

# TRAINING PLAN



## DISCIPLE MAKING AT HOME

ONE  
GENERATION  
AFTER ANOTHER  
WILL CELEBRATE  
YOUR GREAT  
WORKS; THEY WILL  
PASS ON THE STORY OF  
YOUR POWERFUL ACTS TO  
THEIR CHILDREN. Psalm 145:4

# DISCIPLE-MAKING AT HOME TRAINING PLAN

## WELCOME AND PRAYER

## II. OPENING ACTIVITIES

**Option 1:** Open with Family Discipleship, “I Have...” game found at the end of this training plan. Have participants find others present who have participated in the listed activities and ask them to initial the square. If your group is large, ask participants to only initial one square per sheet to promote more interaction. After a few minutes, ask who has the most initialed squares. This activity is a great way to provide an overview of what will be covered in the training and is not meant to discourage parents who may not have been able to initial many squares.

**Option 2:** List on white board or activity sheet found at the end of this training plan what parents hope their child/teen will be when they prepare to leave home or graduate high school. Depending on the size of your group, consider dividing the large group into smaller groups for small group discussion. In order to save time and minimize repetition, have each small group present only the items on their list that have not been previously listed by other groups. **Ask:** How many of these hopes are financial, emotional, educational, social, or spiritual? Parents can often rate their effectiveness as parents by what their child/teen is able to do and the amount of activity in which their child/teen participates. We help our children/teens with homework, take them to various kinds of practices to assist in their social, athletic, or musical development or take them to church for spiritual enrichment, but how often do parents consider their role in the spiritual development of their child/teen? 83% of parents agree that they should be the person most responsible for their child’s spiritual development but only 35% of that number actively disciple their child/teen, with the majority of spiritual activity defined as attendance at church services and events.

*What if we asked this question instead: “What is my identity in Christ?” “Who can I be in Christ?” What kind of response would you offer for yourself? What kind of response do you think your child/teen would offer?*

One great answer to this question is “I am (a state of being) a disciple of Christ.” What does it take for your child/teen to be able to give this kind of response?

## III. ASK: WHY IS DISCIPLE-MAKING AT HOME IMPORTANT FOR FAMILIES? DEUTERONOMY 6:4-9

- A. Families are attending church less often. Statistics say that the average regular church attender attends church 2-3 times a month. If families attend church “regularly”, they attend 24 to 36 hours per year. There are 8,736 hours in one year. Based on this fact, this time at church amounts to .3%-.4% of a year. It is hard to imagine that a child/teen can be effectively disciplined at church in that limited amount of time. We must ask who has responsibility for the remaining 99+% of the time?
- B. God has mandated that parents are to be the primary disciple-makers of their children/teens. Deuteronomy 4:4-9 (ESV) states,

*“Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.”*

C. Parents are still the primary influence on the spiritual development of their child/teen. Fuller Institute has found a direct correlation between the fervor of a parent's faith and the fervor of the child's faith. <https://fulleryouthinstitute.org/articles/helping-kids-keep-the-faith>

### Three Reasons Worldview Matters.

Summarize these three reasons that a biblical worldview matters based on this article by Trevin Wax: 1) sets us apart from the world, 2) aids in spiritual transformation and 3) helps us know how to live.

<https://ericgeiger.com/2018/05/3-reasons-why-a-worldview-matters-by-trevin-wax>

This purpose of discipling your child/teen is to foster a love and a desire for obedience to God in all areas of life. From the natural rhythms of life, morning to evening, weeks to years, parents are to train their children to love God with all their hearts, souls, minds and strength.

## IV. ASK: WHY DO YOU THINK PARENTS ARE NOT MAKING DISCIPLES AT HOME?

- A. Some parents have a drop-off mentality. Their children participate in music lessons, sporting teams, karate lessons, and ..., all taught by either paid or designated leaders other than themselves. In Deuteronomy 6: 4-9 we learn that God has mandated that parents are to be the primary disciple-makers of their children. The church, Christian schools and other resources can supplement this disciple-making, but parents are to lead this effort.
- B. Some parents do not feel equipped to disciple their children/teens because they were not disciplined as children/teens, fear they do not have the basic Bible knowledge needed to answer their child/teens' questions or do not understand the importance of this ministry in the life of their child/teen. Today's adults with children may have attended church 2-3 times per week as a child/teen, but *their* parents may not have modeled this activity as fulfilling their responsibility to disciple.
- C. The perception of the time required for disciple-making can be an obstacle for some parents, but making a priority of celebrating God and acknowledging His lordship should be a priority in life and can make disciple-making a natural outcome of life with children/teens. Disciple-making is not another activity to wedge into a busy schedule but should be naturally integrated into daily living.
- D. Other?

Show the following video. <https://www.ncbaptist.org/index.php?id=869>.

**Discuss:** What are some ways you heard Tyler and Krystal talk how they make disciples at home? What are you currently doing to make disciples in your home? What are some of your favorite places and times to intentionally disciple your child/teen? What is one thing you would like to add to your disciple-making at home, especially if you knew how to lead it with confidence?

## V. OVERVIEW OF WAYS TO MAKE DISCIPLES AT HOME

### A. Family worship.

One important way parents can disciple is through family worship. *What are some challenges you may have faced in your efforts to have family worship?*

Family worship is a time where family members gather for a time of worship. Scripture reading or sharing a Bible story, depending on the ages of your children/teens, and prayer are two of the main components of a time of family devotion or worship. This time



can be anywhere from two minutes for preschoolers to longer times depending on the attention spans of your children/teens. To enrich this time, you can add music or a life application conversation. Family worship can happen any time of day, including while riding in your van to the next \_\_\_\_\_ (fill in the blank) practice! You can never be too busy to worship God.

**Option 1:** Divide your class into four groups. Have each group read one of the age-graded sections on disciple-making from pages 4-10 of the **Disciple-Making at Home** booklet\*\*. Discuss: *What are some of the characteristics of your assigned age group? What are some methods of presentation that you might use for effective family worship in this age group? What is one thought in this section that you have never considered that will impact how you relate to your own child/teen?*

**Option 2:** Assign Bible stories to groups of parents and ask them to plan and present a five to ten minute time of family worship for the large group using the material in **Disciple-Making at Home**\*\*, pages 4-10. Be sure to include how parents would tell or read the story, and how they might have adapted the presentation for the age to whom they are presenting.

## **B. Blessing your child/teen.**

Throughout the book of Genesis, we read of God's blessing on Adam and Eve, Noah and his sons, Abraham and Sarah, and Isaac and Rebekah. The blessing of many children in future generations is in direct response to the obedience to the command to "be fruitful and multiply". Exodus 23:25 promises that the obedience of the nation of Israel will lead to overwhelming blessings of health, prosperity, protection, long life and multiple generations of children. The nation of Israel was to be built through God's blessing on his obedient people who worship, obey and are faithful to Him.

We read in Matthew 19 that parents sought to have Jesus touch and bless their children just as the rabbis of the day blessed the children. This blessing included a prayer of well-being and provision for their children.

Parents today can offer a blessing on their child in God's name. Blessing your child/teen involves a few simple steps. Touch your child gently on the head, shoulder or back. Using their name, pray God's blessing on their life. Remind your child of God's provision for them of health, strength or ability to handle what is at hand. Affirm their worth and value both to you and to God. When appropriate, state the potential you see in their future as a child of God. A blessing can be offered daily or at times of new beginnings or endings.

An alternative source of wording for your blessings are scripture. Several meaningful scriptures for blessing your child are: Numbers 6:24, Ephesians 1:16-19, Philippians 1:9-10 and Philemon 6.

For more scriptures that can be adapted for times of blessing, read:

[http://www.heraldofthiscoming.com/Past%20Issues/2001/April/praying\\_scriptural\\_blessings.htm](http://www.heraldofthiscoming.com/Past%20Issues/2001/April/praying_scriptural_blessings.htm)

An easy way to remember how to bless your child/teen:  
TAPS: **T**ouch, **A**ffirm, **P**otential for God's kingdom, **S**cripture

**Option:** Model a blessing or assign a scripture that can be used for a blessing. How might this blessing sound like for a preschooler, elementary, middle school or high school student?

**Option:** Watch and discuss a video on how to offer a blessing to your child/teen.

<http://www.truministry.com/how-to-speak-a-blessing>

### C. Praying with your child.

Praying with your child/teen can be a sweet personal time of sharing an encounter with God. Prayer is a skill to be developed, as well as a gift to you and to God. Begin early in the life of your child/teen to pray conversationally to God. Model how to pray by using your own words to offer thanks and praise, ask for help, intercede for those close to you or ask for forgiveness for sin. Let your child/teen observe and hear you pray for them. Let them know that God answers prayers and share when you know God has either answered a prayer you have prayed or one they have prayed with you. This models and teaches how to pray effectively.

Make prayer an on-going conversation with God. Routinely pray at mealtime and bedtime but also in response to a beautiful display of God's creation or during a time of distress or hurt. Let your child/teen know they can pray silently or aloud, with or without closing their eyes, at school, on the playground and in your home. Offer prayer prompts such as "Lord, I thank you for ..." or "Lord, I pray for my friend, ...". Create a family prayer journal or prayer container where prayers can be listed and kept and prayed for on a continuing basis.

When we pray, we teach much about who God is both to us and our child/teen. He cares for us, He is near and hears our prayers, He answers our prayers through His Spirit and mighty power and He wants to have a personal relationship with us.

### D. Reading the Bible with your child/teen.

Lifeway Kids Ministry commissioned a study of 2000 parents whose adult children did not walk away from their faith and the church after the age of 18. The number one influence, according to parents, that impacted the spiritual health of these young adults was the "child regularly read their Bible while growing up." \*\*

Proverbs 22:6 (CSB) says, *"Start a youth out on his way; even when he grows old he will not depart from it."*

What are some ways parents can model and train a child/teen in the spiritual discipline of Bible reading?

- Model reading your own Bible
- During family worship, ask children and teens to choose scripture to read or have read to them.
- Provide a Bible reading plan
- Create and use Bible skill games
- Purchased age appropriate Bibles
- Have faith conversations that reference scripture
- Ask open-ended questions about what your child/teen is currently reading in their Bibles. Use what, why and how questions to move beyond one word responses and encourage discussion.
- Reference "Bible Skills for Kids" to help with the development of your child's Bible skills. <https://s7d9.scene7.com/is/content/LifeWayChristianResources/Bible-Skills-For-Kids-Bookletpdf.pdf>

### E. Everyday disciple-making.

- Pose questions of interest to your children/teen
- Use positively stated questions that avoid emotional trigger words, happy, angry, sad, mad, etc.
- Begin questions with "why", "how", or "what" to create open-ended questions
- Clarify general questions with requests for details, if needed
- Avoid judging your child/teen's responses to your questions or jumping to conclusions

- without a full narrative/information-sharing from your child/teen
- Consider how questions could teach your child/teen problem-solving skills

**Option:** Divide group into pairs. Draw slips of paper from a container that has some of the following questions or assign a question from the list provided and discuss with a partner for two minutes. At the end of the two minutes, either switch questions or the person who is responding to the original question. Debrief the activity by asking how this question could lead to a time of disciple-making with your child/teen.

- If you could be a character in a Bible story, who would you be and why?
- If you could give \$100 to a charity, which one or what kind would you choose?
- If you wrote a book, what would it be about?
- What makes you feel thankful?
- Where would you like to travel that you have never been before? How would you get there?
- What makes you awesome (or kind, patient, thoughtful, etc)
- What makes a friend awesome?
- Who is your hero and why?
- What are you reading now? What is your favorite part of the book?
- What makes you laugh?
- What do you wish you knew how to do that you can't do right now?
- What was the best/favorite part of your day?
- What was the best thing that happened at church, home, school, practice, etc. today?
- What was one of the toughest, hardest, least favorite, crappiest parts of your day? What could have turned this difficult time into a good time?
- Did you help or show kindness to anyone today?
- Did anyone help you today?
- What do you want to learn about some time tomorrow?
- How do you like to show others that you care about them?
- If you could go back in time, where would you go and why?
- What is your favorite family tradition and why?
- What qualities do you admire in people?
- What qualities would you look for in a potential partner or spouse?
- What are some of your pet peeves?
- If you could create an extra-curricular activity, what would it be and why?
- Who is the funniest person you know? What are some funny things they do?
- Which choices have you made that have taught you the biggest lessons?

## VI. CLOSING

Review highlights of each section taught. Ask participants to list one or two options for disciple-making at home that they will try this week. Provide an email or other way to communicate and share how their attempts worked this week. Be sure to encourage, pray for and respond to communication received from participants. Consider providing a small chalkboard or whiteboard as a memento of the training to list reminders, scriptures, or prayers for families to remember each week.

Pray and bless participants.

## SUGGESTED RESOURCES FOR PARENTS

Crouch, Andy. *The Tech-wise Family, Everyday Steps for Putting Technology in Its Proper Place*, Baker Books, 2017

Fowler, Larry. *Raising a Modern-Day Joseph, a Timeless Strategy for Growing Great Kids*, David C Cook, 2009

Gallaty, Robby and Kandi. *Foundations for Kids, A 260 Day Bible Reading Plan for Kids*, Lifeway, 2016

Hunter, Ron, Jr. *The DNA of D6, Building Blocks of Generational Discipleship*, Randall House, 2015

Joiner, Reggie and Carey Nieuwhof. *Parenting Beyond Your Capacity*, David C Cook, 2010

Kimmel Tim, *Connecting Church and Home*, Randall House, 2013

Magruder, Jana. *Nothing Less, Engaging Kids in a Lifetime of Faith*. Lifeway, 2017

Moore, Russell and Phillip Bethancourt. *Christ Centered Parenting, Gospel Conversations on Complex Cultural Issues*, 2017.

Stone, Dave. *Raising your Kids to Love the Lord*, Thomas Nelson, 2012

Thompson, Tad. *Intentional Parenting, Family Discipleship by Design*, Cruciform Press, 2011

Whitney Donald S. *Family Worship*, Crossway, 2016

Wilson, Rodney and Selma, *The Parent Adventure, Preparing Your Children for a Lifetime with God*. B&H Publishing Group, 2008.

### WEBSITES

<https://www.lifeway.com/en/special-emphasis/levels-of-biblical-learning>

<https://www.lifeway.com/kidsministry/2012/08/07/choosing-a-childs-bible-1/>

[https://www.ncbaptist.org/fileadmin/ministries/children/resources/2016/pdfs/files/Disciple\\_Making\\_at\\_Home\\_Booklet\\_web.pdf](https://www.ncbaptist.org/fileadmin/ministries/children/resources/2016/pdfs/files/Disciple_Making_at_Home_Booklet_web.pdf) (download booklets)

<https://store.ncbaptist.org/index.php/resources/family/disciple-making-at-home.html> (purchase booklets)

[http://www.heraldofthiscoming.com/Past%20Issues/2001/April/praying\\_scriptural\\_blessings.htm](http://www.heraldofthiscoming.com/Past%20Issues/2001/April/praying_scriptural_blessings.htm)

<https://s7d9.scene7.com/is/content/LifeWayChristianResources/Bible-Skills-For-Kids-Bookletpdf.pdf>

<https://ericgeiger.com/2018/05/3-reasons-why-a-worldview-matters-by-trevin-wax/>

<https://fulleryouthinstitute.org/articles/helping-kids-keep-the-faith>

# I have...

read the Bible with my child/teen this past month	prayed at meal time with my child/teen in the past week	had a faith conversation with my child/teen in the last two weeks	used scripture in conversation with my child/teen in the last month
used the curriculum resources provided by my church in the last 10 days	discussed our family's values while watching a TV show in the past two months	listened to Christian music with my child/teen in the past week	had my child/teen say the blessing at mealtime in the past month
attended church with my child/teen in the past three weeks	led my family to serve someone in the past month	come today to learn more about how to disciple my child/teen	felt prepared to disciple my child/teen this year
allowed my child/teen to see me have personal devotions in the past two weeks	told my child/teen the story of when I became a Christian	wondered how to bless my child/teen	prayed with my child/teen at a time of day other than meals or bedtime recently

BSCNC

Disciple-Making at Home Training



WHAT KIND OF PERSON DO YOU WANT YOUR HIGH SCHOOL SENIOR TO **BE** OR TO BE IN THE PROCESS OF BECOMING WHEN THEY LEAVE YOUR HOME?

