

HOUSEHOLDS OF FAITH PARTICIPANT STUDY GUIDE



SESSION 1: WHY HOUSEHOLDS MATTER

3 Biblical Themes Related to Households

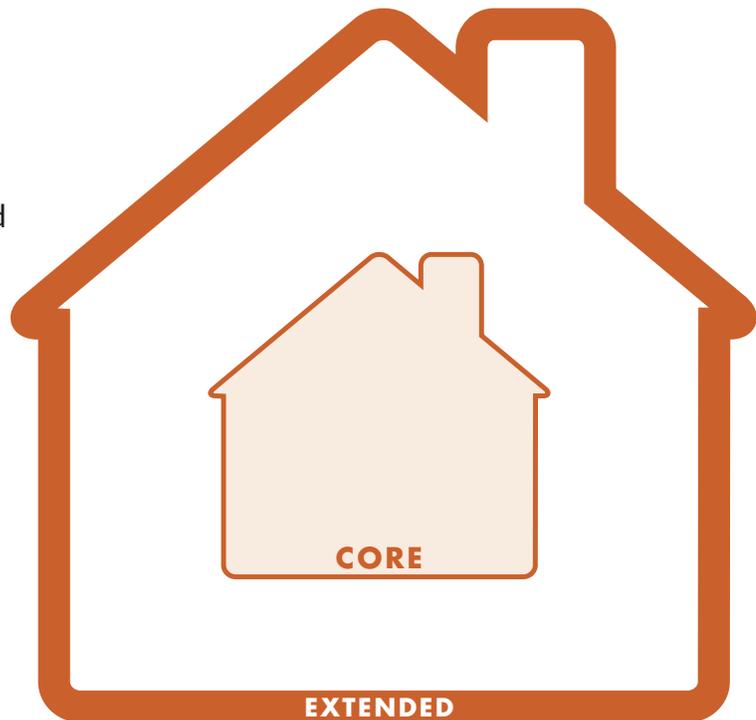
Reflect on these biblical themes from the presentation: (1) God sees households; (2) Households often rise and fall together; (3) God works through households. Which theme is most surprising to you? What questions do these themes raise for you? Which have you seen the most evidence of in your own household?

Old and New Testament Households

Now that you've seen a bit of what the Old and New Testaments have to say about households, discuss how your perception of a "household" has shifted.

Mapping My Household

Create your own "household map."
In the inner house image, list who is in your core household. Then use the larger, outer house image to reflect on who is in your extended household—those people who are connected to your core household in a meaningful way.



When complete, compare household maps with one another, and discuss answers to these questions:

- **What are the similarities?**
- **What are the differences?**
- **How did this exercise help you to view your household in a more biblical way?**

Now that you have mapped your whole household, consider the three biblical themes in this new light:

1. God sees households: *Given the strengths and weaknesses of your household, how might God want to grow your household?*

2. Households often rise and fall together: *How would you characterize your own influence on those in your household?*

3. God works through households: *How might God want to use your household for His kingdom purposes?*

SESSION 2: CHRISTIAN HOUSEHOLDS TODAY

Christian Households Today

How have you seen the dynamics of households change over your lifetime? What type of household do you currently live in?

Singles and Households

Are there any single adults living alone whom you consider part of your extended household? How are they involved in the routines of your home? Are there any who could be part of your extended household? What would it be like to invite them into the life of your home?

Household Routines

What are some of the routines or rituals, spiritual or not, that are important to your household?

Spiritually Vibrant Households

Fill out, and discuss initial responses to, The Vibrancy Inventory (on the next page).

As you discuss your results, please note that your specific results do not have to be shared with others; feel free to keep the particular numbers private.

How do you feel about the spiritual vibrancy of your household?

What about the results surprised you? What didn't surprise you?

VIBRANCY INVENTORY

This inventory is designed to give you a chance to reflect upon your household and its current level of vibrancy. You will read 20 statements that correspond to different vibrancy habits within households. For each statement, reflect on how often the core members of your household (those who live under the same roof with you) participate in that activity together.

First, mark how often “some of” your core household members participate in the activity together (daily = 4, weekly = 3, monthly = 2, rarely = 1, never=0). Next, mark how often “all of” your core household members participate in each activity.

Remember, the purpose of this survey is not to grade your household. Instead, it’s to honestly reflect on the habits of your household and consider how God might be calling you to increase your spiritual vibrancy. While household schedules often shift and change over time, for this survey consider these habits during your current season of life.

In each box, write the number that corresponds with the frequency with which your household participates in each activity. Then, add up all the numbers in each category, and write the total below.

Apply Spiritual Disciplines 📖

1. We pray together.
2. We read the Bible, or do devotions or devotional reading together.
3. We attend corporate worship together.
4. As individuals, we pray and/or read the Bible.
5. As individuals, we attend a religious small group or Bible study.

Extend Hospitality 🏠

1. We enjoy having close friends and family over for dinner.
2. Close friends and family have deep conversations with us.
3. We ask close friends and family for help.
4. We invite new people to our house.
5. We warmly engage with people who visit us unannounced.

Engage in Spiritual Conversations 💬

1. We talk about God and/or faith together.
2. We teach one another about faith and faith traditions.
3. We teach one another about the Bible.
4. We talk about our feelings with one another.
5. We share meaningful, relational, quality time together.

Catalysts for Vibrancy (Food and Fun) 🏠

1. We eat meals together (at home or out).
2. We watch TV/movies together.
3. We play games and/or sports together.
4. We read books together.
5. We go on walks or hikes together.

| SOME OF US | | | | |
|------------|--------|---------|--------|-------|
| DAILY | WEEKLY | MONTHLY | RARELY | NEVER |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |

| ALL OF US | | | | |
|-----------|--------|---------|--------|-------|
| DAILY | WEEKLY | MONTHLY | RARELY | NEVER |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |
| 4 | 3 | 2 | 1 | 0 |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total = | | | | |

SESSION 3: WHAT DO SPIRITUALLY VIBRANT HOUSEHOLDS LOOK LIKE?

Applying Spiritual Disciplines

Talk about next steps, practical things you can do to grow in applying spiritual disciplines in your home. Write down any additional thoughts you have, including which specific practice you might want to grow in, ideas for growth, etc. This is just a first step in the process.

1. We pray together.
2. We read the Bible, or do devotions, or do devotional reading together.
3. We attend corporate worship together.
4. As individuals, we pray and/or read the Bible.
5. As individuals, we attend a religious small group or Bible study.

Extending Hospitality

Write down any additional thoughts you have, including which specific practice you might want to grow in, ideas for growth, etc. This is just a first step in the process.

1. We enjoy having close friends and family over for dinner.
2. Close friends and family have deep conversations with us.
3. We ask close friends and family for help (e.g., advice, childcare, borrowing items, etc.).
4. We invite new people to our house.
5. We warmly engage with people who visit us unannounced.

Engaging in Spiritual Conversations

Write down any additional thoughts you have, including which specific practice you might want to grow in, ideas for growth, etc. This is just a first step in the process.

1. We talk about God and/or faith together.
2. We teach one another about faith and faith traditions.
3. We teach one another about the Bible.
4. We talk about our feelings with one another.
5. We share meaningful, relational, quality time together.

SESSION 4: WHAT IS SPIRITUAL COACHING?

A Key Ingredient

What do you think of when you hear the term “spiritual coach”? How would you define spiritual coaching? Is anyone qualified to be a spiritual coach in your household? What do you think are the qualifications?

What Is Spiritual Coaching Anyway?

Discuss the definition: “Spiritual coaching is simply taking the initiative to intentionally nurture the faith of your household by promoting the three vibrant household characteristics. This nurturing happens through modeling, instructing, and encouraging in both every day and planned moments.”

Developing a Coaching Posture

LHM developed a helpful tool that equips Christians to become EAGER spiritual conversationalists. Go to lhm.org/eager to learn more about the EAGER profile, EAGER inventory, and the online course.

Considering the definition of a spiritual coach, who has filled that role in your life at various times—modeling, instructing, and encouraging—in both every day and planned moments?

Evaluating Your Household

Now that you have learned more about the vibrancy characteristics, is there anything you would change in your evaluation of your household? Make those changes now to your Inventory.

Planning Appropriate Moments

Look through the list of activities on the Vibrant Households Activities list that could help your own household grow more spiritually vibrant. As you scan through the activities, choose 3-4 to focus on. Then consider how each activity could be pursued in a planned moment in *your* household. Finally, choose one step forward, one thing you can do in your household that builds vibrancy, and fill out the *Our Vibrant Next Step* card.

Coaching in the Moment

How does focusing on God and not our fears influence the way we approach spiritual coaching?

How could applying these three suggestions—focus on God, don't interrogate, and be available—help you to provide healthy spiritual coaching in your household?
