



Family Worship Guide

August 30 - September 5th, 2026

New City Catechism

Question 10: What does God require in the fourth and fifth commandment?

Answer: Fourth, that on the Sabbath day we spend time in worship of God.
Fifth, that we love and honor our father and mother.

Read Ephesians 1:15-23 out loud as a family.

Use the questions below to lead your family in discussion.

1. Why is Paul so thankful for the saints in Ephesus?
2. What is Paul praying for them?
3. Is knowledge of God something that we can attain on our own?
Who do we depend on?
4. Why does Paul pray that the saints grow in their knowledge of God?
5. How does knowing God more give us confidence in this life?

Sample Prayer:

Glorious Father of our Lord Jesus Christ, we ask that you grant us the Holy Spirit's help to open the eyes of our hearts to know you and to know you more and more. Please teach us the truth that we can not know on our own so that we can know God deeper, worship God more fully, and live life in obedience to him.

In Jesus name, Amen.