

# FOLLOWING JESUS:

## A FAMILY GUIDE FOR SPIRITUAL FORMATION

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God's Word tells us that the way we become a follower of Jesus is to trust in Him and repent from our sin (Romans 10:9-10.) After we trust in Jesus, we take the next step of being baptized. Baptism is not what saves us, but it is an act of obedience to Jesus and shows others the choice that we've made to follow Him.

But once we're baptized, *what do we do next?* Following Jesus and being baptized is not the end of our faith journey—it's a continuation of the work God has been doing in our hearts! As you help your kids think through what it means to follow Jesus after baptism, we hope this short guide is helpful to you. At the end, you'll find some resources that we recommend to help you help your kids follow Jesus! In Deuteronomy 6, Moses tells the Israelites the most important thing that a parent/guardian can demonstrate is a love for God. Helping your kids follow Jesus is your role as the primary disciple maker in your home. We're eager to come alongside you in this!

God's Word doesn't tell us following Jesus means being perfect! It's important that our kids know this. Once we follow Jesus, our goal is to look more like Him, and treat others the way He did. We do this by practicing Spiritual Disciplines. One theologian says that "Spiritual Disciplines are forms of worship." By helping show your kids different *forms of worship*, and doing so *as a family*, you are discipling them, and helping them look more like Jesus. Here are four ways you can do that!

### READING GOD'S WORD

The bible is God's Word given to us. It gives wisdom, understanding, and helps us learn to follow Jesus.

- Prioritize family scripture reading. Carve out ten minutes a few times a week and read a story from The Jesus Storybook Bible, read a story about Jesus from the Hands-On bible, or encourage your child to use their own bible and guide them in reading a passage. The book of John is a great place to start.
- We've also got a bible reading journal to help kids read and understand scripture.
- You can use the method below to help your kid(s) think through scripture:

### READ - DISCOVER - APPLY - PRAY

#### READ:

Read God's Word

#### DISCOVER:

Find the big idea of the passage and explain in your own words.

#### APPLY:

Apply the passage to your life. How is the bible asking you to live?

#### PRAY:

Respond and pray, thanking God for His Word and asking Him to help you live it out.

## PRAYING TOGETHER AS A FAMILY

- Prioritize praying together. Carve out a minute or two before your family goes their separate ways in the morning, in the car rider line at school, or at night during your bedtime routine. (Deuteronomy 11:18-19)
- Did you know Biltmore Church has a family prayer guide? You can check it out [here!](#)

## WORSHIP AND BIBLICAL COMMUNITY

In Acts chapter 2, we see the importance of biblical community for Christ-followers. Worshiping together as a family consistently, prioritizing church, and seeking out biblical community helps us grow as followers of Jesus. Do a quick inventory and ask yourself as a parent these questions:

- Do my kids see church as important?
- Are we making an effort to find biblical community for our kids?
- Who is speaking into our kids' lives besides us? Do our kids have godly influences in their lives?

## SERVING OTHERS

Serving others as a family is a way to form our families into the image of Jesus. Jesus lived a life on earth that revolved around serving others, so much so that He gave his life for others. Here's a quick serving inventory you can ask yourselves as parents!

- Am I praying with my child(ren) on a consistent basis?
- Does my child see me read my bible?
- Do we know our neighbors? How can we serve them?
- Where is somewhere in our community that we can give our time once a month as a family?

Find ways in your *daily* lives to incorporate Spiritual disciplines. *You don't have to add anything to your day.* You're simply trying to create habits that form. Spiritual disciplines ultimately lead to Spiritual formation. Dr. Robert Mulholland defines Spiritual formation this way: "being formed into the image of Jesus for the good of others." Being formed is the process, the image of Jesus is the transformation, and for the good of others is the mission. When our kids spend time participating in Spiritual disciplines, they are Spiritually formed into the image of Jesus. That's the win for parents, and that's the charge given by Moses to the Israelites in Deuteronomy.

As you continue to consistently form rhythms of Spiritual disciplines in your home, family habits will form. What would it look like for your family to cultivate rhythms of Spiritual disciplines that lead to Spiritual formation?

## RESOURCES:

[Kids Resource List](#)

