

# *Family Study Guide*



# *Parenthood*

*2 Weeks*



## **Hey, families!**

Enjoy this family study guide as a supplement to the current sermon series. Our prayer is that it stirs up meaningful conversation and connection with your kids. We hope you have fun as a family!

A child's greatest spiritual influence will always be you. We're here for support and to cheer you on!

Sunnybrook Family Ministry Team



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**@sunnybrookkids**  
**@sunnybrook\_msm**  
**@sunnybrook\_hsm**

# Week 1

**Kicking it Off:** What three places does our family spend most of our time? (Example: school/work, home, gymnastics)

**Big Idea:** Love God with all your heart.

**Talk About it Together:** Check out this picture. One is church and the other is home (and the other places you spend time during the week). There are 168 hours in a week. You probably spend about 1 hour at church. That means that home is a great place to learn about God, practice ways to love him, and grow as a family! Let's see what the Bible has to say about this.



**Bible Reading:** Here's what Moses told the people of Israel in **Deuteronomy 6:4-7**.

"Listen, Israelites! The LORD alone is our God. There is no other true God. Love the LORD your God with all your mind and with all your strength. Love Him with all that you are. Always think about these commands that I am giving you today. Teach them to your children at all times. Talk about them when you sit together at home. Talk about them as you walk along the road, when you lie down and when you get up."

Did you catch how God's truths are to be shared? These verses show us that faith in God is passed from generation to generation through the ordinary, everyday activities of our lives. The idea here is to keep things natural. Be looking for opportunities to talk about God, and then take advantage of the opportunities you get.

Here's another way we could say it: Families, during those 167 hours, teach your kids to love God and talk about God as you go about your day—mealtime, playtime, cartime, and bedtime.

What does “all your heart, mind, and soul” mean? **(It means everything you’ve got! Your whole self!)** How do you feel about the idea of loving God with all of you? Excited? Scared? Curious?

Talk through these ordinary, everyday activities in the life of your family. What are you already doing to help you love God? What would be helpful? What is distracting you from growing during these times?

### **Mealtime:**

- Make your mealtime family-focused by declaring it a device-free zone. Be fully present with your family and notice how this positively impacts your relationships.
- Pick a meal where most members attend. Read a Bible verse, talk about your day, and pray together.

### **Playtime:**

- Subscribe to Rightnow Media, a streaming video service with resources for all ages—movies, Bible studies, and music.



- Read God’s Word together and implement fun by using the resource on the next page.



**At dinner tonight ask:  
“What is something  
you thought was  
impossible but turned  
out to be possible?”  
Remind your kids to  
always remember that  
God can do the  
impossible.**

# 5 WAYS TO RETELL A BIBLE STORY WITH KIDS

A great way for kids (and adults!) to remember God's story and to experience it more deeply is to retell it in ways that engage their head, heart, and hands. Get inspired with these easy ideas for retelling a Bible story.

## 1. BUILD

Use building blocks or play dough to recreate scenes from the story. Work together or build scenes individually and then show and tell each other about what you've made.

## 2. DRAW

There are lots of ways to use art to tell stories: Have each person draw a picture of a different part of the story; then put the pictures together and tell the story again. Pick a word from the story and illustrate it. Make a cartoon strip. Sketch pictures of what you're imagining as the story or text is being read; then compare your thoughts.

## 3. SING

Make up a tune (or use one that's familiar), and turn the story into a song. Or look for a version of the story that's already been recorded, and learn it together.

## 4. ACT

Use puppets (socks, dolls, or utensils will do!) or yourselves to act out the story. Consider taking photos of each scene and printing them as a book or comic strip. Assign readers to read the dialog or assign sound effects to particular words, and reread the story together.

## 5. WONDER

Ask open-ended questions that have no "right or wrong" answers. For example:

- I wonder what... (I wonder what Jonah thought about inside the fish...? I wonder what you would have thought about...?)
- I wonder how... (I wonder how it felt to cross the Red Sea...? I wonder how this story makes you feel...?)
- I wonder who... (I wonder who the shepherds told first about meeting baby Jesus...? I wonder who you would have run to tell...?)
- I wonder why... (I wonder why Jesus told stories to people...? I wonder why we don't always do what God asks us to do...?)



## Cartime:

- Resist the temptation of screen time for short trips. Everyone will learn more with family participation than they will from a screen.
- On the way home from church, have everyone share something they learned.
- Listen to Sunnybrook worship team.



- Listen to our Sunnybrook Kids playlist:



**While driving in the car:  
Look around at what  
you are seeing and  
point out all that  
God created and  
give thanks!**

## Bedtime:

- When tucking into bed and saying goodnight, ask each kid what he/she is thankful for from that day, and then pray with them a simple prayer thanking God for what they said.



**At bedtime tonight:  
Cuddle with your child  
and pray, "Dear God,  
thank You for another  
wonderful day with  
(kid's name). Help us  
continue to learn which  
way is Your way and give  
us the courage to go  
Your way. We love You.  
In Jesus name, Amen."**

## Talk to God:

God, thank you that you love us with a never-ending, no-matter-what kind of love. We want to love our family just like that and love You with all our hearts. Help us to grow together through the everyday stuff of life. AMEN!

# Week 2

**Kicking it Off:** What is the best gift that you have ever RECEIVED? What made it so special? What was the best gift you have ever GIVEN? Why were you excited to give it?

**Big Idea:** The best gift God can give is Himself!

**Talk About it Together:** Think about it – some of the best gifts are the gifts that took sacrifice to give – whether it was a big gift that cost money, a gift that someone wanted but instead chose to give it away, or if it was a gift that took a lot of time and effort to make. Do you feel loved when you receive a gift? Why?



**Grown Ups:** Talk about how you love to give good gifts on SPECIAL DAYS to make kids feel loved.

God gives the best gifts. God gave His Son, Jesus, so that everyone who believes in Him would have eternal life. When you trust in Jesus as your Savior, God gives again! He gives the Holy Spirit to live in His children EVERY day. How does it make you feel that God is a Heavenly Father who loves you so much?

**Bible Reading:**

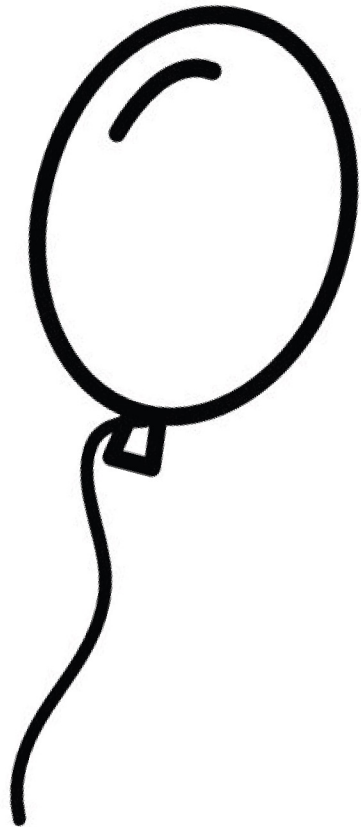
**Matthew 7:11** Even though you are bad, you know how to give good gifts to your children. So surely your heavenly Father will give good things to those who ask him. (ICB)

**John 3:16** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (NIV)

**Family Activity:** Get 2 balloons. Blow one balloon up with air and tie it shut. How do we know that this balloon is filled with air? (example: By the way it looks, what it does ~ floats, etc.).

The flat balloon is still a balloon, but it is not able to DO all that it was created to do! It needs to be filled! In the same way that air fills a balloon, when you trust in Jesus, God gives the Holy Spirit to FILL and live inside YOU! What a gift! With the Holy Spirit living in you, you can do all that you were created to do (to love God, love others, be patient, kind, joyful, etc.).

**Talk to God:** God, thank you for loving us so much that you gave your Son, Jesus. And, that as we trust in You, You give Your Holy Spirit to live inside us to help us. We pray as a family that we would learn to love and trust You more. In Jesus' name, Amen.





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