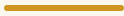




ABIDEROOTED

Grow Together: Family Discipleship Conversations

Six Simple Modules for Everyday Faith Formation at
Home



FAMILY · FAMILY DISCIPLESHIP TOOLKIT · FREE RESOURCE

Begin Here

Grow Together is a six-module family discipleship toolkit designed to help families turn everyday moments into opportunities for spiritual growth. Each module focuses on a core practice—gratitude, listening, prayer, serving, forgiveness, and sharing—and includes Scripture, teaching, a practical activity, reflection questions, and a prayer. Perfect for use during meals, car rides, or family nights, this resource equips parents to lead their children in faith with simplicity and grace.

Welcome to Grow Together! This toolkit is designed to help your family weave faith into the fabric of everyday life. Each of the six modules focuses on a core spiritual practice, offering a simple structure: read, talk, do, pray. You can use these modules during a meal, a car ride, or a quiet evening at home. The goal is not to add another item to your to-do list, but to create natural moments where you can connect with God and with each other. As Psalm 78:4 reminds us, we are to tell the next generation the praiseworthy deeds of the Lord. This is a joyful calling, and we're here to help you live it out, one conversation at a time.

TEACHING

Gratitude: Seeing God's Goodness

1 Thessalonians 5:16-18

“Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

Gratitude is more than saying 'thank you'—it's a way of seeing the world through the lens of God's goodness. When we practice gratitude, we train our hearts to notice the gifts God gives us each day, from the big blessings to the tiny mercies. The apostle Paul encourages us to 'rejoice evermore' and to give thanks 'in every thing.' This doesn't mean we pretend everything is perfect; rather, we acknowledge that God is with us in every situation, and He is worthy of our thanks even when life is hard. For families, gratitude becomes a powerful tool for shifting the atmosphere at home. When we share what we're thankful for, we remind each other of God's faithfulness. This practice also helps children develop a positive outlook and a deeper trust in God's provision. Start by modeling gratitude yourself—share something you're thankful for, and invite your children to do the same. Over time, this simple habit can transform your family's conversations and your collective heart posture toward God.

Put It Into Practice

Create a 'Gratitude Jar.' Place a jar and small pieces of paper in a central spot. Each day, each family member writes or draws one thing they are thankful for and places it in the jar. On Sunday, gather together, read the notes, and thank God for His specific blessings.

Reflect & Talk Together

1. What is one good thing that happened today that we can thank God for?
2. How does remembering God's goodness help us when we feel sad or frustrated?
3. Who is someone we can thank God for together right now?

Prayer

Dear God, thank You for Your constant love and care. Help us to see Your goodness in every day and to have grateful hearts. Teach us to rejoice in You always. In Jesus' name, Amen.

TEACHING

Listening: Hearing God's Voice

1 Samuel 3:10

“And the LORD came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.”

In a noisy world, listening is a lost art. But listening is essential for our relationship with God. Samuel's response to God's call —'Speak; for thy servant heareth'—is a model for us. We can approach God with the same openness, ready to hear what He wants to say through His Word, through prayer, and through the Holy Spirit. For families, learning to listen to God together can be a beautiful adventure. This means setting aside distractions and creating quiet moments where we can focus on God. It also means reading the Bible slowly and asking, 'What is God saying to us through this passage?' When we listen, we grow in intimacy with God and learn to recognize His voice. Encourage your children to share what they think God might be saying to them. Their simple faith can teach us profound truths. Remember, listening is not passive; it's an active posture of the heart that says, 'I am ready to obey.'

Put It Into Practice

Practice 'Listening Prayer.' Sit quietly for two minutes after reading a short Bible verse. Ask, 'God, what do You want me to know or do today?' Then share what came to mind. Remind everyone that God speaks through His Word and by the Holy Spirit.

Reflect & Talk Together

1. What are some things that make it hard to listen to God?
2. How can we make more quiet time in our home to hear from God?
3. What is one way God has spoken to you through the Bible or in prayer?

Prayer

Lord, help us to be still and know that You are God. Teach us to listen for Your voice, just as Samuel did. Give us hearts that are ready to obey what You say. In Jesus' name, Amen.

TEACHING

Talking: Praying Together

Matthew 18:19-20

“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

Prayer is our lifeline to God, and when we pray together as a family, we experience a unique unity and power. Jesus promised that when two or three gather in His name, He is present with them. This means our family prayer times are not just routines; they are encounters with the living Christ. Praying together can take many forms: praying before meals, praying for each other's needs, or simply lifting up spontaneous praises and requests. The key is to make prayer a natural part of family life. When children see their parents pray, they learn that prayer is important. When they are invited to pray themselves, they discover that God hears them. Don't worry about eloquence; God cares about the heart. Start with simple prayers, and let each family member contribute. Over time, you'll build a rich tapestry of shared conversation with God that will strengthen your family bond and deepen your faith.

Put It Into Practice

Start a 'Prayer Wall.' Designate a space on a wall or a notebook where family members can write prayer requests and answered prayers. During family prayer time, pick a few requests and pray together, then celebrate when God answers.

Reflect & Talk Together

1. What are some things we can pray for as a family this week?
2. How does it make you feel to know that Jesus is with us when we pray together?
3. Can we think of a time when God answered a family prayer?

Prayer

Heavenly Father, thank You for the gift of prayer. Help us to come to You together as a family, knowing that Jesus is in our midst. Teach us to share our hearts with You and with each other. In Jesus' name, Amen.

TEACHING

Loving: Serving One Another

Galatians 5:13

“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.”

God calls us to freedom, but that freedom is not for selfish purposes. Instead, we are to use our liberty to serve one another in love. This is a core value of the Christian life, and it starts at home. Serving one another in the family can be as simple as helping with chores, listening to a sibling, or offering a word of encouragement. When we serve, we imitate Christ, who came not to be served but to serve. For children, learning to serve at home prepares them to serve in the world. It teaches them humility, compassion, and the joy of putting others first. As a family, you can look for opportunities to serve together—maybe a neighbor in need, a church project, or a community service. But don't overlook the everyday moments: a parent helping with homework, a child setting the table, a sibling sharing a toy. These small acts of love are powerful expressions of our faith.

Put It Into Practice

Have a 'Secret Servant' week. Each family member draws another's name in secret and performs small acts of kindness for that person without revealing who they are. At the end of the week, guess who your servant was and celebrate together.

Reflect & Talk Together

1. What is one way you can serve someone in our family today?
2. How does serving others make you feel?
3. Why do you think Jesus wants us to serve one another?

Prayer

Jesus, thank You for showing us what it means to serve. Help us to love one another by serving each other at home. Give us humble hearts that find joy in helping others. In Your name, Amen.

TEACHING

Forgiving: Extending Grace

Colossians 3:13

“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”

Forgiveness is at the heart of the gospel. We have been forgiven by Christ, and we are called to forgive others. In the close quarters of family life, conflicts are inevitable. Siblings argue, parents get frustrated, and words are spoken that we regret. Forgiveness is the glue that holds families together. It doesn't mean pretending nothing happened or ignoring hurt; it means choosing to release the offense and extend grace, just as Christ has extended grace to us. This is often hard, but it is possible through the Holy Spirit. When we forgive, we break the cycle of bitterness and open the door for healing. Teaching children to forgive is one of the greatest gifts you can give them. Model forgiveness by apologizing when you're wrong and by forgiving freely when you're wronged. Create a culture where 'I'm sorry' and 'I forgive you' are common and sincere. This reflects the heart of God and makes your home a place of grace.

Put It Into Practice

Create a 'Forgiveness Ritual.' When a conflict occurs, have each person take a turn to say, 'I was wrong when I... Will you forgive me?' The other responds, 'I forgive you.' Then pray together, asking God to heal any hurt and help you love each other.

Reflect & Talk Together

1. Why is forgiveness sometimes hard?
2. How does it feel when someone forgives you?
3. What does it mean that Christ forgave us, and how should that change how we forgive others?

Prayer

Father, thank You for forgiving us through Jesus. Help us to forgive each other just as You have forgiven us. Soften our hearts when we are hurt, and give us the strength to let go of grudges. In Jesus' name, Amen.

TEACHING

Sharing: Telling God's Story

Psalm 78:4

“We will not hide them from their children, shewing to the generation to come the praises of the LORD, and his strength, and his wonderful works that he hath done.”

The psalmist declares that we will not hide God's works from the next generation; we will tell them of His praises and His strength. This is the heart of family discipleship—sharing the story of God's faithfulness with our children. This doesn't require a theology degree; it simply requires a willingness to talk about what God has done. Share your own testimony of how God has worked in your life. Talk about the miracles in the Bible as if they are real events, because they are. When you see God's hand in everyday circumstances, point it out. This storytelling is not just for formal times; it happens naturally around the dinner table, during car rides, and at bedtime. As you share, you are building a legacy of faith. Your children will come to know that God is active and trustworthy. They will learn to see their own lives as part of God's larger story. And they will be equipped to pass the story on to the next generation.

Put It Into Practice

Have a 'Story Night' once a week. Each family member shares a story of something God has done—either from the Bible, from their own life, or from a family member's life. Then discuss what it teaches us about God's character.

Reflect & Talk Together

1. What is one amazing thing God has done for our family that we can share with others?
2. Why is it important to tell our children about God's works?
3. Who is someone we can share God's story with this week?

Prayer

Lord, thank You for Your wonderful works. Help us to be bold in sharing Your praises with our children and with everyone we meet. May our lives tell the story of Your love and faithfulness. In Jesus' name, Amen.

Continue Abiding

As you continue this journey of family discipleship, remember that growth happens in small, consistent steps. You don't have to be perfect; you just need to be present and willing. God is at work in your family, and He will bless your efforts. Keep returning to His Word, keep praying together, and keep sharing His love. May your home be a place where faith is nurtured, grace abounds, and Christ is honored. And as you grow together, you will discover that the ordinary moments of life become extraordinary opportunities to encounter the living God. Go in peace, and may the Lord bless you and your family as you seek Him together.



ABIDEROOTED

Grow. Root. Abide. · abiderooted.org