rhythm CHURCH

RHYTHM CHURCH AURA · FREE GUIDE

FAMILY RHYTHMS

A simple weekly plan for faith at home

rhythm.au · Sundays 9:30am, Nirimba State Primary School hall, 100 Park Avenue, Nirimba QLD 4551 · 1300 MATTERS

Welcome

Busy families do not need complicated plans. They need simple rhythms that fit into real life. This guide gives you a weekly plan for faith at home that takes about ten minutes at a time.

You will find:

- A simple 10-minute devotion shape.
- A four-week Bible reading plan.
- Table-talk questions for dinner and the car.
- A blessing practice for parents.
- A printable four-week planner.

This is not a program to get perfect. It is a gentle path to help your family meet Jesus together in everyday moments.

> "And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." (Deuteronomy 6:6-7, NKJV)

Part 1: The 10-minute shape

Use this simple pattern every time. We call it **Read, Talk, Pray, Bless**.

Step	Time	What to do
Read	3 minutes	Read a short Bible story or a few verses
Talk	3 minutes	Ask one or two simple questions
Pray	2 minutes	Each person says one thank you and one please
Bless	2 minutes	Parents speak a short blessing over each child

Tips for success:

- Choose one anchor time, such as dinner, bedtime or the school run.
- Start with two or three times a week, not every day.
- Pitch the reading to your youngest child and the questions to your oldest.
- Let children take turns reading, choosing the song or leading the prayer.
- Keep it short and warm. Stop while everyone is still enjoying it.

Part 2: A four-week reading plan

Each week has three short readings. They work well with a children's Bible or a regular Bible. Choose the three days that suit your family.

Week 1: God made us and loves us

Day	Reading	Big idea
1	Genesis 1:26-31	God made us in His image, and it is very good
2	Psalm 139:13-16	God knew us before we were born
3	Luke 15:11-24	The Father runs to welcome us home

Week 2: Jesus is with us

Day	Reading	Big idea
1	Mark 4:35-41	Jesus calms the storm
2	Mark 10:13-16	Jesus welcomes and blesses children
3	John 6:1-14	Jesus uses a small lunch to feed many

Week 3: Living God's way

Day	Reading	Big idea
1	Luke 10:30-37	The Good Samaritan shows us how to love our neighbour
2	Matthew 18:21-22	Jesus teaches us to forgive
3	Ephesians 4:29-32	Our words can build each other up

Week 4: God's power and presence

Day	Reading	Big idea
1	1 Samuel 17:32-50	David trusts God when facing Goliath
2	Acts 2:1-4	The Holy Spirit comes with power
3	Matthew 28:16-20	Jesus is with us always

When you finish, start again or choose a new book of the Bible to read slowly together, such as Mark's Gospel.

Part 3: Table-talk questions

Use these at dinner, in the car or on a walk. Choose one or two at a time. Listen more than you speak.

Getting to know each other

- What was the best part of your day?
- What was the hardest part of your day?
- What made you laugh today?
- Who were you kind to today? Who was kind to you?
- If you could have any superpower, what would it be and why?

Faith questions

- Where did you see God today?
- What is one thing you are thankful for?
- What do you think God is like?
- If Jesus came to dinner tonight, what would you ask Him?
- What is something you would like to pray about?
- When is it hard to trust God?

Questions for older kids and teens

- What is something you have been thinking about lately?
- What do your friends think about God and faith?
- Is there anything in the Bible that confuses you?
- What do you think it means to live like Jesus at school?
- How can we pray for you this week?

Questions after reading the Bible

- Who was in the story?
- What did God or Jesus do?
- How do you think the people felt?
- What does this show us about God?
- How could we live this out tomorrow?

Part 4: The blessing practice

Blessing your children is one of the simplest and most powerful things a parent can do. Jesus "took them up in His arms, laid His hands on them, and blessed them" (Mark 10:16).

Five simple parts of a blessing

1. **A gentle touch.** A hand on the head or shoulder, or holding hands.
2. **Eye contact.** Look at your child.
3. **Words of love.** "I love you, and God loves you."
4. **Words of identity.** "You are God's child. You are kind and brave."
5. **Words of hope.** "God has good plans for your life."

Sample blessings

For little ones:

> "You are God's special child. Jesus loves you so much. May God keep you safe tonight."

For primary school kids:

> "May God give you wisdom and courage at school tomorrow. You are loved by God and by us."

For teenagers:

> "I bless you with God's peace in your mind and courage in your heart. God has a good plan for your life, and I believe in who He made you to be."

The priestly blessing (for any age):

> "The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace." (Numbers 6:24-26)

When to bless

- At bedtime.
- At the front door or school gate.
- After discipline, to show the relationship is safe.
- On birthdays and special days.
- By text message for teens and adult children.

Part 5: Your four-week planner

Print this page and stick it on the fridge. Tick each box as you go. Do not worry about empty boxes. Every tick is a win.

Week	Day 1 reading	Day 2 reading	Day 3 reading	Blessing every night?	Table-talk question of the week
Week 1	Genesis 1:26-31 [ ]	Psalm 139:13-16 [ ]	Luke 15:11-24 [ ]	[ ]	Where did you see God today?
Week 2	Mark 4:35-41 [ ]	Mark 10:13-16 [ ]	John 6:1-14 [ ]	[ ]	When is it hard to trust God?
Week 3	Luke 10:30-37 [ ]	Matthew 18:21-22 [ ]	Ephesians 4:29-32 [ ]	[ ]	Who were you kind to today?
Week 4	1 Samuel 17:32-50 [ ]	Acts 2:1-4 [ ]	Matthew 28:16-20 [ ]	[ ]	How can we pray for you this week?

Our family anchor time: _____

Days we will do it: _____

Our verse to learn this month: _____

Ideas for different ages

Toddlers and preschoolers (2 to 5)

- Use a picture storybook Bible.
- Act out the story with toys.
- Sing a short song.
- Use one-line prayers they can repeat.

Primary school kids (6 to 12)

- Let them read aloud.
- Ask them to draw the story.
- Write a verse of the week on a whiteboard.
- Invite them to pray for friends and teachers.

Teenagers (13 and up)

- Ask real questions and listen well.
- Share honestly about your own faith.
- Respect their pace and invite rather than require.
- Try a one-on-one coffee or walk instead of a family circle.

When it does not go to plan

Some nights the kids will be silly, tired or uninterested. Someone will spill a drink. You will miss a whole week. That is normal family life, not failure.

> "Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness." (Lamentations 3:22-23)

Success is not a perfectly quiet circle. Success is children who grow up knowing that faith is part of everyday life and that their parents love Jesus. If you miss a day or a week, simply start again.

A prayer for your family

> Father, thank You for our family. Help us to make room for You in our busy days. Give us joy as we read Your Word, talk together and pray. Let our children know they are deeply loved by You and by us. Make our home a place of peace, kindness and faith. In Jesus' name, amen.

More resources

- **Read:** *Family Devotions for Busy Families* and *How to Bless Your Children* at rhythm.au/resources
- **For kids:** Learn about Rhythm Kids at rhythm.au/kids
- **For parents:** Find a Connect Group at rhythm.au/connectgroups

Visit Rhythm Church Aura

Rhythm Church Aura is full of young families learning to follow Jesus together. We meet every Sunday at 9:30am at the Nirimba State Primary School hall, 100 Park Avenue, Nirimba QLD 4551. Senior pastors Murray and Kathy Boyton would love to welcome your family.

- **Plan your visit:** rhythm.au/plan-your-visit
- **Live stream:** Sundays at 10:15am at youtube.com/@rhythmchurch_au
- **Phone:** 1300 MATTERS

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Rhythm Church Aura is a Pentecostal church (Australian Christian Churches) on the Sunshine Coast. Visit us Sundays at 9:30am, or watch live from 10:15am at youtube.com/@rhythmchurch_au. More free resources at rhythm.au/resources