



## AT HOME

### WEEKLY FAMILY DISCUSSION GUIDE

#### March 12 & 13

#### REMEMBER VERSE Memorize Together

“In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven.”

Matthew 5:16 (NIRV)

#### GOD STATEMENT: Jesus is Our Hope

Use this God-centered statement to help apply what your kids are learning. Instead of just hearing a Bible story and seeing how God helped those specific people, encourage them to look at their own life and apply the God-centered statement to it.

#### GROW DEEPER Discuss as a Family

Help your kids grow deeper in their understanding of this past weekend’s lesson and prepare for next week’s lesson.

#### WHAT WE LEARNED THIS WEEK...

**LESSON:** Jesus is Our Example – Jesus Is Baptized

**READ TOGETHER:** Luke 3:1-22, Matthew 3:13-17

#### DISCUSS (Younger Kids):

- Who sets a great example for us for how we should live and treat others? (*Jesus*). Can you think of a way we can treat others well like Jesus did?
- What happened to the paper flower in our lesson? Just like the petal became new, Jesus does that for us! Why do you think that is important?

#### DISCUSS (Older Kids):

- Why do you think Jesus got baptized? (*Because he is God’s son, and He is our example*). Can you think of someone in your life who is a good example of Jesus?
- What are some ways you can be an example like Jesus? Why do you think it is important that we show Jesus to others by the way we act?

#### NEXT WEEK...

We will continue to look at Jesus’ life and discover how **Jesus is Our Hope**, as we learn more about Jesus and his experience in the wilderness. (Luke 4:1-13, Matthew 4:1-11)

## **GATHER**

### **Intentional Family Time**

Life is busy and finding intentional time to gather as a family can be hard! How can you create intentional opportunities for family time in the following areas?

#### ***THE SPIRITUAL DISCIPLINE OF FASTING***

This Spring, we are challenging kids to work on the spiritual discipline of fasting.

The discipline of fasting is not something the Bible commands us to do. However, the Bible presents fasting as something that is good, profitable and beneficial to us, helping us grow in our walk with Christ.

While many people think fasting is only related to food, the whole goal behind this discipline is to give up something important to us in order to focus more on God. While fasting helps strengthen our relationship with God, it also reminds us of our dependence on Him for everything!

#### ***LENT***

One of the most traditional times when Christians practice this discipline is during the season of Lent, the 6 weeks leading up to Easter.

Just like the way Jesus went into the desert for 40 days of fasting and prayer before he started his public ministry, Lent is a time for us to set aside something important to focus on what Jesus did for us on the cross. It's a time to prepare our hearts for the celebration of his resurrection!

#### ***TALKING ABOUT FASTING AS A FAMILY***

- Talk about the Easter story - what happened?  
[Click here to watch "The Story of Easter" by Saddleback Kids](#)
- Discuss why this is important to each of you - how does this make you want to live differently?
- Discuss "fasting" as a family - make sure everyone understands the meaning of fasting
- As a family, decide what each of you will fast from and for how long - how will you focus more on God?
- After your period of fasting is over, talk about it as a family - what was it like? How did you feel? What did you learn about God?

## **CONTRIBUTE**

### **Missions Focus**

#### ***Refugees in Greece***

Over the next few weeks, we are spending time learning about and praying for refugees in Greece.

The country of Greece currently has over 50,000 refugees mostly from Syria, Iraq and Afghanistan.

Even during these scary & uncertain times, God is using the people of Athens, Greece, to love and serve these refugees.

This is a great opportunity to encourage empathy and compassion. Start by discussing:

#### ***What is a refugee? How would you feel if you were a refugee?***

Spend time discussing what it would be like to be a refugee - someone who has to leave their home and needs a safe place to go.

#### ***How can I help?***

Prayer is our most powerful tool as believers. How can your family intentionally pray for the refugees of Greece and other countries?

## **CONNECT**

### **Fun Opportunities**

#### **Family Easter Box**

Sign up for a box full of fun for your family this Easter season. Boxes will be delivered to your doorstep at the end of March!

**Register for a Family Easter Box today:**  
[woodmenvalley.org/kids](http://woodmenvalley.org/kids)