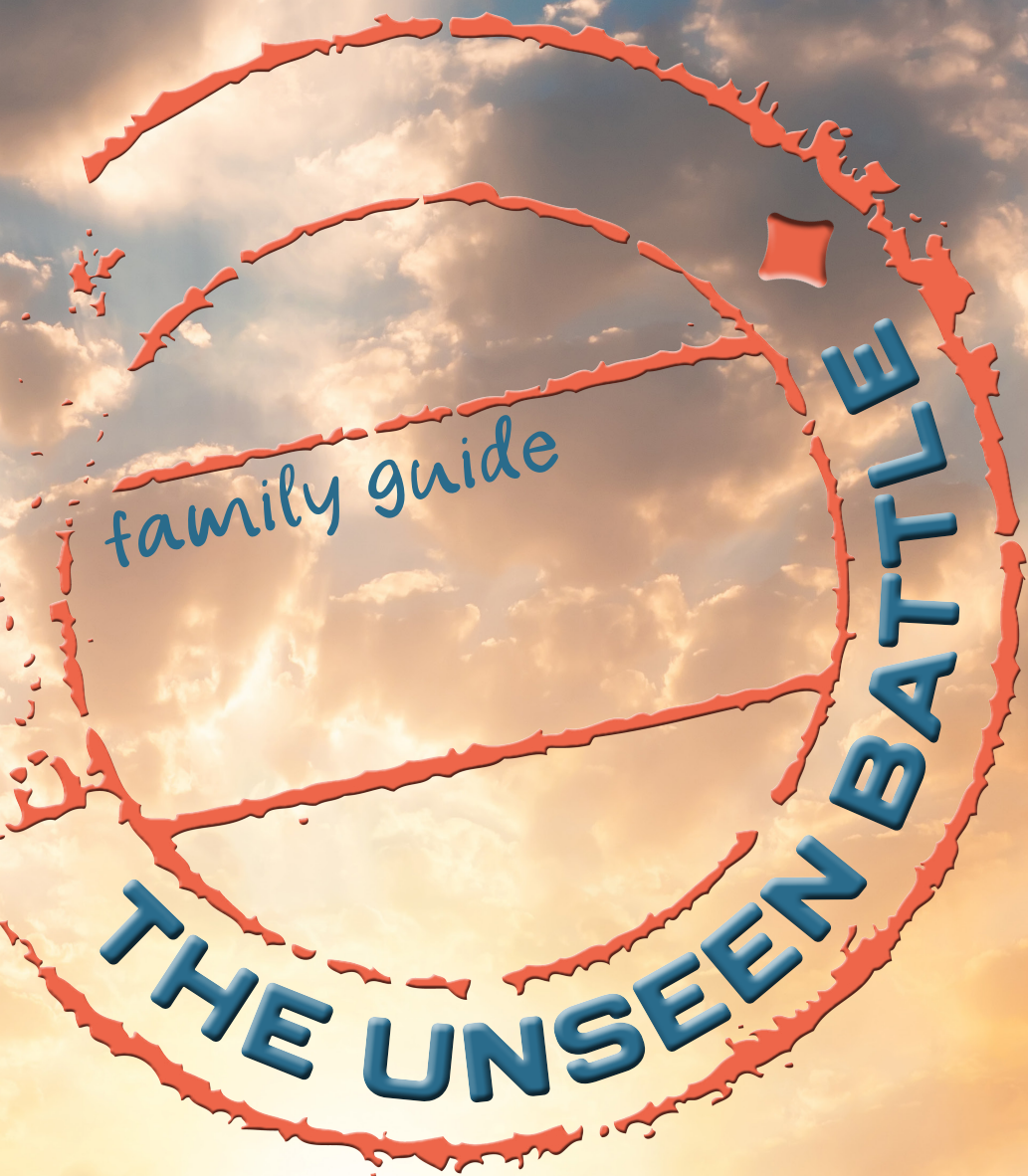


FAMILY GUIDE - 8 WEEKS



THE UNSEEN BATTLE

The battle between good and evil is copied into every good story, good movie, and good adventure. Superheroes aren't the only ones that fight against enemies, however. The battle between good and evil has been going on in our spiritual world ever since Satan decided to turn against God. While superhero movies make the battle look adventurous and fun, it is very real and something that we need to know about.

One thing those fictional stories get right is that good always wins. God has already defeated the evil that is trying to battle against Him. That victory is something we can lean into if we feel discouraged as we fight our own battles.



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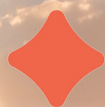
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I FEEL LIKE GIVING UP



Main Idea:

God helps people do hard things.

Key Verses:

Hebrews 11-12

Sharing & Doing:

There are so many examples of people who lived by faith in Hebrews 11! The chart on page 5 lists them out in order as they appear in these Hebrew chapters.

Work together to fill out as much as you can. If you get stuck, Biblical references are included noting where their story is found in the Bible. We also included a list of common ways they are known to help you out if needed on page 6. Referring back to Hebrews 11, also list what they the characters did "by faith".

Memory Verse:

... And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith ...

- Hebrews 12:1b-2a

Prayer:

Dear God, thank You for all the ordinary people in the Bible who did extraordinary things with Your help. Please use us to do extraordinary things for Your kingdom as well! In Jesus' name, amen.

**FILL OUT THE CHART BASED ON HEBREWS 11
(IF NEEDED, CHARACTER PROMPTS ARE ON THE BACK OF THIS PAGE)**

Hebrews 11, Verse #	Character(s)	What is known about the character(s)	Where Character's Story is Found	What they did by faith
3	Us!		Not in the Bible, but definitely part of God's story!	Believe that God created the universe!
4	Abel and Cain		Genesis 4	
5-6	Enoch		Genesis 5	
7	Noah		Genesis 5-9	
8-12, 17-19	Abraham and Sarah		Genesis 12-25	
20	Isaac		Genesis 26-28	
21	Jacob		Genesis 48	
21	Joseph		Genesis 37-50	
23-29	Moses		Exodus 1-40	
30	Walls of Jericho		Joshua 6	
31	Rahab		Joshua 2	
32-39	Many Characters		Many chapters	

CHARACTER PROMPTS FOR HEBREWS 11 CHART:

- **ABEL AND CAIN**

First brothers listed in the Bible. Brought sacrifices to God. Cain killed Abel. Cain was banished to wander the earth.

- **ENOCH**

Enoch never died, God took him away. His son, Methuselah, was the oldest man that ever lived at 969 years.

- **NOAH**

Noah's Ark and Noah's trust in God's plan.

- **ABRAHAM & SARAH**

God's promise for Abraham to be the father of many nations, Sarah believing she could have a child when she was so old, near sacrifice of Isaac

- **ISAAC**

Son of Abraham, almost sacrificed, father of Jacob and Esau

- **JACOB**

Son of Isaac, followed God's leading in the blessing of Joseph's sons

- **JOSEPH**

Coat of many colors, brothers and family feuding, dreams

- **MOSES**

His story spans from birth to death, Egyptians/Israelites, Plagues/Slaves, Red Sea, Promised Land

- **WALLS OF JERICHO**

Israelites trusting God, walls falling down

- **RAHAB**

Hiding Israeli spies



HOW TO WIN THE BATTLE INSIDE US



Main Idea:

It's hard to always do the right thing.

Key Verses:

Romans 7

Sharing & Doing:

Read Romans 7:15 very slowly. Fill in the blanks below to complete the verse.

For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

FILL IN THE BLANKS

For what I am doing, _____

for I am not practicing what I would like to do,

but _____ the very thing I _____.

1. Have you ever wanted to do the right thing, because you knew it was right, but instead you did something that knew was wrong?
2. What is the Biblical word for the wrong things we do against God? (*sin*)
3. Do you ever feel like sin is your boss?
4. Do you think that even as a Christian you could go a whole week and never sin?

5. The truth is, the harder we try to keep God's law all by ourselves, the more we realize we can't. Who do you think we should make the boss of our lives instead of sin? *(God)*
6. How do you make God the boss of your life? *(choosing to obey Him, learning more about Him, asking questions, praying, etc.)*

We also have to want to stop sinning and follow our correct boss! It's hard because sometimes it seems like sin is actually fun. But, that is a lie that we have to learn more about. Jesus has saved us already from the power of sin and the effects of sin when he died on the cross and rose again. That means if we believe in Jesus, one day we will live in heaven with Him. Until we get to heaven, we have to fight against the sin in our minds and bodies and God will help us do that.

Memory Verse:

Thanks be to God, who delivers me through Jesus Christ our Lord!

- Romans 7:25

Prayer:

Dear God, I want You to be the boss of me! Help me fight the sin in my mind and body. Help me to want to be more like You every day. In Jesus' name, amen.



HOW TO BE SET FREE



Main Idea:

Set your mind and heart upon Jesus.

Key Verses:

Romans 8

Sharing & Doing:

Read Romans 8:38-39 and fill in the blanks.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

FILL IN THE BLANKS

For I am convinced that neither _____ nor _____,
neither _____ nor _____,
neither the _____ nor the _____,
nor any _____,
neither _____ nor _____,
nor anything else in all _____,
will be able to _____ us from the _____ of
_____ that is in _____ our
_____.

1. Do you ever feel like you have done something that you can't be forgiven for?
2. What emotions do you think Paul was feeling when he wrote Romans 8:38-39?
3. How does it make you feel that nothing you can do can separate you from the love of Jesus?
4. Can you think of anything else that you could add to the list in this Bible verse?
5. Why do you think we have a hard time receiving God's love?
6. Do you think you can love another person as big as these Bible verses? Even if they disappoint or frustrate you?

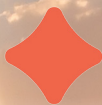
Memory Verse:

For those who are led by the Spirit of God are the children of God.

-Romans 8:14

Prayer:

Dear God, thank You for always loving us no matter what. Help us to want to focus on Your Spirit and guide us in what we say and do. In Jesus' name, amen.



LEARN THE TRUTH, LIVE THE TRUTH



Main Idea:

When we learn more about God, we can choose to act more like Him

Key Verses:

Ephesians 4: 29,31-32

²⁹ *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

³¹ *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

³² *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Sharing & Doing:

1. Make two lists.

- List 1: Words/phrases that are considered unwholesome talk
- List 2: Words/phrases that are helpful for building others up

1 Unwholesome Talk	Helpful/Building Up 2

2. Compare the two lists and discuss what it would be like if the words we say came only off of one or the other of these lists.

3. Do you know anyone who is like List 1? How do they make you feel?
4. Do you know anyone who is like List 2? How do they make you feel?
5. What list would God like?
6. Talk about a time when you were angry. What kind of feelings did you have inside that caused problems for you or someone else? Why would God say to get rid of those kinds of feelings?
7. Why is it important to forgive each other?
8. Why is it important to remember that we all need forgiveness?

Memory Verse:

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 4:32*

Prayer:

Dear God, please help me to learn more about You every day. I want to be more like You. Please help me remember to forgive just like You have forgiven me. In Jesus' name, amen.



WHY IS LIFE SO HARD?



Main Idea:

Life is hard to manage sometimes, but through God, we have hope.

Key Verses:

Job 7:1

"Do not mortals have hard service on earth? Are not their days like those of hired laborers?"

John 16:33

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."

Psalms 46:1

God is our refuge and strength, an ever-present help in trouble.

Sharing & Doing:

Read through the Scripture verses for this week. Look them up in your own Bible, read them out loud, and discuss what they mean to you.

1. Do you have something hard you are facing right now?
2. Do you know of someone else going through a hard time?
3. How do we actually find rest and peace when hard things are happening?
4. How much time have you spent in prayer about whatever concerns you?

Fill in the word puzzles for the scripture references.

FILL IN THE BLANKS

JOB 7:1

"Do not _____ have _____ on
_____.? Are not their _____ like those of hired
_____?"

JOHN 16:33

"I have told you these _____, so that in me _____
may have _____. In this _____ you will
have _____. But take _____!
I have _____ the _____."

MATTHEW 11:28

"Come to _____, all you who are _____ and
_____, and _____ will _____ you
_____."

PSALM 46:1

God is our _____ and _____, an _____ -
_____ in _____.

Memory Verse:

*God is our refuge and strength, an ever-present help in
trouble.*

-Psalm 46:1

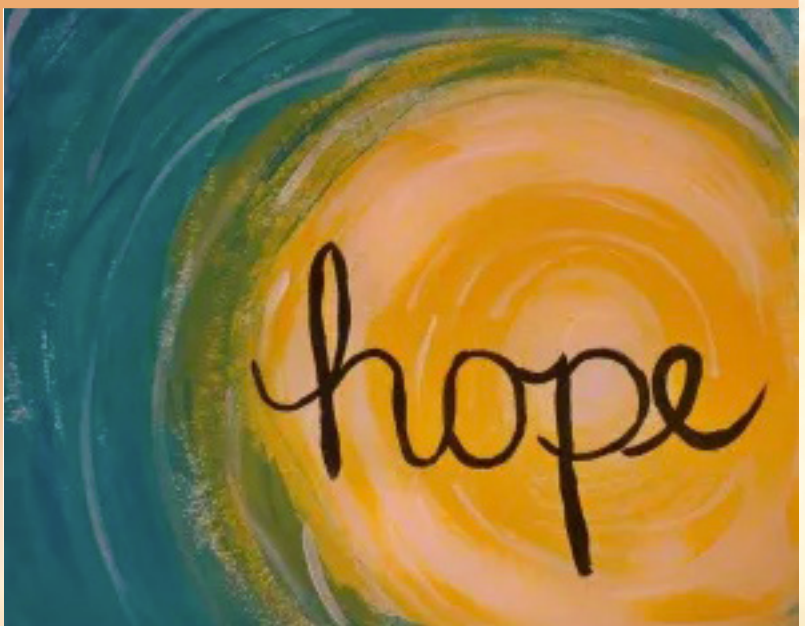
Prayer:

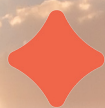
Dear God, I pray for Your help in my struggles and trouble.

(Fill in names of people you care about)

Please watch over _____ and _____. Please help them in their struggles as well. Thank You that we can come to You when we feel sad, confused, or hurt. In Jesus' name, amen.

strength





BEING FAITHFUL IN A FAITHLESS WORLD



Main Idea:

Even if things go wrong, showing God that we still trust Him is a step of faith.

Key Verses:

Luke 18:1-8 The Parable of the Persistent Widow

Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'

Then Jesus told his disciples a parable to show them that they should always pray and not give up. ² He said: "In a certain town there was a judge who neither feared God nor cared what people thought. ³ And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'

⁴ "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, ⁵ yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'"

⁶ And the Lord said, "Listen to what the unjust judge says. ⁷ And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? ⁸ I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

Sharing & Doing:

Activity: Have an arm circling contest. Hold your arms at shoulder height and make small circles with your hands. Time yourselves or compete against each other to see who can make circles the longest. It's harder than it seems! This Bible story is all about someone who lasted the longest and would not give up.

1. Read through the scripture verses if you haven't already.
2. Answer the following questions about the characters in the story:

THE JUDGE

- Did he believe in God?
- Did he care what other people thought?
- Did he like the widow? What did he think of her?
- What feelings did he have toward the widow?
- What was his final judgement? Why?

THE WIDOW

- What was the widow's issue?
- What did she keep on doing?
- What finally happened?

JESUS

- Who did Jesus tell us to listen to in verse 6?
- What did he say God will do?
- What did he tell us to do?
- Jesus' final question is "when the Son of Man comes, will he find faith on the earth?" How would you answer that for yourself? How can you stay faithful even when hard things happen?

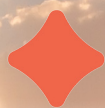
Memory Verse:

But Jesus called the children to him and said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

-Luke 18:16

Prayer:

Dear God, help me to continually pray to You for the things that I want. Help me to remember to also pray for Your will to be done in my life. Thank you for always listening to my prayers and guiding me. In Jesus' name, amen.



WHEN NOTHING SEEMS TO BE GOING RIGHT



Main Idea:

It's good to be honest with God.

Key Verses:

Lamentations 3

Sharing & Doing:

Our Bible Verse is from a book of the Bible called Lamentations. It comes from the word lament.

Lament means: an expression of grief or sorrow, to feel, show, or express grief, sorrow, or regret.

It's a deep feeling. It's a word that makes you think of someone crying out, maybe they are falling to the ground, they don't understand what is happening to them, etc.

ACTIVITY:

Our parents usually say "stop whining"; but, that is exactly what Jeremiah does in this lament. So, in this activity... it's time to whine!

Give each person about 1 minute to lament about as many things as they can think of that has happened to them before or is happening right now. Everything can be real thoughts, or you can use your acting skills and make something up.

- How did you feel while lamenting?
- How do you feel afterward?

Thankfully, Jeremiah didn't stop at just whining. He had a firm faith in God that went beyond what was happening to him in the moment. Now that you have all of the whining out of your system,

take a few moments to remember the good things about your circumstances.

- What good thing can you remember about what God is like?
- What good thing came out of something you thought was bad?
- Where can you find hope when things seem terrible?
- What can you do when you only feel like whining?

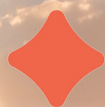
Memory Verse:

The Lord is good to those whose hope is in him, to the one who seeks him.

-Lamentations 3:25

Prayer:

Dear God, thank You that I can be honest with You in my words and actions. Please help me to always keep Your words of love and comfort in my heart and mind. In Jesus' name, amen.



DRESSING FOR THE BATTLE



Main Idea:

God has given us all we need to fight against the devil's schemes.

Key Verses:

Ephesians 6:10-18

Sharing & Doing:

Read through Ephesians 6:14-17 and fill in the blanks below.

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

FILL IN THE BLANKS

Belt of _____

Breastplate of _____

Feet fitted with _____ that comes from the

_____ of _____

Shield of _____

Helmet of _____

Sword of the _____

Read verse 18 and note what we should also be doing at all times.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

FILL IN THE BLANKS

And _____ in the Spirit on all occasions with all kinds of _____ and _____.

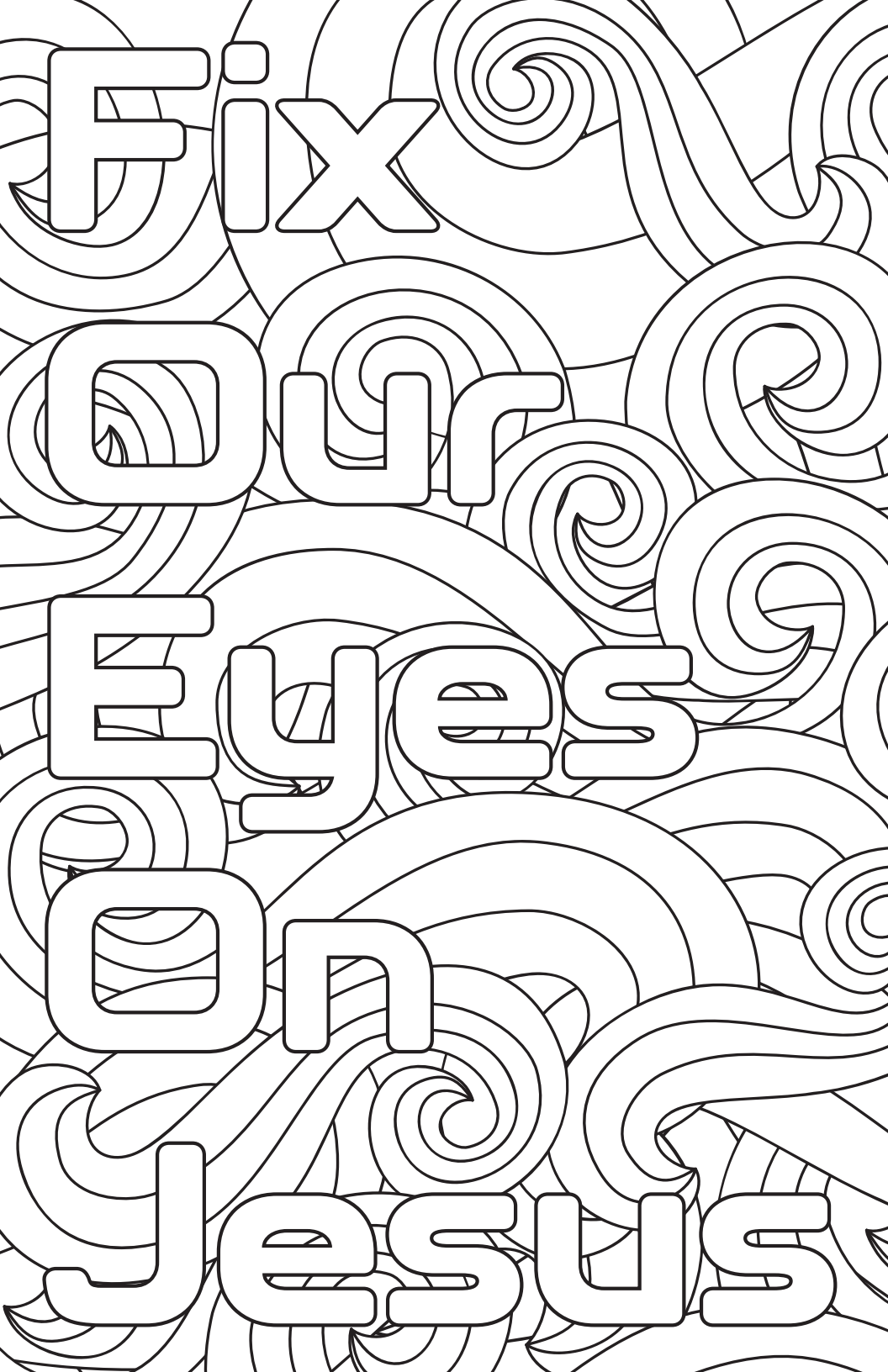
With this in mind, be _____ and always keep on _____ for all the Lord's _____.

Memory Verse:

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
-Ephesians 6:13

Prayer:

Dear God, thank You for giving us all the tools we need to fight against evil and the bad things in this world. Help me to pray to You when I feel like I'm fighting. Please help me put on Your armor and live for You. In Jesus' name, amen.



Fix

our

Eyes

on

Jesus

God is our refuge and strength,
an ever-present help in trouble.
-Psalm 46:1





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