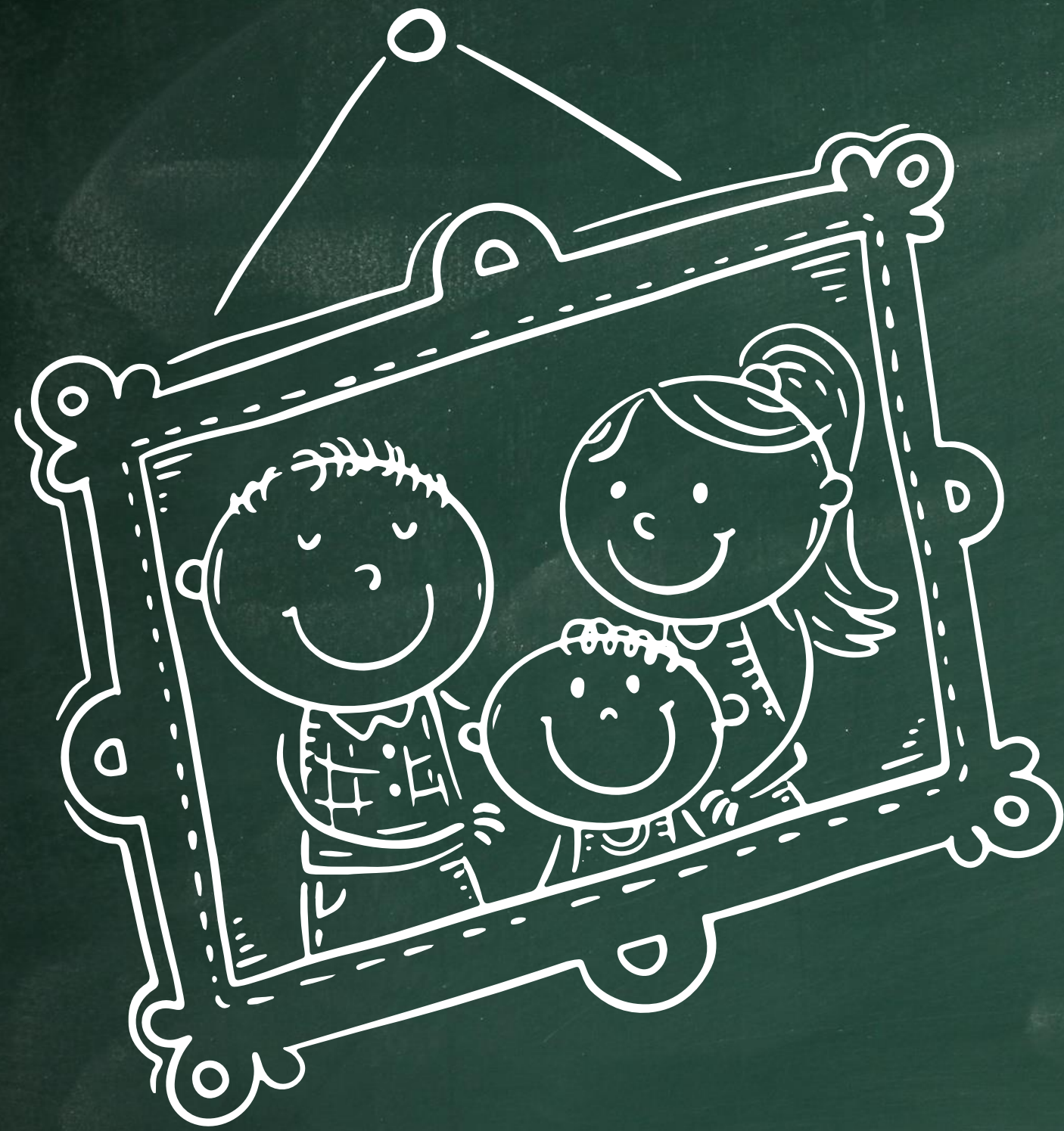


faith *at*
HOME



Sunday Morning Study:
Led by Josh Kittleman
Rooms 5 & 6



Faith at Home



About the Study

- ***Faith at Home***: Every household is different—single or married, ten kids or no kids, Gen Z or Baby Boomer—but almost everyone struggles with this same issue: how can faith be truly active at home? Check out this 7-week class facilitated by *Josh Kittleman* in Rms. 5 & 6, and join in the discussion of how to bring faith into your unique household in the middle of busy schedules, distracted minds, and whatever other unique challenge you may be facing.

About the Study

In the upcoming year, there will be a congregational emphasis on Missional living. In many ways this will be a preview of aspects of this emphasis, specifically when it comes to our personal lives and relationships.

This study also strongly connects to Vocation.



About the Study

Biblically Grounded

Engagement in God's Word will vary each week

“Practical”

Participation Encouraged - But you will not be called out.



Who is this for?

Single people

Married People

Parents

Couples without kids

Grandparents

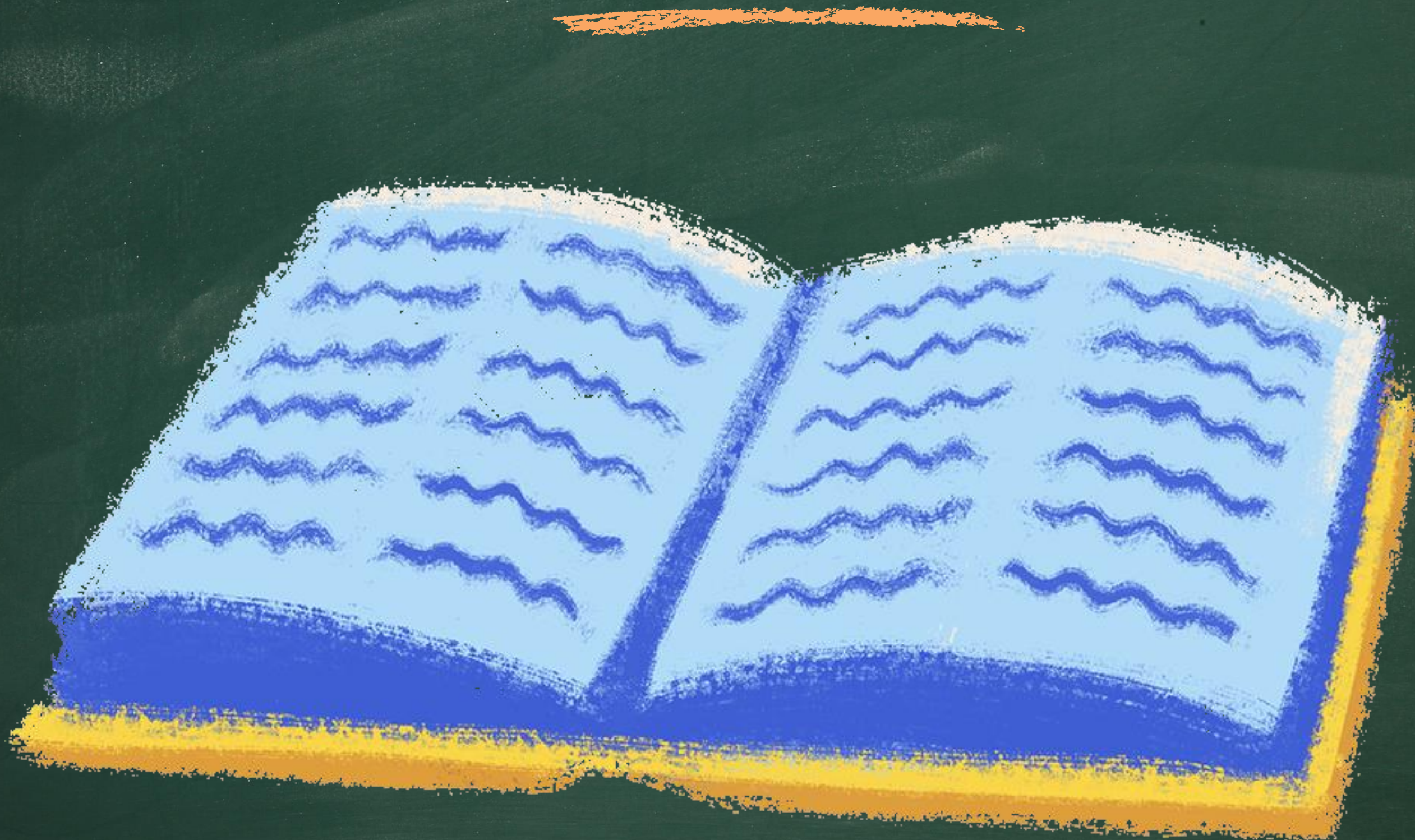
People with friends

All Ages

* While certain aspects of this study may appeal to specific roles in the household, the study is designed to help all of us explore this subject matter.



The beauty of Intergenerational Studies



The Study... Or is It?*

March 3 - Intro - Abiding / Threats to Abiding

March 10 - Defining who's in my household?

March 17 - Building Strong Foundations

March 24 - Passing on Faith to Next Generation

March 31 - Easter - No Class

April 8 - Navigating Challenges as a Faithful Household

April 15 - Cultivating a Spirit of Gratitude as a Household

April 22 - The Role of Prayer

*Class subject to change based off of the make-up & needs of the group



Why are you Here?



Why are you Here?



Intro



Not an AI
Generated family

- Husband to Sarah
- Father to Ethan, Asher, and Jonah
- Started at COS June 2024
- Previously:
 - St. John's, Adrian (02-06)
 - Peace, Shelby Twp (06-17)
 - CUAA (2017-2023)

Intro



- My Role at COS
- I prefer to facilitate than to Lecture
- Sooo not perfect. Feel free to ask my wife.
- Sinner saved by Grace (Thanks be to God!)

Today's Agenda (or What's left of it!)

Session 1 Objective: Understanding the importance of abiding as a child of God - and as a household - in the context of faith.



Explore what abiding looks like (~13 mins)

Examine the threats to abiding (~13 Mins)

Suggestions to help us abide (~14 Mins)

Wrap-Up & Resources (~5 Minutes)



Abiding in Christ - and within our Household - in an Age of Distraction

Created with AI
(Look at those faces..
Picasso would be proud!)



I am a
child
of God

Remembering
our First Call



Romans 6:3-4

“Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.”

Heidi Goehmann: “Media also often gives us the message that we are not good enough at the parent thing, the spouse thing, the worker thing, the any-thing.

God tells us the reverse. He tells us our identities – who we are and why we matter – are firmly planted in Him and by Him. He tells us that in our Baptisms we are enough, because He is enough.”

He is the One who fills us with everything we need.
When we are weak then He is strong, and He shines
best in our weaknesses and struggles.

God turns everything into something He will use
for His Kingdom work, not just the things we think
of as church work.

[...] we need not present some perfect image.

When we share with one another who we are as real people in Christ, we also bear one another's burden.

By letting our members and community know that we are imperfect but forgiven and set free, they are encouraged that Christ works this in their own lives as well.

We can deal with the dirty and the messy of life and

We can deal with the dirty and the messy of life and its challenges, the church and its challenges because we have a sure and certain foundation.

We know who we are in Christ. This is the foundation of wellness, and it is a beautiful gift of His grace. We can't earn it or strive for it. It just is.

At the end of the day, we are well because Christ has proclaimed us well.

We may need to work on our finances, hash out our communication [with our family members], eat better and exercise more, but our souls, our hearts, and all that really matters is well in Christ.

So from here we can move on to all the areas of our lives and let Christ infiltrate them — our relationships, our physical well-being, our emotions, all of it.

Because we know our core is well and who we are is well, we can investigate and grow and work on all those other areas.

This is grace upon grace wellness. Doesn't it sound like a great place to start?

Abiding in Christ

What does it mean to
“abide”?



John 15:5

“I am the true vine, and my Father is the vinedresser.
2 Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. 3 Already you are clean because of the word that I have spoken to you.

John 15:5

4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

ABIDE

- Connection w/ Jesus
- Dependance on Jesus
- Continuance w/ Jesus

Greek - meno - to remain, to stay, to
continue

Your Turn

ABIDING..

in Christ

WHAT DOES IT LOOK LIKE TO "ABIDE IN CHRIST"?

WHAT IS THREATING ME FROM ABIDING IN CHRIST?

SOME THINGS THAT MAY HELP NURTURE MY RELATIONSHIP WITH CHRIST

TODAY'S VERSE TO REMEMBER:

"I AM THE VINE; YOU ARE THE BRANCHES. WHOEVER ABIDES IN ME AND I IN HIM, HE IT IS THAT BEARS MUCH FRUIT, FOR APART FROM ME YOU CAN DO NOTHING."

JOHN 15:5

How might "abiding in Christ" look like in your life?



THREATS TO ABIDING

External

Internal



Your Turn

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in Christ

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JOHN 15:5

What
challenges/threats to
your "abiding in
Christ" should you be
aware of?




Genesis 2:15 - 25

15 The Lord God took the man and put him in the garden of Eden to work it and keep it. 16 And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat[d] of it you shall surely die.”

18 Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for[e] him.” 19 Now out of the ground the Lord God had formed[f] every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name.

Genesis 2:15 - 25



20 The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam[g] there was not found a helper fit for him. 21 So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the Lord God had taken from the man he made[h] into a woman and brought her to the man.

Genesis 2:15 - 25

23 Then the man said,

“This at last is bone of my bones
and flesh of my flesh;
she shall be called Woman,
because she was taken out of Man.”[i]

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

Understanding the Purpose of our Households (Future Session)



For a more in-depth study on the purpose of family, read these Bible verses:

- Exodus 20:12
- Proverbs 1:8-9
- Luke 1:26-31
- Luke 2:41-52
- Ephesians 5:22-6:4



Being Present vs. Abiding

In our relationship with God, as in our relationship with our families. Being present alone isn't enough.

Being Present (According to Chat GPT)

- Put Away Distractions
 - Active Listening
- Engage in Meaningful Conversations
 - Limit Multitasking
- Set boundaries and manage distractions

What does an Abiding Family Look Like? (Josh Kittleman style)

We are a prayerful family

We acknowledge God's constant presence in the midst of joy and crisis

God's Word is Our Guide

As we live life together

We value being present with each other

Quantity & Quality Time

We are committed to each other

We are allowed to have bad days

What does an Abiding Family Look Like?

We are a forgiving family

Ephesians 4:32

“Be kind and compassionate to one another, forgiving each other, just as in Christ God has forgiven you.

We laugh with each other

and not AT each other

We give each other space

Encourage each other to grow on our own and call upon the name of the Lord on our own. It makes our time together more interesting

We have a healthy enough outside activity to bring us

This is another great idea

What does an Abiding Family Look Like? (My Answers)

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What does it look like to abide as a family/within our households?



Your Turn (About ~3 Mins)

 **ABIDING WITH..**
My Own Family

WHAT DOES IT LOOK LIKE FOR MY HOUSEHOLD TO ABIDE IN CHRIST TOGETHER?

WHAT THREATS ARE KEEPING MY HOUSEHOLD FROM ABIDING IN CHRIST TOGETHER?

SOME IDEAS THAT MAY HELP US GROW TOGETHER:

ONE THING FROM THIS SECTIONAL I WANT TO REMEMBER FOR MY HOUSEHOLD:

What might it look like
for your household to
abide in Christ together?

THREATS

External



Internal



Perceived
and
Real

1

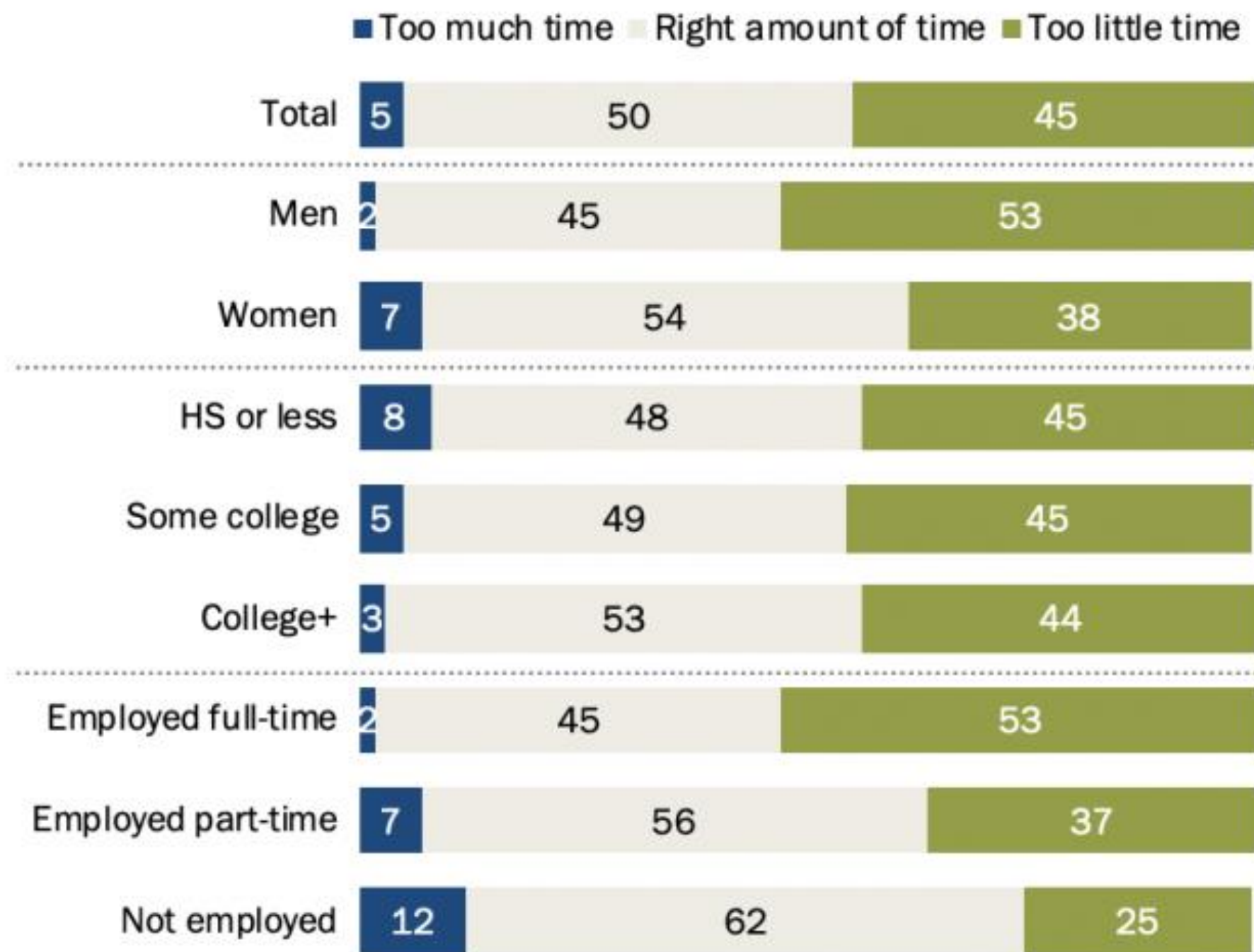
Work-Life Imbalance / Lack of Margin



- The Problem is not a lack of wanting to be with family.

In March, more than four-in-ten parents say they spent too little time with their children

% of U.S. parents who say they spend ___ with their children



Note: Based on parents who have at least one child under the age of 18 but may also have an adult child or children. Those who did not give an answer are not shown.

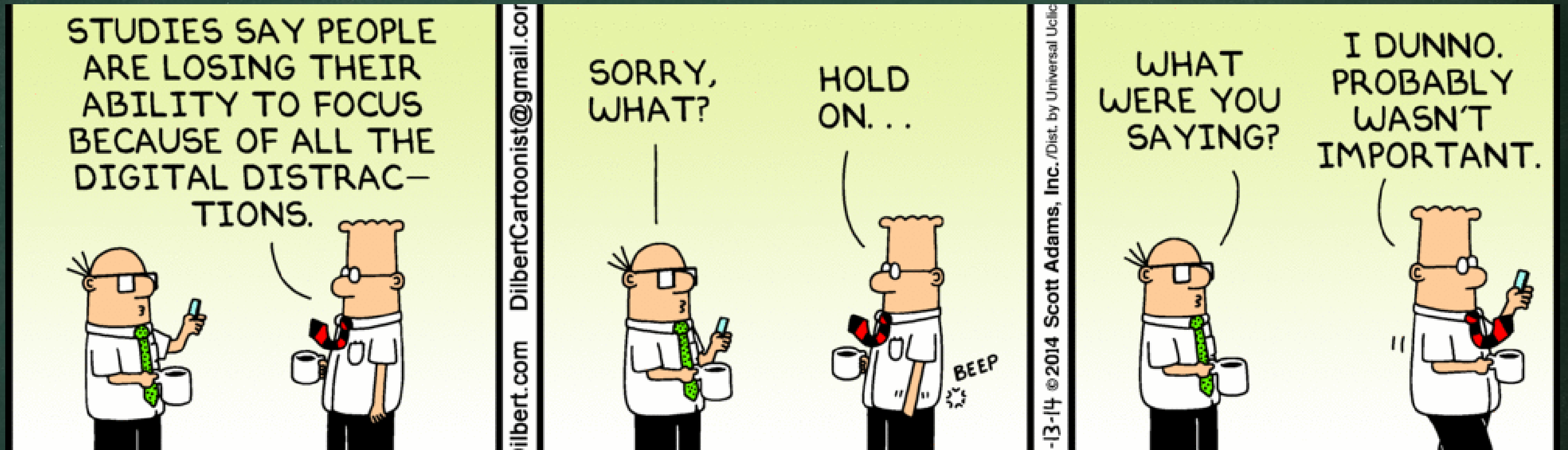
Source: Survey of U.S. adults conducted March 2-15, 2020.

"Parenting Children in the Age of Screens"



2

Technology And Social Media



Dilbert by Scott
Adams

Continuous Partial Attention

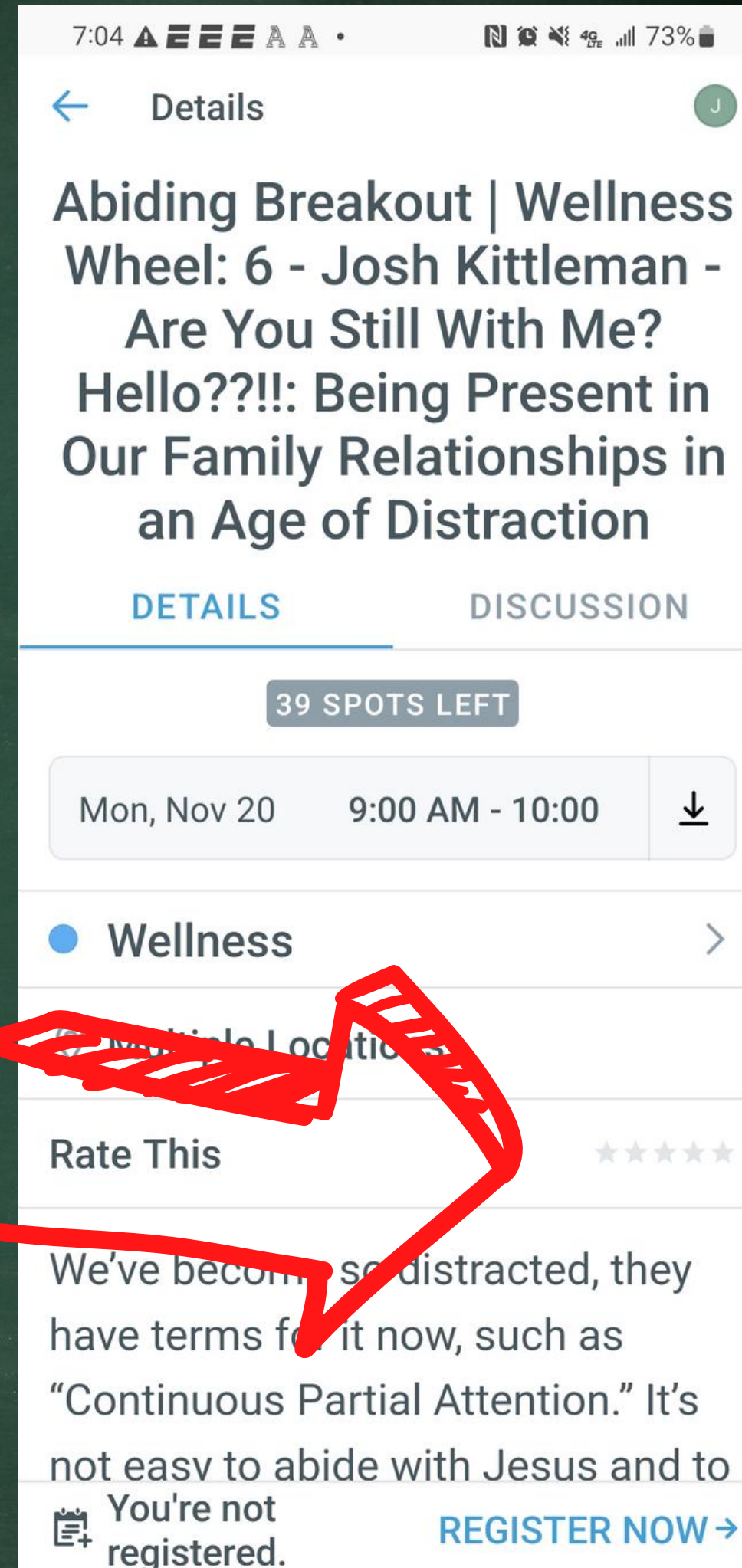
Focus on one high-level item.
Not exclusive to tech but
prominent.



Social Media

The 30-Minute Ick Factor is when people mean to check their social media briefly but then find that 30 minutes have passed, and when they realize how much time they have spent, they have this sense of disgust and disappointment in themselves.

It's hard to abide when you are .



Social Media

It's hard to abide when you
are constantly being judged.

AHEM.....



7:04 **EEEEAA** • 73%

← Details

Abiding Breakout | Wellness Wheel: 6 - Josh Kittleman - Are You Still With Me? Hello??!!: Being Present in Our Family Relationships in an Age of Distraction

[DETAILS](#) [DISCUSSION](#)

39 SPOTS LEFT

Mon, Nov 20 9:00 AM - 10:00

Wellness

Multiple Locations

Rate This

We've become so distracted, they have terms for it now, such as "Continuous Partial Attention." It's not easy to abide with Jesus and to

You're not registered. [REGISTER NOW →](#)

These are competing and conflicting theories and philosophies, so how do you prioritize one or another when responding to a given question or situation?

 ChatGPT

You're correct that these moral theories and philosophies can be competing and conflicting. When responding to a given question or situation, my approach is to integrate and balance these perspectives, rather than strictly prioritizing one over the others. Here's how I do it:

1. **Contextual Relevance:** I consider the specific context of the question. Some situations may align more closely with certain ethical frameworks. For instance, a question about public policy might be well-suited to a utilitarian approach, while a personal dilemma might call for virtue ethics.
2. **Balanced Perspective:** I aim to provide a balanced view that incorporates multiple ethical perspectives. This approach acknowledges the complexity of moral questions and the limitations of any single ethical framework.
3. **Highlighting Conflicts:** When relevant, I highlight the conflicts between different moral theories to illustrate the complexity of the issue and to show that there may not be a single "correct" answer.
4. **Emphasizing Common Ground:** Despite their differences, many ethical theories share common principles, such as the value of human well-being or the importance of fairness. I often draw on these shared values to provide a more unified response.
5. **Encouraging Critical Thinking:** I encourage users to think critically about the moral dimensions of their questions, presenting different ethical considerations and asking reflective questions.
6. **Ethical Pluralism:** Recognizing that ethical pluralism is a reality in our diverse world, I try to respect different viewpoints and moral traditions, offering a response that is inclusive of various ethical considerations.

By integrating these approaches, I aim to provide responses that are thoughtful, nuanced, and respectful of the complexity inherent

Bernard Bull – Nov. 18 – Facebook

3

Fragmentation of Families (see also “Differing Values”)



4

Parental Role Strain

Parental strain or parenting stress refers to the degree to which parents perceive the demands associated with the parenting role as difficult (Abidin, 1992; Pearlin, 1989).

Methamphetamine-Using Parents: The Relationship Between Parental Role Strain and Depressive Symptoms*

SHIRLEY J. SEMPLE, PH.D., STEFFANIE A. STRATHDEE, PH.D.,[†] JIM ZIANS, PH.D., AND THOMAS L. PATTERSON, PH.D.[†]

Department of Psychiatry (0680), University of California, San Diego, 9500 Gilman Drive, La Jolla, California 92093-0680



5

Mental Health Concerns



The findings are published as the U.S. and other countries face a crisis in children's mental health exacerbated by the pandemic. The study appears online in the January 2022 issue of *Child and Adolescent Psychiatric Clinics of North America*.

The study found that, overall, 21.8 percent of U.S. children ages 3 to 17 have one or more of the common mental, emotional, and behavioral health conditions assessed. The prevalence of mental health problems across U.S. children ranged from about 15 to 60 percent, increasing with the type (social, relational, or both) and number of these risks that children had been exposed to.

[Johns Hopkins Bloomberg School of Mental Health](#)

OTHER THREATS



● **Addiction**

● **Financial Stress**

● **Comparison**

● **Lack of Coping Skills**

● **Cultural**

OTHER THREATS



Differing

Values

Perfectionism

Selfishnes

Apath

s

y

Unfair Expectations

Family Estrangement

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We strive to be content


With the gifts that God has given us

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SELFISHNESS

Your Turn (About ~3 Mins)

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