

**Family Worship**  
Week of January 8, 2023

**Instruction:** Whatever time of day works best each day for you or your family, use the prompts below to spend a few minutes together in prayer and the Word. Open and close each session with a simple prayer. Use the questions for meditation or discussion.

**Sermon Meditations: The New You**

Monday

- Open in Prayer
- Read: Ephesians 4:17-24
- Meditation: Pastor Matt's first point on Sunday was "Conversion makes a difference!" How should we be encouraged by the truth that conversion (coming to faith in Jesus Christ) changes us?
- Close in Prayer

Tuesday

- Open in Prayer
- Read: Romans 8:1-17
- Meditation: Pastor Matt's second point on Sunday was "Do not walk as the gentiles do!" What are some ways that we might live according to Scripture, in contrast to the world, and be different from the world?

Wednesday

- Open in Prayer
- Read: Ephesians 4:17-24
- Meditation: Pastor Matt's third point on Sunday was "Put off the old self, be renewed in the spirit of your minds, and put on the new self!" What are some ways that we are actually spending time with the Lord in his Word and prayer each day? If we aren't doing that, what are some ways we can begin to do that?
- Close in Prayer

**Preparing Our Hearts to Receive the Word**

Thursday

- Open in Prayer
- Read: Ephesians 4:25-5:2
- Meditation: What questions do you have about this text? Is there anything confusing or curious? Does anything stand out as important?
- Close in Prayer

Friday

- Open in Prayer
- Read: Ephesians 4:25-5:2
- Meditation: Westminster Shorter Catechism Question 4 asks, "What do the Scriptures principally teach?" Answer: "The Scriptures principally teach what man is to believe concerning God and what duty God requires of man." What does this passage teach us about God's character and work? What does it teach us about our own hearts and need for a Savior?
- Close in Prayer