



Cooperative Baptist  
Fellowship North Carolina

# FAITH FAMILY TALKS

CBFNC is offering this resource from the CBF Children's Ministry Network, to our state fellowship to provide families weekly spiritual conversation starters. Our hope is that this resource empowers parents to have more faith-filled conversations at home.

*Listen. Talk. Go.*

*Written by Lisa Shinkins  
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## FEATURED RESOURCES: FAITH FAMILY TALKS

### WEEK OF FEBRUARY 4

#### Listen

*Open your Bible and read Ephesians 3: 14-19 together as a family*

Paul wrote this letter to the Ephesians while he was imprisoned in Rome. He wrote it as a letter of encouragement as well as a prayer, he wrote this group of verses to praise God for all He had done and to praise God's name. In the beginning of the verses, Paul talks about being part of God's family. The family of God includes all who have believed in him in the past, all who believe in the present, and all who will believe in the future. We are all a family because we have the same Father. He is the source of all creation, the rightful owner of everything. God wants us to be in contact with other believers and not cut ourselves off from our family at the church.

#### Talk.

- I wonder how the Ephesians felt when they heard this prayer.
- What do you think Paul was thinking as he wrote this prayer?
- How does it feel to know that you're the people in the church are part of your family?

*Dear God, thank you for loving us enough to send your Son to become one of us. Help us as we read this scripture this week to learn how much you love us. Show us how we can be more like you and love others. Amen.*

#### Go.

Draw a picture of your family. Add some of you church family in your picture.



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### WEEK OF FEBRUARY 11

#### Listen.

*Open your Bible and read Ephesians 3: 14-19 together as a family*

Paul continues the prayer he began in verse 14 with a focus on the glory of God. God's glory is mentioned to bring the focus back to Him. Paul asks God for deep, spiritual strength from God, through the Holy Spirit, for these Christians in Ephesus. When Paul mentions the "inner spirit" he is talking about the spiritual part of a person. Paul wants the Holy Spirit to work in the Ephesians' spiritual lives in great power. Paul experienced this throughout his ministry. This power did not come from mere emotions, but rather through humble prayers. God wants the same from us today!

God wants us to pray to Him about anything and everything. He wants you to pray for others – those that are your friends and those that are not. God hears our prayers.

#### Talk

- I wonder what Paul was feeling as he wrote this prayer.
- I wonder what the Ephesians felt like when they read this prayer.
- What is your special way to talk to God?

*Dear God, help me to see your glory this week all around me. Help me to pray for others who need you. Amen.*

#### Go.

This week is Valentine's Day. On a piece of paper draw a huge heart and, in that heart, write names of who you would like to pray for this week. You can also draw different pictures in there as well. Decorate your heart. This is a way that you can pray to God without words, by using drawings and doodles.



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### WEEK OF FEBRUARY 18

#### Listen.

*Open your Bible and read Ephesians 3: 14-19 together as a family*

Paul understood that the more we comprehend the love and the grace of God - and recognize that the righteousness and justice of God is underpinned by His goodness and grace - the more we grow in understanding, mature in the faith, and are strengthened by the power of the Holy Spirit in our inner man.

This helps us see that God's love is total – it touches everything and everywhere we go! It is deep and wide. Paul is speaking about the love that God showed us through His son, Jesus. As we read and study God's word, the more we reflect on it and the more we praise God for it. We can see how deep and how wide his love for us is. Even when we are discouraged, sad, mad or just plain unhappy – God's love is there for us. You are never alone with God's love – He is there always!

#### Talk

- How does it make you feel to know that God loves you totally?
- I wonder what Paul thought about as he wrote about God loving us deep and wide?

*Dear God, thank you for loving us totally.*

#### Go.

Look at each member of your family and tell them "God loves you to the end of the world and back again." Ask each other how that makes you feel.



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### WEEK OF FEBRUARY 25

#### Listen.

*Open your Bible and read Ephesians 3: 14-19 together as a family*

This is our last week studying this prayer written by Paul. We have talked about how much God loves us and he wants "our hearts through faith to be rooted and grounded in love." One of my favorite books is called *The Giving Tree*. In this book, the tree loves his little boy so much that he gives up pretty much everything he can for his boy out of his love for him. This reminds me of God sending His only Son to die for us to take away all of our sins. This shows how much God loves us and wants us to be with him.

We have the fullness of God available to us. We can gain that fullness through faith and through prayer in our daily lives. We are filled then with the "fullness of God." Paul's prayer is for you as well. You can ask the Holy Spirit to fill every aspect of your life to the fullest.

#### Talk

- I wonder what it feels like to give everything up for a person.
- I wonder what it would feel or look like to have the Holy Spirit fill your life to the fullest.
- I wonder why God wants us to pray.

*Dear God, Thank you for sending Jesus. Please help us to invite the Holy Spirit to fill every aspect of our life to the fullest, so that we may serve and honor you. Amen.*

#### Go.

Draw a picture of a tree. Where the roots should be – write the names of people who have taught you about God. On the branches, write names of those you pray for. Draw apples in your tree – put answered prayers on them. This might take a little more than one day.

*Lisa Shinkins is the minister to children at Woodland Church in San Antonio, Texas. She is married to her husband, Kieran, and has two very active boys: Killian and Kevin. They all love to go to the beach and to Ireland together.*



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