

Know and Do—Going Deeper, week 15: “Questions from Family Retreat” (know portion)

Today’s lesson doesn’t leave a lot of room for a fill-in-the-blank type handout, so instead feel free to use the empty space below each point to take notes.

Questions from the congregation:

1. What habits are most important for sustaining a Christ-centered home long-term?

How do those habits translate as children grow into teens and adults?

- “Hear, O Israel: The Lord our God, the Lord is one. ⁵You shall love the Lord your God with all your heart and with all your soul and with all your might. ⁶And these words that I command you today shall be on your heart. ⁷You 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. ⁸You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹You shall write them on the doorposts of your house and on your gates.”—**Deuteronomy 6:4–9**

2. How do you integrate embodied development (nutrition, fitness, recreation, fashion/beauty, work) with spiritual formation in your home?

- “train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”— **1 Timothy 4:7–8**
- “So, whether you eat or drink, or whatever you do, do all to the glory of God”—**1 Corinthians 10:31**

3. Sometimes I have a hard time making sure I remember events that happen in the Bible. Even though I study the Bible. Do you have any tips for people with learning and memory issues?

- “I have stored up your word in my heart, that I might not sin against you.”—**Psalm 119:11**

4. How can I deal with difficult relationships in my extended family?

- “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’⁴⁴ But I say to you, Love your enemies and pray for those who persecute you,”—**Matthew 5:43–44**

5. What’s the #1 thing the congregation does that is stressful/annoying for you as a pastor?

Know and Do—Going Deeper, week 15: “Questions from Family Retreat” (do portion)

1. What obstacles make it difficult to have a home centered around Christ?
2. What habits have you found helpful or do you think would be helpful in encouraging a Christ-centered home?
3. What advice can you share for continuing to encourage adult children in the Lord?
4. Why is physical care of the body important but not most important?
5. What challenges have you noticed in rightly prioritizing embodied development in the home?
6. Share tactics that have helped you better remember/internalize Scripture.
7. How have you dealt with difficult relationships in your extended family?
8. How have you seen God’s glory displayed through your dealing with difficult relationships?
9. How have you seen the beauty of God’s design for the church while dealing with stressful or annoying situations in the church?