

and asking Him to fill your hearts and lives with the enjoyment of Him.

## FRIDAY

Praise: Sing Psalm 73C

Scripture: Read Psalm 16:11

Key Thought: *God's joy is everlasting.*

Questions:

- ☪ How long are we supposed to glorify and enjoy God?
- ☪ How will we glorify and enjoy God "forever"?
- ☪ How should this affect our view of the problems we face in this world? (see Rom. 8:18)
- ☪ How should it affect our view of things that the world tells us we should enjoy? (see 1 John 2:15-17)

Prayer

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*Notes:* The focus of today's lesson is the everlasting joy that belongs to those who are in Christ. We will glorify and enjoy God forever. You may want to speak with your children about the concept of "forever," helping them to see the reality of eternity. Discuss with them the wonderful promise of everlasting joy and peace and rest in the presence of God in heaven. Show them how this blessed anticipation helps us through difficult times and how it puts the passing pleasures of this world into perspective. Pray together, thanking God for the promise of everlasting joy through Jesus Christ and asking Him to help us to fully glorify and enjoy Him each day, as we look forward to the endless joy of heaven.



Note: Only five lessons per week are included. You are encouraged to lead your family in worship seven days a week. On weekends, you may want to review or build upon the lessons from the previous week, discuss the sermon from Sunday morning, or work on questions from the Catechism or memory verses. These lesson suggestions are intended to provide a simple framework for parents to build upon. You are not limited to this content. The habit of morning and evening family worship is the biblical ideal. We hope you can use these lessons as a starting point for the development of a blessed practice of family worship in your home.

## FAMILY WORSHIP HELPS WEEK 1

THIS WEEK'S FOCUS

QUESTION 1: *What is the chief end of man?*

ANSWER: Man's chief end is to glorify God, and to enjoy Him forever.

## MONDAY

Praise: Sing Psalm 73C

Scripture: Read Ephesians 2:10

Key Thought: *We are His workmanship.*

Questions:

- ☪ What does it mean for something to have a "purpose"?
- ☪ Where does the "purpose" of something come from?
- ☪ Who created you?
- ☪ For what purpose were you created?
- ☪ How should this affect your daily activities?

Prayer

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*Notes:* This week we will focus on the first question from the *Westminster Shorter Catechism*, which summarizes the chief end, or purpose, of man. After reading Ephesians 2:10, talk with your children about the meaning of "purpose." Help them to understand that purpose comes from the creator of a thing. If they made something, they would have a purpose in mind for it, because things are designed for a reason. Explain that our purpose comes from our Creator and not from within ourselves. As sinful and rebellious people, we sometimes think that we have the right to determine what our purpose is, and we make our plans without considering what God's purpose is for us. Help your children to see that, as God's creatures, we were made to do His will, and not our own. Talk about how this realization should affect everyday activities. Pray together, thanking God for creating us, and asking Him to help us to understand more and more fully what His purpose is for our lives.

## TUESDAY

Praise: Sing Psalm 73C

Scripture: Read 1 Corinthians 10:31

Key Thought: *Do everything for God's glory.*

Questions:

- ☪ What does it mean to “glorify” someone or something?
- ☪ Can you glorify someone else by something you do? How?
- ☪ How can eating and drinking give glory to God?
- ☪ Is there anything in your life right now that you’re doing for your own glory? What should you do about this?
- ☪ Why should we do everything for God’s glory?

Prayer

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*Notes:* Today’s focus is on doing all things for God’s glory. Read 1 Corinthians 10:31, or have one of your children read it. Talk about what it means to “glorify” something or someone. Explain that we can give glory to someone not only by what we say about them but also by what we do. Share some examples about how things they do reflect positively on their parents. Help them to understand that part of the purpose for which God has created us is for our lives to give glory to Him. The verse for today says that even in the smallest things, like eating and drinking, we are to do them for the glory of God. Explain to them that as God’s creatures, everything we do reflects on Him. Either we do what we do for His glory or for our own. Challenge them to think of anything they may be doing in their lives for their own glory and help them to work through their response to this. Pray together, thanking God for enabling us through Christ to seek His glory instead of our own. Confess to God any sins in this area and ask Him for renewed strength to glorify Him with every thought, word, and action.

### WEDNESDAY

Praise: Sing Psalm 73C

Scripture: Read Romans 11:36

Key Thought: *Only God is worthy of glory.*

Questions:

- ☪ What does it mean that all things are *of* God and *through* God and *to* God?
- ☪ Do you like to get the credit for good things that you do?
- ☪ Do you deserve praise for doing good things? (see Luke 17:10)
- ☪ What causes us to want glory for ourselves?
- ☪ Have you ever been hurt or offended that you didn’t receive credit for something when you thought you should have?
- ☪ If you do well, who deserves the credit and glory? Why?

Prayer

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*Notes:* Focus today on the fact that God alone is worthy of all glory because He is

the Creator and Sustainer of all things. He is the only One who truly deserves glory because of who He is and what He has done. All of His creation glorifies Him. The angels seek His glory and not their own. It is only rebellious man who seeks his own glory instead of God’s. Talk with your children about how we like to receive praise and glory when we’ve done something well. Read Luke 17:10 with them and show them that because we have been created by God to serve Him, we don’t deserve any special recognition for doing what we were created to do. It is the sin of pride that causes us to long for special recognition and to be hurt or offended when we don’t receive it. A truly humble heart recognizes that only God deserves praise and glory. If I am able to do anything well, it is only because God has given me the ability. It is therefore God who deserves the credit. Praise God together for who He is and ask Him to keep you from pride. Think of some specific attributes or characteristics of God that are worthy of praise, and then focus on these things in prayer.

### THURSDAY

Praise: Sing Psalm 73C

Scripture: Read Psalm 73:24-28

Key Thought: *It is good to draw near to God.*

Questions:

- ☪ Besides glorifying God, what else were we created to do?
- ☪ Are there special people you enjoy being with? Why?
- ☪ Do we naturally enjoy spending time with God? Why not?
- ☪ When God changes our hearts, what do we see about Him that we didn’t see before?
- ☪ Why is it good to draw near to God? How do we do it?
- ☪ Why do we sometimes lose that sense of enjoyment in God?

Prayer

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*Notes:* The chief end of man is not only to glorify God but also to enjoy Him forever. Discuss the enjoyment of God with your children today. Explain to them that in our natural sinful state we do not enjoy God, but rather hate Him and run away from Him. We see Him as a foe and not as a father. When God changes our hearts by His grace, showing us our sin and opening our eyes to His glory and mercy toward us in Christ Jesus, we are able to see His beauty, perfection, and majesty. When God’s love and grace fill our hearts, we are drawn to Him and we long for His presence. When we begin to see our enjoyment of God fade, we need to examine our hearts before Him to see where sin has taken hold of our hearts and minds. Talk with your children about the many reasons that it is good to draw near to God, then spend time praising God for His blessings