





HEALTHY HABITS @HOME

WEEKLY PLAN


HEALTHY HABITS @HOME IS A RESOURCE TO HELP YOU BE A FAITHFUL DISCIPLE-MAKER AND LEADER IN YOUR HOME DAILY. THIS GUIDE GIVES YOU FOUR EASY STEPS YOU CAN TAKE EACH WEEK TO BUILD THE RHYTHMS OF DISCIPLESHIP! WHETHER YOU HAVE A HOUSE FULL OF CHILDREN, ADULT CHILDREN, NO CHILDREN, OR GRANDCHILDREN, YOU WILL FIND HELPFUL RESOURCES FOR YOU! NO MATTER THE MAKE UP OF YOUR HOUSE, YOU CAN BE A FAITHFUL DISCIPLE MAKER! WE WANT TO HELP YOU FIND A PLACE TO START!




TAKE TIME TO PRAY TOGETHER EACH MORNING! TAKE WHAT YOU LEARNED ON SUNDAY AND RESPOND TO GOD TOGETHER!



DO SOMETHING FUN TOGETHER AS A FAMILY! AND DO A PULSE CHECK ON THE SPIRITUAL HEALTH OF YOUR FAMILY BY ASKING OPEN-ENDED QUESTIONS!



WHEN YOU ARE ALL IN THE CAR TOGETHER, DISCUSS WHAT YOU LEARNED SUNDAY! SHARE HOW YOU WILL BE APPLYING IT IN YOUR LIFE!



HAVE ONE MEAL AROUND THE DINNER TABLE THIS WEEK. HAVE A TIME OF FAMILY WORSHIP THROUGH BIBLE ENGAGEMENT (QUESTIONS ON BACK)!

H3 FOCUS: GENESIS 3



Dear God, help us to see Adam and Eve's sin in the garden, and to learn from it. Help us to flee temptation, and to be mindful of where we are tempted. May we stand firm in your strength and in your perfect obedience. In Jesus's name, Amen

ASK, "WHAT IS ONE THING YOU LEARNED ON SUNDAY?"

SAY SOMETHING LIKE, "I LEARNED _____ AND THE LORD IS TEACHING ME TO _____."

ASK, "HOW CAN YOU TAKE WHAT YOU LEARNED AND USE IT THIS WEEK TO GIVE GOD GLORY?"

Fun Time! Consider connecting a fun activity you do as a family to this week's passage.

- **Example:** play a game of tag as a family.
- Take time to consider how as Christians, we must flee temptation!

ENJOY A MEAL AROUND THE TABLE WITH NO PHONES/TV. ASK TO HEAR STORIES ABOUT THE DAY. LISTEN AND ENJOY.

After dinner, read Genesis 3 together and use this questions to help discuss the passage together:

- **What is Genesis 3 tell you about the serpent, who is later identified as Satan? What is he like? How does he work?**
- **What sins did Adam and Eve commit? How might we face the same Temptations?**
- **What are the effect of these first sins? What are the immediate and long-term impacts on procreation, marriage, work, and rest?**
- **Read the story of Jesus is temptation in the desert in Matthew 4:1-11. How is his response to temptation different than Adam and Eve's?**

