

**GCC Membership Covenant (paragraph 3)**

*We commit to practice personal and family worship, to train our children in the discipline and instruction of the Lord...*

**Introduction**—Four good reasons to think about personal and family worship

- A. To be reminded of our covenant obligation
  - B. To look back on the past year and reflect upon how useful our time of personal and family worship has been, think through what worked, what didn’t work.
  - C. To make modifications to our plan for 2019 that will encourage and challenge us to press into the Lord in a more efficient and helpful manner.
  - D. To remember why we commit to personal/family worship
- I. Personal Devotions
- A. What are Personal Devotions?
    - 1. A daily meditation upon and worship to the Lord including bible reading, prayer, reflection, and possibly journaling and bible memorization.
    - 2. Biblical Warrant
      - a. A Cautious Caveat to Guard Against Antinomianism and Legalism
      - b. The Christian Yearns for the Precepts of God (Pss 119:11, 15–16; 145:5; Col 3:16; Ps 88:13; 1 Thess 5:16–18)
      - c. Personal Devotions are a supplement to the means of grace, not a substitute
    - 3. Historical Precedent
  - B. Do I really need personal worship?
    - 1. We must have a sober view of ourselves (Rom 12:3)
    - 2. We must be on alert at all times (Eph. 6:11-18)
  - C. Personal Worship is not simply for you, it is also so that you might be able to build others up also (1 Thess. 5:5-11; 2 Cor. 1:3-5)
  - D. Practical Suggestions for making the most out of your personal worship
    - 1. Pick a time each day that is devoted to personal worship
    - 2. Choose a bible reading plan
      - a. Be realistic
      - b. Benefits of a bible reading plan
        - i. There is buried treasure scattered throughout the word of God.
        - ii. Seeing the Big Picture
        - iii. A Balanced Spiritual Diet
        - iv. The more familiar you are with the bible, the less you’ll need to be dependent on Google searches and concordances.
    - 3. Use the Lord’s Day for catch up reading if necessary
    - 4. If you get way behind, don’t fret, just pick up your reading on today’s reading.
    - 5. Develop a prayer schedule
      - a. Use A.C.T.S as a model for your prayers

- i. Adoration
  - ii. Confession
  - iii. Thanksgiving
  - iv. Supplication
6. Keeping a journal is helpful

## II. Family Worship

### A. What is Family Worship?

A specific time set aside each day where the head of the family, whether that is the husband or single parent, sits down with his family, reads scripture, explains the meaning, applies it, prays, sings, and instructs.

### B. Do I really need family worship?

### C. Biblical Warrant

1. Deut. 6:1-9; Cf. Deut 10:18–21
2. Deut. 4:9-10
3. Prov. 22:6
4. Eph. 6:4

### D. Historical Precedent

### E. Three Reasons to Catechize<sup>1</sup>

1. A catechism encourages the unity of essential beliefs among God's children.
2. Catechism promotes a faster, deeper understanding as verses are tied to appropriate questions.
3. Catechism stimulates and motivates learning, because most children, especially younger ones, love to answer questions.

### F. Practical Suggestions for Leading Family Worship

1. Set aside a time each day when the family can expect to sit down and have family worship together.
2. The head of the family should put a little forethought into what he will read and say
3. While the style and content of family worship will vary depending on the age of the children or even the absence of children, here are some helpful things to include in family worship
  - a. Begin with scripture reading
  - b. Give a simple explanation and one or two points of application
  - c. Catechize (Instruct)
  - d. Pray
  - e. Sing the doxology or a hymn
4. You can do all of this in 10–20 minutes depending on how much time you have.
5. Have realistic expectations in the beginning

---

<sup>1</sup>Taken from <https://www.monergism.com/westminster-confession-faith-edinburgh-edition-ebook>. Accessed December 29, 2018.