

DOORPOST SONGS



FAMILY WORSHIP GUIDE

INTENTIONAL MOMENTS OF
FAMILY WORSHIP AND DISCIPLESHIP

How do I help my child become a faithful follower of Christ as an adult? It's a question that is close to the heart of any Christian parent. Most parents know they have a part to play, and want to do their part, but don't know what to do or how to start.

There is no magic formula, but research, experience, and Scripture tell us there's one thing you can do for your kids that makes all the difference: teach them to love God's Word!

THESE WORDS THAT I COMMAND YOU
TODAY SHALL BE ON YOUR HEART.
YOU SHALL TEACH THEM DILIGENTLY
TO YOUR CHILDREN.

Deuteronomy 6:6-7

Doorpost Songs Family Worship Guides are designed to help you do just that. Each one pairs with an album of Scripture songs you won't be able to get out of your head. (And we think that's a good thing!)

All you need is fifteen minutes a week to create intentional moments of worship and discipleship with your family. (A Bible and a Doorpost Songs album wouldn't hurt either!) Let's see what happens when God's Word becomes part of your family life.



THERE'S MORE! MORE MUSIC. MORE VIDEOS.
MORE RESOURCES. MORE FAMILY WORSHIP MOMENTS.
YOU CAN FIND IT ALL AT DOORPOSTSONGS.COM





FAMILY WORSHIP GUIDE

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Design by David Ray

Softcover ISBN 978-1-7335857-3-6

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WHY FAMILY WORSHIP

AND HOW TO GET STARTED

In a 2017 study, Lifeway Research sought to understand which childhood behaviors were the best predictors of spiritual health as an adult. They hoped to find the answer to a question that is close to the heart of most Christian parents: how can I help my child become a faithful follower of Christ as an adult? Of course, the answer to this question can't be boiled down to a statistical formula. There is no infallible equation for raising kids whose faith becomes their own in adulthood.

But the researchers did find that one childhood behavior had more positive effect on spiritual health than any other: reading God's Word. More than any other behavior – even some you might be surprised didn't make the list – a child who reads and loves God's Word is most likely to become a spiritually vibrant adult.

I'm guessing that didn't really surprise you. After all, God has been telling us about the importance of his Word from almost the very beginning. In fact, at a pivotal point in the history of God's people, as they prepare to enter the Promised Land, comes one of the most foundational commands in all of Scripture. In Deuteronomy 6, God places a huge responsibility on parents to pass down the truth of God's Word – his promises, his commandments, his story – to their children:

“Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and

with all your might. And these words that I command you today shall be on your heart. You 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. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.”

Deuteronomy 6:4-9 (ESV)

This scripture is the very heart of Doorpost Songs. It's an invitation to participate in God's design for generational discipleship, and the key to it all is hidden right in plain sight. If you want to help your children follow Jesus, then make God's Word a part of your everyday life, as common as sitting down or walking along, as routine as lying down or getting up, as normal as going in and out your door.

We know most Christian parents want to be spiritual leaders for their children. But many don't know exactly where to start. *I'm not a pastor. I'm not a worship leader. How can I lead my children in worship?*

Don't worry! You don't need some set of specialized skills to create a time of worship for your family! You just need a willing heart. At the core of worship is a very simple process: God reveals himself through his Word and through his presence, and we respond by worshipping. Worship doesn't require a seminary degree or musical talent. *It only requires a heart that is ready to respond to God.*

We want Doorpost Songs to be a tool for you to help create these simple moments of worship in the everyday life of your family. Start by putting the CD in your car and singing along to

these amazing truths from God's Word as you go along your way. Then carve out fifteen minutes once a week and use these family worship moments to create intentional times of worship and discipleship for you and your children.

USING the FAMILY WORSHIP MOMENTS

Each family worship moment is a template for a fifteen-minute time of worship and discipleship based around one song from the Doorpost Songs *Promises* album. Each worship moment includes a passage of scripture to read, a memory verse to learn, lyrics to the song, a short devotional in a writing style designed for your children, discussion questions, and even suggested prayer topics.

You can use all of our suggestions or come up with your own. This isn't a magic formula; it's simply a place to begin, a way for you to step into your role as the primary spiritual leader for your children. It seems like a daunting task – but it's not! Your role is simply to lead them into God's presence and then let HIM do the work! Fill your kids' lives with God's Word and watch what happens.

We want to encourage you to put this weekly time of worship on your calendar. Find a time that works for your family. It might be gathered around the breakfast table one morning each week. It might be the last few moments before bed. In our family it's usually an extension of dinner time. We all linger at the table, read a passage of scripture, talk about it, and pray together. Whatever you decide, set your appointment and keep it – even if you're tired, even it's been the most difficult of days. We promise you won't regret it!

Make your worship time interactive. If you have preschoolers, grab the plastic harmonica they got at church or the toy xylophone that's been sitting in the corner since Aunt Ruth gave it to you last Christmas. Let them play (or pound!) along and make a joyful noise. If your older children are learning to play an instrument, encourage them to learn the songs. If your child is learning to read, let him or her read a section of the scripture or devotional. Encourage every family member to participate in a time of prayer.

Parenting can be a rollercoaster of intense emotion! Sometimes it fills our hearts with incredible joy. And sometimes we feel helpless and alone. But don't forget that you are a dearly loved child of your heavenly Father! It is his calling that is on your life, and it is his power and strength that will accomplish it. Your children aren't the only ones who need to spend time in his presence. You do, too! Our prayer is that these simple moments of worship are life-giving experiences for both you and your children.

Now, call a family meeting, get out the calendars, and let's schedule a time for family worship!

PROMISES

2 CORINTHIANS 1:20

Verse

NO MATTER HOW MANY, HOW MANY PROMISES GOD MAKES
EVERY ONE IS YES IN CHRIST, WHOA
NO MATTER HOW MANY, HOW MANY PROMISES GOD MAKES
EVERY ONE IS YES IN CHRIST, WHOA
AND SO THROUGH HIM WE SAY AMEN
TO THE GLORY OF THE FATHER

Chorus

EVERY ONE IS YES, YES, YES
EVERY ONE IS YES IN CHRIST
EVERYONE IS YES, YES, YES
NO MATTER HOW MANY PROMISES
EVERY ONE IS YES

Bridge

CAUSE HE IS WITH YOU, FOR YOU, FACE IS TURNING TOWARDS YOU
THESE ARE HIS PROMISES
HE WILL DEFEND YOU, SEND YOU, SPIRIT LIVING IN YOU
THESE ARE HIS PROMISES
HE CALLS YOU SON AND DAUGHTER, GIVE YOU LIVING WATER
THESE ARE HIS PROMISES
THE ONE WHO MADE YOU, SAVED YOU, NONE CAN SEPARATE YOU
THESE ARE HIS PROMISES...AND EVERY ONE IS YES!

PROMISES

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

2 Corinthians 1:20 (NIV)

For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestion below or choose your own.

2 Corinthians 1:20a (NIV)

For no matter how many promises God has made, they are “Yes” in Christ.

LEARN IT

What’s the BIG IDEA?

God keeps all his promises.

A promise is a beautiful thing.

“We’ll build Legos when I get home. I promise.”

“I’m going to take care of you. I promise.”

“You’ll be alright. I promise.”

A promise gives us hope. It’s a hope that something good lies ahead, hope that we’ll be safe and secure.

But a promise can also be a dangerous thing. Sometimes people break their promises, even if they don’t intend to. When a person breaks a promise, we can feel worse than if they never promised anything at all.

In the Bible, God makes a lot of promises! The Bible tells us that God...

- ...will be with us (Deuteronomy 31:8).
- ...is for us (Romans 8:31). (In other words, God is on our side!)

- ...is turning his face toward us (Numbers 6:26). (In other words, God is blessing and caring for us.)
- ...will defend us (Isaiah 19:20).
- ...will send us to tell people about Jesus (John 20:21).
- ...lives inside of us through the Holy Spirit (Ephesians 2:22).
- ...calls us son and daughter (John 1:12).
- ...will fill us with living water (John 7:38). (In other words, God makes our souls come alive.)
- ...made us (Isaiah 46:4).
- ...saves us (Romans 10:13).
- ...loves us so much that nothing can ever separate us from his love (Romans 8:39).

That's a lot of promises! And that's not even the whole list!

But is God like people? Will he break his promises?

When the Apostle Paul was writing a letter to the church in a city called Corinth, he told them that God doesn't make promises like people do. His message is not "yes' and 'no'," Paul writes in 2 Corinthians 1:19. In other words, God doesn't say one thing and then do the opposite. God is faithful! "No matter how many promises God has made, they are 'Yes' in Christ" (2 Cor. 1:20).

Yes, a promise is a beautiful thing. And the most beautiful thing about God's promises is that *every one* is true!

TALK ABOUT IT

Use the questions below or ask some of your own.

1. What are some of God's promises? Can you think of any that are not on the list above?

2. Has anyone ever broken a promise to you? How does it feel?
Has anyone ever *kept* a promise to you? How did that feel?
3. We know we can trust God's promises. How does that change the way we live?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Thank God for his faithfulness.
- Thank God for his promises. You may even think of a specific promise that has been kept in your life and thank God for that promise.
- Ask God to help us remember his promises when life is difficult.
- Ask God to help us be faithful and trustworthy just like him.

DO IT

Here's one way your family can put the **BIG IDEA** into practice.

Create a Promises Chart using some of the promises above or other promises from Scripture. Talk about ways you've seen those promises come true in your life and the life of your family. Tell your kids to be on the lookout for God's promises coming true. Revisit the chart each week as a reminder and ask if anyone saw one of God's promises come true. Place a sticker or some other symbol by that promise to help show God's faithfulness to your family.

REMEMBER (1000 GENERATIONS)

1 CHRONICLES 16:12-15

Verse

REMEMBER THE WONDERS
OF THE MIRACLE MAKER
REMEMBER THE WONDERS
OF THE JUDGMENT PROCLAIMER
WE ARE HIS CHILDREN
AND HE IS THE LORD OUR GOD

Chorus

GOD YOU REMEMBER
YOUR PROMISE FOREVER
YOU'RE THE COVENANT KEEPER
YOU ARE TRUE TO YOUR WORD
FOR A THOUSAND GENERATIONS
FOR A THOUSAND GENERATIONS
YOU REMEMBER

Bridge

NO WORD
NO WORD FROM GOD
NO WORD FROM GOD WILL EVER FAIL

REMEMBER (1000 GENERATIONS)

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

1 Chronicles 16:12-15 (NIV)

- ¹² Remember the wonders he has done,
his miracles, and the judgments he pronounced,
¹³ you his servants, the descendants of Israel,
his chosen ones, the children of Jacob.
¹⁴ He is the Lord our God;
his judgments are in all the earth.
¹⁵ He remembers his covenant forever,
the promise he made, for a thousand generations.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestion below or choose your own.

1 Chronicles 16:15 (NIV)

He remembers his covenant forever, the promise he made,
for a thousand generations.

LEARN IT

What's the BIG IDEA?

God remembers his promises forever.

Remembering can be hard. Do you remember the day you were born? (I bet your parents do!) What about your first birthday? (Your parents might be fuzzy on that one, depending on how old you are.) Do you remember what you wore 47 days ago? Or what you ate for dinner last January 17? Can you even remember the first sentence of this paragraph? (No peeking!)

The truth is there's no way to remember everything. We only have so many brain cells. We forget stuff all the time, even really important stuff. Sometimes it's frustrating to forget, like when you leave your jacket at school, or you can't remember where you put the remote control, or you forget someone's birthday.

God, on the other hand, is a great Rememberer! The Bible tells us in 1 Chronicles 16:15 that he remembers his promises for a thousand generations. Now, before you start counting generations, you should know that “a thousand generations” is an expression that simply means “forever.” God won’t ever forget his promises. Now *that’s* something to celebrate! We never have to worry about God saying, “Oops! I forgot!” Every word from his mouth is true.

But did you know that there is something that God forgets? The Bible tells us that when we repent – that’s a fancy Bible word that means we turn away from sin and toward God – he won’t remember our sins anymore (Isaiah 43:25)! That’s pretty amazing, isn’t it?

Because God remembers his promises and forgets our sin, the Bible gives *us* a job. Our job is to *remember*, too! Remember the amazing things God has done. Remember all the promises he has kept. Remember that we belong to him. We’re his children!

But no matter what – even when we’re not very good at remembering what God has done for us – God will remain true and faithful to his promises forever. And *that’s* a promise worth remembering.

TALK ABOUT IT

Use the questions below or ask some of your own.

1. How can we remember the wonderful things God has done?
2. What is the one thing the Bible says God forgets? How does that make you feel?

3. Parents, it's time for you to remember. What is something amazing God has done in your life that you could share with your kids?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Thank God for the wonderful things he has done. Ask God to help *us* remember them.
- Thank God that he will never forget his promises.
- Thank God that we are his children.
- Ask God to help us trust his promises.

DO IT

Here's one way your family can put the **BIG IDEA** into practice.

Pull out a family photo album, blog, or even Facebook feed and look back at old pictures of your family. Ask your kids if they remember the events they see in the pictures. Talk about how looking at photos helps us remember what we've done. God's Word is a reminder to us of all the wonderful things God has done. When we want to remember, we can look in his Word!

NEW CREATION

2 CORINTHIANS 5:17, 20B-21

Verse

GOD MADE HIM WHO HAD NO SIN
TO BECOME OUR SIN FOR US
SO IN HIM WE MIGHT BECOME
THE RIGHTEOUSNESS OF GOD
THE RIGHTEOUSNESS OF GOD

Chorus

SO IF ANYONE IS IN CHRIST THE SON
YOU ARE A NEW CREATION
FOR THE OLD HAS GONE AND THE NEW HAS COME
YOU ARE A NEW CREATION

Bridge

SO BE RECONCILED, OH BE RECONCILED TO GOD
IN CHRIST YOU ARE A NEW CREATION
SO BE RECONCILED, OH BE RECONCILED TO GOD
IN CHRIST YOU ARE A NEW CREATION

NEW CREATION

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

2 Corinthians 5:17, 20b-21 (NIV)

¹⁷Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!... ^{20b}We implore you on Christ's behalf: Be reconciled to God. ²¹God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestion below or choose your own.

2 Corinthians 5:17 (NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

LEARN IT

What's the BIG IDEA?

God is creating something new inside us.

Caterpillars are...well...a bit weird. They're squishy, hairy, and sometimes rather ugly. They move slowly, and pretty much all they do is eat. If you didn't know anything about caterpillars, you might think they are rather pointless, and maybe even annoying if they were eating your plants or crops. And if you saw a butterfly for the first time, you'd never imagine that this beautiful, elegant, fragile creature started life as a squishy, ugly, hairy caterpillar.

But of course, we know that a caterpillar has a purpose beyond munching on leaves. After a short time, it enters a chrysalis, where something truly amazing happens. Inside the chrysalis, something new is being born. Well, that's not exactly true: it's the same creature the whole time. But the caterpillar is

taking on a new nature. Instead of being a crawling, hairy, eating machine, it's turning into a beautiful, flying burst of color. It will never be a caterpillar again. Yes, it's the same creature, but something old has gone away for good, and something new has taken its place.

The Bible tells us in 2 Corinthians 5:17 that if any person is "in Christ" – that means a person who has faith in Jesus – "the new creation has come: The old is gone, the new is here!" What does the Bible mean when it says, "the old is gone?"

There is something ugly inside all of us, a part of us that is selfish, that doesn't care about anyone else. When we say mean words, hurt others, tell a lie, or disobey, we see that part of ourselves clearly. It isn't very fun to talk about, but it's true. Selfishness, dishonesty, angry words and actions – all of these come naturally to us. The truth is, we're all a bit like ugly, hairy caterpillars.

But God wants to transform us. He wants to do away with the old self, and turn us into something new, something beautiful. He wants us to look like his son, Jesus: to be loving, joyful, peaceful, patient, kind, good, gentle, faithful, and self-controlled. And if we have faith in Jesus, that transformation has already taken place.

Does that mean we'll never do anything selfish or dishonest again? That we'll never hurt people with angry words or actions? No, sometimes we're a bit like butterflies who forget they were made to fly and instead go back and start crawling around in the dirt like caterpillars. But God reminds us that we're not who we used to be. By faith, we have been transformed to be like Jesus. We have become a new creation, and our old selves have gone away for good.

TALK ABOUT IT

Use the questions below or ask some of your own.

1. When the Bible says, “the old is gone,” what does it mean?
2. Read Galatians 5:22-23. If we have become a new creation in Christ, how should we act?
3. Even when we have faith in Christ, sometimes we are still selfish, dishonest, or hurtful. How does this promise help us live like Jesus?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Thank God that he has transformed us into a new creation.
- Ask forgiveness for the times when we are still selfish, dishonest, or hurtful.
- Ask God to help us live like Jesus: to be loving, joyful, peaceful, patient, kind, good, gentle, faithful, and self-controlled.
- Thank God that he gives us the power to live like Jesus.

DO IT

Here’s one way your family can put the **BIG IDEA** into practice.

Purchase a butterfly garden like the Insect Lore Butterfly Garden on Amazon. (Note: we are not affiliated or sponsored by

them in any way.) Watch the transformation of the caterpillars into beautiful butterflies. Talk about how this metamorphosis reminds us of God's "new creation" promise in 2 Corinthians 5:17.

HIDDEN YOUR WORD

PSALM 119:9, 11

Verse 1

HOW CAN A YOUNG MAN
HOW CAN A YOUNG MAN KEEP HIS WAY PURE
BY LIVING ACCORDING TO YOUR WORD

Chorus

I HAVE HIDDEN YOUR WORD IN MY HEART
HIDDEN YOUR WORD IN MY HEART
THAT I MIGHT NOT SIN AGAINST YOU
I HAVE HIDDEN YOUR WORD
HIDDEN YOUR WORD IN MY HEART

Verse 2

HOW CAN A YOUNG WOMAN
HOW CAN A YOUNG WOMAN KEEP HER WAY PURE
BY LIVING ACCORDING TO YOUR WORD

Bridge

HIDE YOUR WORD INSIDE MY HEART
WRITE EACH VERSE IN THE DEEPEST PART
IF WE NEED INTEGRITY, THEN THIS IS WHERE TO START
LET ME HEAR EVERYBODY SHOUT, "HEY! YOU ARE THE WAY!"
BUILD MY LIFE ON WHAT YOU SAY
EVERY WORD AND EVERY PAGE

HIDDEN YOUR WORD

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

Psalm 119:9-11 (NIV)

⁹How can a young person stay on the path of purity?

By living according to your word.

¹⁰I seek you with all my heart;

do not let me stray from your commands.

¹¹I have hidden your word in my heart

that I might not sin against you.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestion below or choose your own.

Psalm 119:11 (NIV)

I have hidden your word in my heart that I might not sin against you.

LEARN IT

What's the BIG IDEA?

God's Word helps us to stay on the right path.

Have you ever been in a maze? I don't mean a maze on a piece of paper; I mean a real maze that you walk through – like a corn maze in the fall. When you're in the middle of a maze, it can be tough to know which way to go. When the pathway splits, do we go right or left? Should we take the path that goes off to the side or keep walking straight?

A maze can feel intimidating, and sometimes downright scary if we feel lost. But what if we had a Guide, a person who had been through the maze and knew which way to turn? That would feel a lot better, wouldn't it? If we had a Guide to trust, we would know how to get where we're going.

God wants us to live with integrity and purity. That means living the way Jesus lived. In the devotional for the song “New Creation,” we learned from Galatians 5:22-23 that living with integrity means being loving, joyful, peaceful, patient, kind, good, gentle, faithful, and self-controlled. But it’s not always easy to live like that, is it?

Psalm 119:9 asks the same question: “How can a young person stay on the path of purity?” It’s not always easy to know what decision to make. Sometimes life feels like a maze, and we’re not sure which way we should go. Fortunately, there’s an answer: “How can a young person stay on the path of purity? *By living according to [God’s] Word.*”

We have a Guide who is always with us: God! And he has given us his Word, the Bible, so we can hear his voice and know his thoughts. In Proverbs 4:11, God – speaking through the voice of a father – says, “I instruct you in the way of wisdom and lead you along straight paths.” God is our guide. He wants to keep us on the right path, the path of purity.

But even though God is always with us, he doesn’t have an audible voice like a person. And most of us don’t carry around a Bible everywhere we go. So how can we get instructions from our Guide if we don’t hear his voice and don’t have a Bible? Well, Psalm 119 has an answer for that as well: “I have hidden your word in my heart that I might not sin again you.”

Hiding God’s Word in our heart means memorizing what he says in the Bible. The Bible is filled with truth and wisdom that can help us make good decisions. For instance, if you’re tempted to tell a lie, you might remember that the Bible says, “Speak truthfully to your neighbor” (Ephesians 4:25). Or if you’re afraid, you might remember that the Bible says, “The Lord himself will go before you

and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged” (Deuteronomy 31:8).

Songs are a great way to memorize God’s Word, because songs are easy to remember. If you’re listening to Doorpost Songs and learning the songs, you’re learning God’s Word! You’re hiding his Word in your heart!

If your life feels like a maze sometimes, and you’re not sure what to do, remember that you have a Guide who wants to lead you on the right path. God is with you, and he’s given you the Bible so you can hear his voice. With God’s help – by living according to his Word – you can stay on the path of purity and integrity!

TALK ABOUT IT

Use the questions below or ask some of your own.

1. What is the “path of purity?” What does it mean to live with integrity?
2. How do we stay on the right path and learn to make good decisions?
3. What does it mean to “hide God’s Word” in your heart? How can that help you make good decisions?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Thank God that he is our Guide and that he is always with us.

- Thank God that he has given us his Word, the Bible, so we can hear his voice.
- Ask God to help us learn and remember the truth in his Word.
- Ask God to keep us on the right path of purity and integrity.

DO IT

Here's one way your family can put the **BIG IDEA** into practice.

Start a memory verse challenge. Pick a Scripture passage you want to memorize as a family. If needed, provide an easy alternative for younger kids. Then set a reward that the family will get if everyone memorizes the verses. Work on the verse throughout the week and see if the whole family can say it to earn the reward!

LIFT YOUR HEAD

PSALM 3:3-6, DEUTERONOMY 31:8

Verse

WHEN YOU LIE DOWN
WHEN YOU RISE UP
STILL THE LORD SUSTAINS YOUR LIFE
THOUGH TROUBLES COME
TEN THOUSAND STRONG
AND PRESS IN ON EVERY SIDE

Chorus

HE WILL GO BEFORE YOU
GOD HIMSELF IS WITH YOU
HE WILL LIFT YOUR HEAD
HE WILL NEVER LEAVE YOU
NOR WILL HE FORSAKE YOU NOW
DO NOT BE AFRAID
WHOA, HE WILL LIFT YOUR HEAD

Bridge

FOR YOU, O LORD, ARE A SHIELD AROUND ME
YOU'RE MY GLORY, THE ONE WHO LIFTS MY HEAD
WHEN I CALL OUT YOU ARE FIGHTING FOR ME
YOU'RE MY GLORY, THE ONE WHO LIFTS MY HEAD

LIFT YOUR HEAD

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

Psalm 3:3-6 (NIV)

³ But you, Lord, are a shield around me,
my glory, the One who lifts my head high.

⁴ I call out to the Lord,
and he answers me from his holy mountain.

⁵ I lie down and sleep;
I wake again, because the Lord sustains me.

⁶ I will not fear though tens of thousands
assail me on every side.

Deuteronomy 31:8 (NIV)

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestion below or choose your own.

Psalm 3:3 (NIV)

But you, Lord, are a shield around me, my glory, the One who lifts my head high.

LEARN IT

What's the BIG IDEA?

God will protect and deliver us.

Captain America is a pretty awesome superhero! Can you picture him? He's standing tall and straight, holding that one-of-a-kind shield, muscles rippling, head held high, looking off into the distance with superhuman self-assurance. Captain America has a kind of confidence that only a superhero can have – especially a

superhero with an indestructible shield made out of the world's strongest fictional metal, vibranium.

Even when Captain America is surrounded by enemies, he doesn't hang his head. He doesn't feel hopeless or dejected. No, he straps his shield tightly to his arm, lifts his head, and goes out to fight his enemies.

It's fun to imagine being Captain America - having the kind of confidence and self-assurance to face whatever comes your way, knowing that your shield can protect you from anything. But most of the time we don't really feel like that, do we? When things get tough and life is hard, sometimes we don't feel like we can conquer anything. We might feel like there's no point in even trying. Sometimes we feel sad or even hopeless, and our heads fall dejectedly to our chests.

But the Bible tells us we have more in common with Captain America than we might think. Psalm 3:3 tells us God himself is "a shield around [us]." He can protect us and deliver us from even the most difficult situations. We don't have to hang our heads and feel hopeless when life is hard. Instead, God *lifts* our heads high so we can stand tall and straight, filled with confidence and assurance. Unlike Captain America, our confidence is not based on *our own* strength and abilities – thank goodness! Instead, our confidence comes from God. We trust in *his* strength, *his* wisdom, and *his* love for us.

Does that mean that we'll never experience anything painful or difficult? That we won't ever get our feelings hurt or struggle through sickness? No. But it does mean that God will deliver us from those things. (That means he'll get us through to the other side.) We can trust that no matter what, he is always working for our good, even in the hard times!

You may not have a super-strong, patriotically decorated vibranium shield like Captain America, but that doesn't mean you stand alone. God is your shield. He protects and delivers you. He gives you the confidence to face anything that comes your way. And he's the one who lifts your head high.

TALK ABOUT IT

Use the questions below or ask some of your own.

1. What does a shield do? What does it mean when the Bible says God is our shield?
2. Why can we have confidence that God will protect and deliver us?
3. Has anything ever made you feel sad or hopeless? How does it make you feel to know that God is your shield?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Thank God that he is our shield.
- Thank God that even when we feel sad or hopeless, he lifts our heads high.
- Ask God to help us trust him.
- Ask God to protect and deliver you from something difficult you or your family are facing.

DO IT

Here's one way your family can put the **BIG IDEA** into practice.

Make a family shield using poster board or cardboard. Cut out a shield shape and create a family “coat of arms” on the shield representing things that are important to your family. Use pictures, drawings, or objects to create your “coat of arms.” Remind your kids that God is the shield for your family, and that he is stronger than anything – even vibranium!

GOODNESS and MERCY

PSALM 23

Verse 1

LORD, YOU ARE MY SHEPHERD AND I HAVE EVERYTHING I NEED
YOU RESTORE MY SOUL BY THE WATERS IN A FIELD OF GREEN
YOU SET MY FEET ON THE RIGHT PATH
ALL FOR THE SAKE OF YOUR NAME

Chorus

SURELY YOUR GOODNESS
SURELY YOUR GOODNESS AND MERCY
SURELY YOUR GOODNESS AND MERCY WILL FOLLOW ME EVERYDAY
EVERY DAY OF MY LIFE. WHOA, LIFE

Verse 1

EVEN THOUGH I WALK THROUGH THE DARKEST VALLEY I WON'T FEAR
YOU GUIDE ME AND YOU GUARD ME
YOU COMFORT ME 'CAUSE YOU ARE NEAR
YOU SET A TABLE BEFORE ME
YOU MAKE MY CUP OVERFLOW

Bridge

AND I'LL DWELL IN THE HOUSE OF THE LORD
AND I'LL DWELL IN THE HOUSE OF THE LORD
AND I'LL DWELL IN THE HOUSE OF THE LORD FOREVER

GOODNESS and MERCY

FAMILY WORSHIP MOMENT

READ IT

Read the Scripture passage aloud as a family. If your kids can read, consider having one of them read or letting them take turns reading.

Psalm 23 (ESV)

¹ The Lord is my shepherd, I shall not want.

² He makes me lie down in green pastures,
he leads me beside still waters,

³ he restores my soul.

He leads me in paths of righteousness for his name's sake.

⁴ Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

⁵ You prepare a table before me
in the presence of my enemies.

You anoint my head with oil; my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,

and I shall dwell in the house of the Lord forever.

SING IT

Play the song from the *Promises* album and sing together. You can find Doorpost Songs on Spotify, Apple Music, iTunes, Amazon, and more.

MEMORIZE IT

Pick a section of the verses to memorize as a family. Use the suggestions below or choose your own.

Psalm 23:6 (ESV)

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

LEARN IT

What's the BIG IDEA?

God loves to give us mercy.

Have you ever gotten in trouble at school? Let me tell you about a time I got in BIG trouble. (And of course, I don't mean "me," like "your parent," I mean "me," like "the guy who is writing this!") When I was in high school, I played on the baseball team. One spring during baseball season, I had a big project to work on, and I decided to cut gym class to work on it. ("Cutting class" means

not going to a class you're supposed to attend.) For several weeks I didn't go to my gym class with Mr. Hennelly. Not even once.

One day, our baseball team was scheduled to play an important game after school. Our normal center fielder was pitching, so I had the important responsibility of playing center field. That day at school, I walked into the school office and guess who was standing right there? You guessed it. My gym teacher, Mr. Hennelly.

I froze, terrified.

"Mr. Ray!" said Mr. Hennelly in his distinctive Brooklyn accent. (He always called students by their last names.) "I haven't seen you for a while."

Busted.

"Mr. Ray here has been cutting my class for more than a month now," said Mr. Hennelly to the vice principal who was standing next to him.

Uh oh. This is going to be bad, I thought.

"Mr. Ray come see me after school for detention," finished Mr. Hennelly, and he walked out of the office.

Oh no! The baseball game, I thought in a panic. I'm supposed to play center field and today's game is REALLY important. If I'm in detention, I'll let down the whole team!

I raced out of the office. I knew that I deserved the punishment I had received, but I needed to ask Mr. Hennelly to reconsider. I needed to ask for mercy. I caught up with him in the hallway and explained about the baseball game.

"Is there any way I can have detention on a different day?" I pleaded.

What do you think Mr. Hennelly said? He certainly had every right to say no and keep me in detention that afternoon. In

fact, he probably could have kept me in detention for a number of days given how often I had been cutting his class. I deserved a punishment for my bad choices.

Mr. Hennelly thought for a moment and then simply said, “Come see me tomorrow.” Then he added, “*In gym class.*”

Mr. Hennelly gave me mercy that day. The Bible has a lot to say about mercy, too. Do you know what mercy is? Mercy is *not getting* a punishment we deserve. You see, all of us are sinful. We make bad choices. Our sin hurts ourselves and others. And because God is holy – he doesn’t sin at all – our sin separates us from him.

But God *loves* to give us mercy. When we have faith in Jesus, God doesn’t give us the punishment our sin deserves. Instead, because of the death and resurrection of Jesus, we receive mercy and forgiveness. We become part of God’s family. That’s why Psalm 23:6 tells us, “Surely your goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”

God knows we’re going to make bad choices sometimes. And our bad choices make him sad. But they *don’t* make him stop loving us. He *loves* to give people mercy, and aren’t you grateful he does?

TALK ABOUT IT

Use the questions below or ask some of your own.

1. What is mercy?
2. How do we receive God’s mercy?
3. Read Colossians 3:13. God has shown us mercy and forgiveness. How should we act toward others?

PRAY ABOUT IT

Pray together. Here are some ideas:

- Confess to God that sometimes we make bad choices that hurt ourselves and others.
- Thank God that he has given us mercy through his son, Jesus.
- Ask God to remind us of his goodness and mercy toward us.
- Ask God to help us give mercy and forgiveness to others.

DO IT

Here's one way your family can put the **BIG IDEA** into practice.

Giving mercy and forgiveness is important in every family. Talk together about how your family will show mercy and forgiveness to each other. Be intentional about the use of the phrase, "I'm sorry. Will you forgive me?" and the response, "Yes, I forgive you. I love you no matter what." Put it into practice not only when kids make bad choices, but also when Mom and Dad make bad choices.

AFTERWORD

SO WHAT NOW?

You did it. You made it to the end! Six family worship moments in the books. Savor the accomplishment.

Okay, that's long enough. Now what?

Well, it's really quite simple. Keep going. Keep opening God's Word together. Keep praying together. Keep singing together. If life gets in the way and you forget to have a family worship moment for a few weeks (or a few months!), don't despair. Simply pick up where you left off.

If you want more resources, you can find more family worship moments and Doorpost Songs albums at **doorpostsongs.com**. But the only resource you really need is a Bible and a willing heart.

Whatever you do, don't forget your sacred calling as a parent. God has given you the incredible opportunity to teach your kids to love his Word. All it takes is placing it in front of them day after day, week after week, year after year. God says that his Word "will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it" (Isaiah 55:11, NIV). What a beautiful promise!

We're delighted that you chose to use Doorpost Songs to help along the way. Our prayer is that one day in the not-so-distant future, your kids (and you!) will remember with fondness these songs and worship moments as part of their lifelong faith journeys.

