OF FEBRUARY 7TH



Once your family is seated at the table & eating, go through each section below together.

HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the person with the **MOST RECENT birthday** go first.

LESSON RECAP

This week we learned about a prophet named Amos. Before he was known as a prophet, Amos was a sheep herder and a farmer. He was from a place called Judah, but preached in a place called Israel. Just like the prophet Micah we heard about last week, Amos had some breaking news for everyone. God, through Amos, was letting the people of Israel know that they were not being sincere in their worship. God had noticed they had forgotten how to worship God with their whole heart, soul, mind, and strength. They had forgotten to take care of each other and decided not to look out for those who needed help. Worship then and worship now has always been about more than saying all the right words to God. It's turning around and living out those right words each and every day, in real and loving ways. That's what it means to be sincere!

THE BIG IDEA: When I worship God, I can be sincere.

THE BIBLE: Amos (Amos 5:18-24)

ASK THIS

- What was the breaking news Amos had for the people of Israel?
- Why do you think it was important for Amos to share this message with the people?
- How do you think we can worship God sincerely?

NOW WHAT?

God wants our actions in our lives to match our worship. How will you be sincere when you worship this week? Will you choose to be kind? Will you help someone in need? Maybe someone needs help with a chore. Or maybe someone you know needs a kind word. Think of a way you can be sincere in your worship this week and share it with your family.