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*This Guide will help you focus your time together on 4 things with the understanding that life is busy and hectic.*

### **Focus on Food**

You don't have to cook every meal. Whether you order in, eat out, or prepare a meal together, think about how you can use the process to foster fun, fellowship and faith. Be sure to plan ahead and stick to your plan so that you will have more meaningful time to spend together.

### **Focus on Fun**

People of all ages build stronger relationships with each other and have a more vibrant faith life when they also value having fun.

### **Focus on Fellowship**

Joyful discussions about life are vital to the spiritual, emotional and physical health of individuals. Further, open-door homes are where discipleship happens and how friendships are made and neighborhoods are transformed.

### **Focus on Faith**

Just a little shared time in the Word and in prayer can do wonders for a household. God will use his word to show you all the ways that he is **ALL IN** for you and how he will use you to do **ALL IN** the name of Jesus.

## Jesus Calms the Storm

Feb 4-10

### Focus on Food

What's on the Menu?

Where will you get your meal?

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> Cook    | <input type="checkbox"/> Take Out  |
| <input type="checkbox"/> Eat Out | <input type="checkbox"/> Leftovers |

### Focus on Fun

- Create bingo cards with common dinner-related things. Mark them off as you see or hear them during the meal. The first to complete a line wins.

### Focus on Fellowship

- Share a story about a time when we experienced a storm or extreme weather. How did we handle it, and what did we learn?

### Focus on Faith

#### *Matthew 8:23-27*

23 Jesus' disciples went with him as he left in a boat. 24 Suddenly, a severe storm came across the sea. The waves were covering the boat. Yet, Jesus was sleeping. 25 So they woke him up, saying, "Lord! Save us! We're going to die!"

26 Jesus said to them, "Why do you cowards have so little faith?" Then he got up, gave an order to the wind and the sea, and the sea became very calm.

27 The men were amazed and asked, "What kind of man is this? Even the wind and the sea obey him!"

### Guided Discussion Questions

- How do you think the disciples felt when the storm came? Have you ever been scared in a situation? When the disciples were scared, what did they do?
- How can we talk to Jesus when we're scared or worried? What might we say to Him?
- Are there any people in your community who are experiencing "storms". How might God use us to calm the "storms" in our community?

**THIS WEEK'S GOOD NEWS:** Jesus has authority over the wind, the seas, sickness, sin and even death. He has authority and power over everything. When we call out to him, he hears us and saves us. In Jesus' resurrection, he declares over sin and death what he declared over the storm, "Quiet, be still."

## Parable of the Lost Son

Feb 11-17

### Focus on Food

What's on the Menu?

Where will you get your meal?

- Cook
- Take Out
- Eat Out
- Leftovers

### Focus on Fun

- "Dinner Detective": Hide a small object during dinner. After eating, take turns giving one-word clues. The family guesses until the hidden item is found.

### Focus on Fellowship

- Share a time when someone forgiving you made a positive impact on your life.

### Focus on Faith

#### *Luke 15:3-7*

3 Jesus spoke to them using this illustration: 4 "Suppose a man has 100 sheep and loses one of them. Doesn't he leave the 99 sheep grazing in the pasture and look for the lost sheep until he finds it? 5 When he finds it, he's happy. He puts that sheep on his shoulders and 6 goes home. Then he calls his friends and neighbors together and says to them, 'Let's celebrate! I've found my lost sheep!' 7 I can guarantee that there will be more happiness in heaven over one person who turns to God and changes the way he thinks and acts than over 99 people who already have turned to God and have his approval."

### Guided Discussion Questions

- How are we all like the Lost Sheep? How are we also like the sheep grazing in the pasture?
- How should we treat people who do not follow Christ, or who are lost in other ways? What are some ways we can be used by God to find lost sheep?

**THIS WEEK'S GOOD NEWS:** HE is the Good Shepherd who tracks us down and brings us back to our family. He is the father who welcomes his lost son home and celebrates. Everything Christ won through his life, death and resurrection is now ours.

## Jesus and the Little Children

Feb 18-24

### Focus on Food

What's on the Menu?

Where will you get your meal?

- Cook
- Take Out
- Eat Out
- Leftovers

### Focus on Fun

- Childhood Flashback: Each family member shares a favorite childhood memory or activity.

### Focus on Fellowship

- Adults, what event or aspect of your childhood made you who you are today?

### Focus on Faith

#### Mark 10:13-16

13 People were bringing little children to Jesus for him to place his hands on them, but the disciples rebuked them. 14 When Jesus saw this, he was indignant. He said to them, “**Let the little children come to me**, and do not hinder them, for the kingdom of God belongs to such as these. 15 Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” 16 And he took the children in his arms, placed his hands on them and blessed them.

### Guided Discussion Questions

- How did Jesus become weak, helpless, and the least among us for us?
- Who are the weakest and lowest among us today? How does society treat them?
- Discuss practical ways our family can be a used by God as a blessing and encouragement to “the least among us” in our community.

**THIS WEEK'S GOOD NEWS:** It was through Jesus becoming like a child, the least among us to the point of death, that he shows his power and authority and saves us.

## Jesus Feeds 5000

Feb 25-March 2

### Focus on Food

What's on the Menu?

Where will you get your meal?

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> Cook    | <input type="checkbox"/> Take Out  |
| <input type="checkbox"/> Eat Out | <input type="checkbox"/> Leftovers |

### Focus on Fun

- Food Charades: Act out a favorite dish, and others guess. Rotate turns for everyone to participate.

### Focus on Fellowship

- Hungry for Knowledge: Each family member shares one thing they're curious or eager to learn about.

### Focus on Faith

#### **Matthew 14:13-21**

13 When Jesus heard about John, he left in a boat and went to a place where he could be alone. The crowds heard about this and followed him on foot from the cities. 14 When Jesus got out of the boat, he saw a large crowd. He felt sorry for them and cured their sick people. 15 In the evening the disciples came to him. They said, "No one lives around here, and it's already late. Send the crowds to the villages to buy food for themselves." 16 Jesus said to them, "They don't need to go away. You give them something to eat." 17 They told him, "All we have here are five loaves of bread and two fish." 18 Jesus said, "Bring them to me." 19 Then he ordered the people to sit down on the grass. After he took the five loaves and the two fish, he looked up to heaven and blessed the food. He broke the loaves apart, gave them to the disciples, and they gave them to the people. 20 All of them ate as much as they wanted. When they picked up the leftover pieces, they filled twelve baskets. 21 About five thousand men had eaten. (This number does not include the women and children who had eaten.)

### Guided Discussion Questions

- In what ways do people today hunger for something more in their lives? How can Jesus satisfy our spiritual hunger?
- How does God meet the physical needs of people today through us? How is this still a miracle?

**THIS WEEK'S GOOD NEWS:** Jesus cares about and for your physical, emotional and spiritual needs. He is also the Bread of Life who will give you an eternal life free from hunger and in the meantime cares for you and sustains you with his word and the gift of the Lord's Supper.