



/10/ FAMILY DEVOTIONAL DISCIPLINE

FUN ACTIVITY

SLO-MO MOVES

Come up with some slo-mo moves using some peaceful music in the background. First have each person come up with a slo-mo move. Then have each person teach everyone their move, see if you can all do the movement at the same time in sync with each other. Add each person's move one at a time, and have everyone try to do those movements in sync with each other. Practice all the movements together. You could even hold some streamers as you go through the movements.

Explain that it takes great discipline to actually move slower and to move in sync with each other. If you wanted to be a great dancer or even a karate blackbelt you would have to practice everyday. We have more peace when we take the time to be more disciplined, compared to the stress of wanting to be perfect at something instantaneously. Some things take a lot of practice, and there are lots of lessons we can learn along the way that just can't be rushed. It's also powerful and more rewarding to work together, and help each other get better at something, instead of just competing to be the best at a skill. Send us some pics of videos of you doing this as a family!

BIBLE TIME

SCRIPTURE

Hebrews 12:5-11, 2 Timothy 1:5-14

THEME

Put into practice all that God has taught you, so you can grow stronger and stronger.

INTRO

Have you ever tried to pick up something that was too heavy one day, and ages later you were suddenly able to pick it up? That's what happens when your muscles grow, you get stronger and stronger.

Timothy was half Greek and half Jewish. He had made a bold choice as a young man to be a Christian, and to submit to the mentorship of the Apostle Paul. This was not an easy journey for him, and he had to make a lot of sacrifices, but he stayed faithful through it all. In the book of Second Timothy, Paul encouraged Timothy to remain strong, to stay disciplined and to keep exercising his faith.

/1/ EXERCISE FAITH

2 TIMOTHY 1:5-6

Timothy's father was a non-believing Greek Gentile, but both his mother and grandmother were Christian Jews. Paul has a lot of respect for this godly woman, and reminds Timothy his incredible heritage. They were women of sincere faith, and Paul believes this same faith is in Timothy. He encourages Timothy to reactivate this faith and put it into practice. This

was a gift from God, that he needed to exercise. If you don't use your muscles they eventually shrink and stop working. Faith is the same. You need to exercise it everyday!

/2/ EXERCISE GRACE

2 TIMOTHY 1:7-12

Paul wrote about "grace" more than anyone else in the Bible. It was clearly one of his life messages. Paul reminded Timothy that the power of God that he received in Christ was not a prize he did anything to deserve, but it is a free gift that Christ gave him. We did not deserve that same grace, but it is a free gift that we have received and it will equip us to live a holy life. This grace makes us bold to share the Gospel.

/3/ EXERCISE TRUTH

2 TIMOTHY 1:13-14

Paul encouraged Timothy to continue to guard the truth that had been entrusted to him, along with faith and love in Jesus. These three things will help keep him on track. It takes great discipline to keep holding on to the truth of Jesus, especially when our feelings, situations and friends challenge that sometimes. As we exercise the truth we have in Jesus, we will be able to build a life on the strongest foundation of all.

APPLICATION

Be Open to God's Discipline // Hebrews 12:5-11

Being disciplined is not always comfortable, but if we were never corrected for our negative and selfish behaviour, what would we be like? What are some good things we can get from being corrected by God? Why can we trust God's discipline? What is God trying to produce in our lives? How should we respond to God's discipline?

In Romans 12:2 Paul wrote, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Being a disciplined person means we will stand out. We will behaviour, speak and think differently to the rest of the world, and we won't be so easily caught up in the same behaviour.

Paul encouraged Timothy and us when he said in 2 Timothy 2:7, "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

PRAY

What part of this devotional has challenged you the most? How often do you exercise your faith, grace and the truth in your life? How do you respond when God corrects you, which He sometimes does through others like our parents and teachers? Pray together as a family.