

at Home With God

Series 2 Workbook

By Helen Goldenberg



AT HOME WITH GOD

SERIES 2 - WORKBOOK

Name: _____

Church: _____

Start date: _____

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CONTENTS

Contents 2

Introduction..... 3

Session 1: Keeping God at the centre of your family 5

Session 2: Children and the prophetic..... 9

Session 3: Helping our children develop discernment..... 12

Session 4: Faith and your child's school 15

Session 5: Creative ways to teach the word..... 19

Session 6: Facing the character issue 23

Session 7: The faith journey 27

Session 8: Preparing children for their calling 31

Session 9: Leaning on the wider church community 35

Session 10: Navigating the digital world 39

Further Resources Available 43

INTRODUCTION

Welcome to At Home with God series 2.

This workbook is designed to accompany series 2 of At Home with God TV series. The series is being shown live for ten weeks, every Wednesday at 8pm starting on Wednesday 8th January. Each episode will then be repeated on the following days:

Fridays at 10:05am Saturdays at 11:00am Tuesday at 5.30pm (All times are UK based.)

Available TBNUK on Channel 65 (Freeview) and TBNUK on Channel 582 (Sky). It can also be watched live online at the TBN UK website.

Shows will also be available on demand on the tbnuk.org, the week after it first airs.

What's in the workbook?

The workbook is made up of ten sessions, running alongside series 2 of At Home with God:

1. Keeping God at the centre of your family
2. Children and the prophetic
3. Helping our children develop discernment
4. Faith and your child's school
5. Creative ways to teach the Word
6. Facing the character issue
7. The faith journey
8. Preparing children for their calling
9. Leaning on the wider church community
10. Navigating the digital world.

Each session is made up of three parts taught using three different mediums:

1. Notes

In this workbook, there is space for you to make your notes on the teaching as you work through the programs on the TV. Each session lasts for around 30 minutes.

2. Points to Ponder

These discussion questions are designed to help you reflect on the teaching and how it applies in your family. You can discuss these as a group, in pairs or use the space for personal reflection if you are going through this workbook on your own. Depending on the group the discussions will take up to 30 minutes, so you should set aside one hour together for each session.

3. Practical

After each session's teaching, there is a page for you to try some of the principles in your own family.

Why not pair up with another family so that you can reflect together on each other's practical performance. As such we have left space each week for you to comment and encourage each other in your family

How can we use this workbook?

This workbook is designed to be very flexible to fit around the unique circumstances in your church/home.

Here are some suggestions of how you may choose to use it:

- a. Work through the course with a group of other parents doing one session a week or one session a month together.
- b. Run the course over five evenings, covering two sessions each evening. If you work through them in order you will find each evening has a practical and a spiritual session.
- c. Work through the course as an individual or in pairs. For the discussions section, you can reflect privately on the questions given and for the practical parts work alongside your partner or speak to a close family member who you are able to talk through your progress as you try to bring God even more central into your home.

Once the series is over this workbook should prove a valuable resource, together with the comments in the practical session to enable you to continue to develop as a parent.

Being a parent is a great privilege. My prayer is that as you make the small adjustments that need to be made within your family to see God more central in your home, you will start to see a change in your children's walk as well as your own walk with God. Do not be discouraged if miracles don't happen overnight but keep praying and persevering and I know that God will bless your family.

I pray that you will enjoy the course and be enriched by it.

God bless you,

Helen Goldenberg

Children Can, 2019.



NOTES

What does a healthy spiritual family look like?

How much of the fruit of the Spirit is shown out worked in your family?

Read the following:

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Mark your family out of 10 for the following 1= not so good at showing this and 10 = You are excellent at this.

	1	2	3	4	5	6	7	8	9	10
Love										
Joy										
Peace										
Patience										
Kindness										
Goodness										
Faithfulness										
Gentleness										
Self-control										

What does guilt-free parenting look like?

What kind of spiritual goals should you be setting as a family?

How can we help our children learn truths from God's word?

If your children are not enthusiastic for times with God together, how can you get over that hurdle?

How can we encourage godly characteristics in our children?

If you are on your own leading the spiritual life of your family, what can you do?



POINTS TO PONDER

1. What is the big dream for your family?
2. What habits or rhythm do you have as a family (daily, weekly and yearly)?
3. What things have you tried to do in the past as a family – why do you think they succeeded or failed?
4. What one small step can you make each day this week as a family to move forward?



NOTES

How would you define the prophetic?

Read 1 Corinthians 14:1

'Let love be your highest goal! But you should also desire the special abilities the Spirit gives—especially the ability to prophesy.'

How can you encourage your children to hear from God?

What cautions are there as we encourage the prophetic among our children?

How can you make the prophetic normal in your family?

PRACTICAL: HOME FOCUS

Within our adult lives we may find ourselves talking at God in a one-way conversation, downloading our needs & frustrations to our Father God, but God really wants this to be a two way conversation and desires for us to take time to 'be still and know that He is God'. Within that stillness God can download back to us answers to issues or guidance for our future. Children tend to be so open to letting God speak and you will be amazed at the wonderful things He will say through your children. So how can you make this happen in your home?

1. Give God space to speak – Find time in your day when all gadgets are turned off, and let God speak. Sometimes He may speak as you read the Bible together or through a worship song, or through His creation, whichever way it is God wants to communicate with us and He will speak to us all individually differently. What works for one person may not work for another.
2. Be creative, think of ways you can bring God into the everyday, on the way to School, at the bus stop, praying for their friends etc
3. Bless your community by going out with little chocolates or biscuits and a little note from God and ask God who to give them too.

SESSION 3: HELPING OUR CHILDREN DEVELOP DISCERNMENT



NOTES

What does it mean to have discernment?

Why do we and our children need discernment?

How can we help our children to be discerning in their friendships?

How can our own life experiences help our children to discern the right decisions for them?:



POINTS TO PONDER

1. How can we equip our children with the right tools to use, to discern and act correctly under pressure?

2. *Proverbs 22:6 says : Direct your children onto the right path, and when they are older they will not leave it.*

Discuss how this verse will help you as a parent to develop discernment within your children.

3. *Hebrews 5:14 says: 'Solid food is those who are mature, who through training have the skill to recognize the difference between right and wrong.'*

This links to the verse above, how can you be intentional in preparing your children to discern right from wrong?

4. How can I help my children live our family values daily?



PRACTICAL: HOME FOCUS

Every parent hopes and prays that what they have instilled within their children will help them to make the right decisions through life. Unfortunately, we cannot wrap our children in cotton wool, otherwise we will be sending them out into the world unprepared for what the world will throw at them. As our children's primary disciplers we have a job to do to ensure that our children are spiritually and emotionally prepared to be strong in situations that may come their way. We cannot rely on the church or school systems to do this role, as good as they may be, but we need to take up our responsibility to train our children in the way they should go with God, so when they grow old they will not depart from it.

So what can we do? Here are a few ideas. Choose at least one of them to do together this week.

1. When you are together as a family, create a role play of situations that your children may come across within school or beyond. Use this as an opportunity for them to think about the choices they can make and to guide them through how to handle different situations.

2. Intentionally watch a soap opera! Yes I know that sound bizarre, but talk through the scenarios that happen within the soap opera. What aspects of the soap are godly, what are ungodly. What does the soap want you to think about the different scenarios and what would God think about the way people are behaving. Finally, does the soap fit into the categories that God instructs us to think about in *Phillipians 4:8* - *'And now dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable and right, and pure and lovely, and admirable. Think about things that are excellent and worthy of praise.'*

3. Discuss if there are any situations recently or historically where your children have felt uncomfortable or excited. Talk about these situations together – why did they feel that way? Discernment works both ways for the positive things in life and also the negative things too. When a child learns to go with something that is good and receives the reward from that, they are less likely (hopefully) to go with what feels bad. Was God highlighting something to them through these feelings?



NOTES

What is happening in schools in our nation today?

What is the wrong way to handle situations that you disagree with within your child's school?

What are your children's rights in School regarding what lessons they attend or are exposed to?

How can we engage with our children's school?

What are your rights as a parent within your school? What can you as a parent do regarding the R.S.E (Relationships and sex education) part of the curriculum?

What are the marks of a good school that we should look for when choosing our child's school?

How can you disagree well with your child's school?

**POINTS TO PONDER**

In what areas are their potential conflicts with the Christian worldview in modern education?

Are you aware of the subject matter that is being taught to your children within your school?

How can you choose the best school for your child?

How can we be a light for God (showing love) whilst not losing our saltiness (speaking truth)?



PRACTICAL: HOME FOCUS

Our child's education is one of the things that are in the fore front of every parents mind even from birth. But the world is changing and now subject matters are being imposed upon our children in some schools that are either not age appropriate or are not consistent with the Biblical worldview. How as parents can we make a stand within the education system with a grace and wisdom that will make an impact? Bulldozer mentality doesn't always work where we appear aggressive in our beliefs rather than bringing forth a reasoned argument.

So what can we do as parents to ensure what is taught to our children is within our own belief system?

As a parent we should build relationship within the school before we bring disagreement. If you are seen as a parent who is helpful , for school trips, volunteering if you have that capacity or encouraging the teachers when they do get it right you will be heard more clearly when you do have a disagreement about certain parts of the curriculum being shared with your children.

Watch this video at https://youtu.be/r_Tm0xFIO8s from Christian concern which will give you full information on your rights regarding the RSE curriculum from Christian Concerns perspective.

*As a parent, you have the right to get involved in the school's RE/RSE policy development. The government strongly encourage schools to consult and work with parents in the design and implementation of RE/RSE in schools.

Parents have the right to know what will be taught to their child in RE/RSE and when.

*Schools must inform parents about their right to withdraw their child from some or all of sex education when delivered as part of RSE.

*Parents have the right to see the RE/RSE resources the school plans to use – the school is obliged to make these available for parent to view.

*Parents have the right to ask the school any questions they wish in regard to RE/RSE.

*Parents have the right to request workshops or meetings on RE/RSE at the school to find out more and discuss their opinions on the school's approach to RE/RSE.

*Schools have been told that the religious backgrounds of children must be considered and RE/RSE matters must be taught in an appropriate manner. Religion is a protected characteristic under the 2010 Equality Act.

*Faith schools will be allowed to teach their distinctive faith perspective on relationships as long as a balanced debate is facilitated about contentious issues.

A child's right to choose

- *Three terms before a child turns 16 – the child themselves will be given the right to decide if they wish to attend sex education against their parent's wishes or head teacher's discretion.

(*Taken from <https://stoprse.com/index.php/withdraw/>)

This week get more involved with your child's school and ask to see the RSE curriculum.

**SESSION 5: CREATIVE WAYS TO TEACH THE WORD****NOTES**

How important is it to read God's word together in your family?

How can you read the Word together in a way that builds our children's faith?

How could you change the way you read the Word of God to keep everyone's attention?

How could you make God's Word accessible to a wide range of ages in your family?

How can you start a pattern/habit of family devotions?

What reasons are there that your children do not want to engage with family devotions?

If one of your children is disengaged from family devotions what can you do?



POINTS TO PONDER

1. How can you create a habit of reading the Bible?
2. What version of the Bible and what passages could you start with within your family devotionals?
3. What resources and creative ways could you use to keep reading the word of God alive for the whole family?
4. It reads in *Joshua 1:8* ‘**Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.**
Discuss this as a family.



PRACTICAL: HOME FOCUS

The Word of God is a powerful tool for our everyday life. How can we be creative and inclusive with our family, so our children remember Gods gems and apply them to their everyday life?

Here are a few ideas to get you started, choose one of them to try together this week:

1. Read a scripture as a family and use the Bible study Rap: *"Who , what , why apply it to today?"* Ask those questions about aspects of the scripture you have just read and how you can apply it to your everyday life.
2. Instead of you reading the Bible go onto Bible gateway and have the Bible read to you by David Suchet.* Sometimes hearing someone else reading the bible changes the way we hear it.
3. Use the cube that Victoria mentioned in the programme.* Use open ended questions to explore a little deeper too.
4. Invite your children to lead a part of the Bible study in your home.
5. Find a Bible translations that works for you as a family. The Message, New Living translations are easy reads as a family, but check out Bible gateway for all the other translations.

*You can find links to both these resources in episode 5 here: <https://www.ahwg.co.uk/on-tv>

SESSION 6: FACING THE CHARACTER ISSUE



NOTES

What kind of character issues can our children face and what can be some of the causes of these issues?

What is the wrong way to deal with a character issue?

How can we help children to look at their own character issue and fix it for themselves?

What can we do if sibling rivalry develops in our family?

What does a loving conversation with our children look like when we are discussing character issues?

If we have discipline without love, what problems can this lead to further down the line?

How can we build bridges with our children when there has been a communication breakdown?

How can we help our children to become more like Christ?

How can we encourage our children to grow through tough times?



POINTS TO PONDER

1. Is there a recurring issue that you are facing in your one of your children? What conversations have you had with your children about these issues (especially when you are not in the middle of a conflict)?
2. How can we involve God in our child's character issue?
3. Reflect on the way that your parents raised you. What do you appreciate and what would you like to see done differently in your family?
4. Harsh discipline leads to defiance, absent discipline leads to rebellion – how do we know if we are getting the balance right for loving discipline?
5. How can we give our children aspirations for the future?
6. Read Romans 3-5 *We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. ⁴ And endurance develops strength of character, and character strengthens our confident hope of salvation. ⁵ And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.* What kind of conversations can you have with your children now in preparation for problems they may face later in life?



PRACTICAL: HOME FOCUS

Philippians 4:8 *'And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.* We all hope and pray that our children exhibit the above qualities on a daily basis, but as in ourselves they also fail. The phrase 'What would Jesus do?' doesn't normally cross our or their mind in a moment of anger or bad attitude. So how do we as parents deal with the character issues that our children display in a way that keeps them close and not pushing them away especially as they know which buttons to press that will enrage us too?

1. Ask yourself which character issues you need to deal within yourself in order for you to deal with your children's character issue. Do you lose your temper easily? Are you practicing what you are preaching or is it one rule for them and another for you? Are you on the same page as your husband or help mate regarding disciplinary issues?
2. Find the right time to address the issue – this does not always have to be as soon as the issue arises. Find a time when things have calmed down so you can have a sensible conversation that does not end in an argument
3. Be the adult not the child in the conversation – *Proverbs 15:1* 'A gentle answer deflects anger, but harsh words make tempers flare.' If you start shouting at your child then you have almost certainly lost the argument and the learning moment for your child may be lost as they may shut down due to the conversation turning into an argument.
4. Give time for your children to express their concerns or issues with you in a nonjudgmental way so that you can work on them together.
5. Celebrate when they do get it right or if they have made a big effort to deal with the character issue in question.

Select one character issue for each of your children and make time this week to sit and talk with them (listening to what they have to say as well as encouraging them to become what God has called them to be).



NOTES

At what age do you think children can experience their own faith with God?

How can we impress God's word on our children?

How can you cultivate a desire for God in our children and open up discussions with our children about God?

What is the importance of 'milestones' in our children's faith journey and how can we make the most of them for their future?

How can we create opportunities for our children's faith to grow?

How can we use our everyday life to build our children's faith?

What stages of faith can we help our children grow through as babies, children and teenagers?

**POINTS TO PONDER**

How often do you remind your children of the things God has done for you as a family?

What opportunities do you give your children to grow in their faith?

How much do you let your children see your faith in action on a day to day basis and do you use these moments as teaching moments? If not, how can you incorporate this into your weekly routine?

What stage of faith development are your children currently in – spiritual exposure, spiritual experience or spiritual adventure?



PRACTICAL: HOME FOCUS

Faith is a personal thing for every individual. We often can underestimate the power of a child's faith and what they believe. In fact, children have less barriers to their faith than we adults do. Our heart as the primary spiritual disciplers of our children is to empower them in their faith and remind them regularly of all that God has for them, as it states in *Deuteronomy 6: 4-9* *Listen, O Israel! The LORD is our God, the LORD alone. ⁵ And you must love the LORD your God with all your heart, all your soul, and all your strength. ⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.*

So how can we instill faith into our children:

1. Be natural and intentional about prayer and faith in the home. Faith in God should be a normal occurrence within the family home and not contrived. Find ways to involve God in the everyday and point to Him regularly.
2. Look out for fun resources that will build your children's faith and will create a God focus within the home, whether it be a fun Bible app or the Bible top trumps game that Colin mentioned find ways that their private times can be God focused. Practicing their drums to worship music, etc
3. Let your home be filled with faith, prayer and worship. Let TBNUK be on for children's hour or the latest preach to be filling the house. The more your children are soaked in God the more natural their supernatural faith will be.

Take time this week to discuss some of the things that God has done for you as a family and as individuals. Perhaps you could even start a scrapbook to record all that God is doing in and through you.



NOTES

What do we mean by our calling?

Do we *need* to know our children's specific calling when they are young?

How can we pass on our calling as a family to our children?

How can we notice and nurture our children's specific calling?

How can we strengthen our children's identity in Christ?

What is the difference between identity and calling?



POINTS TO PONDER

What is your calling *as a family*?

What is the general calling on every believer?

What do you think are the 'dos and don'ts' we should be aware of when thinking about our children's calling?

How can we help prepare our children for their future calling?

How should we actively treasure things in our heart concerning our children (like Jesus' mother Mary did)?



PRACTICAL: HOME FOCUS

God placed us on this earth to bring Him glory. Children can have that calling to, in fact some of the great generals of Gods army found and recognized their calling as a child.

1. Pray for your child and listen to God. Encourage your child to do that also.
2. Talk with your children about your calling as a family and about their future.
3. Encourage your children to dream big.
4. Treasure things God reveals to you about your children in your heart.

Create a diary where you can treasure the things God shows you, write down your thoughts about your children's future and actively treasure the things God reveals to you about your children.



NOTES

At what point should we ask the church community to step in and help with our family?

How do we get over the feeling of being a drain on the community?

What can we expect from the local church and how can we develop open communication with our church communities?

How do we get passed past hurts and move forward to engage with the church community?

What can we do if our children do not want to be a part of the church community?

**POINTS TO PONDER**

How can you bring the church community into your home?

Do you feel you can communicate any issues you may be going through with your church community? If not why not, and how can this change?

How can you as a family sow into the life of your church community?

Read and discuss the following:

John 13:35 Your love for one another will prove to the world that you are my disciples."

What should you do if we have been hurt by our church community?



PRACTICAL: HOME FOCUS

God made us for community, he started by saying it is not good for man to be alone and it says in **Psalm 68:6** *'God places the lonely in families'*. The church is Gods family and He wants you to be part of it. This may not always be easy but it is important. So how can you be part of the church community?

Here are a few ideas you can do within your family:

1. If you feel comfortable make your home a house where people can come, a safe place of prayer and love.
2. If you do have issues with your church community find a way to lovingly talk about it with your leadership so it doesn't become a thorn in your side.
3. Attend a small group to get to know church members in a smaller setting whilst feeding on God's word together.
4. Offer to be on a team to help with the running of church on the weekend or during the week.
5. Encourage your children to part of all the youth or children's events put on by your church.
6. Hang around for a few minutes more after church, even if it feels awkward to begin with.

No community is perfect, but what can you do this week to strengthen the church community, either in your home or on Sunday.



NOTES

What are the dangers of the digital world?

What messages should we give to our children about the internet?

What does a healthy relationship with the internet look like at different ages and how we can discuss this with our children?

What signs should we be looking for in our children to see that they are developing a problem with the digital world?

What kind of culture can we build with our children (the three Ts) to help them keep safe online?

What practical things can you do to help your children manage their screen time?

**POINTS TO PONDER**

What are you modelling to your children when it comes to the digital world?

What boundaries do you have in place for use of electronics in your home?

Is the internet cutting across normal family time? If so how are you going change that?

Have you informed your children of internet dangers? What are the dangers they may come across whilst on the internet?

Are you aware of what your children are looking at online? If so is it all age appropriate, if not how can you find out what they are looking at?

PRACTICAL: HOME FOCUS

Over the last 20 years personal recreation time has increasingly moved indoors as the internet age and the accessibility to direct information from the internet has grown. Parents in this generation are the first generation of parents having to deal with the issues of screen time, addiction to online gaming, and mood swings caused by too much time on computer games, and easy accessibility to porn and other materials that children should not have access to. As a Christian parent our heart should be that our children's eyes remain pure, but this has become increasingly difficult with so much so easily found at our children's fingertips. So, what can we do as parents?

- 1) If your child ends up seeing something on the internet that they feel uncomfortable with, they should introduce the 3 T's into their vocabulary:

1. Turn it off
2. Turn away
3. Tell someone you trust

This will empower them to do what is right and set them up to managing their online experience in a more controlled way.

- 2) Whatever rules you impose on your children, you should follow too. For example, no electronics upstairs or in bedrooms (incl phones), all phones to be switched off at 10pm and put in a drawer till the next morning.
- 3) Arrange for your children to self manage their times on their phones by using apps such as screen time on apple devices or 'Your hour'  <https://www.yourhour.app/> which tells them how much time they use each day, what apps they have been on and for how long, and also informs them if they are habitual or addicted to their device. Do spot checks with their permission on what they have been looking at.

Choose one conversation that you need to have with your children about their use of the internet and the impact it has on them. Have that conversation this week.

What one area do you want to change in the way your family uses electronic devices – this may be a new boundary or a chance to discuss things openly. Set this in place this week.

FURTHER RESOURCES AVAILABLE

Find links to all the resources mentioned in series 2 on our website: www.ahwg.co.uk

Other resources that may be of interest to you:

Available through Christian retailers and www.childrencan.co.uk/shop

1. At Home with God – A parents guide to raising spiritual giants. The accompanying book for this series.
2. Jesus, Your Baby and You. Don't wait until they are born, encourage parents to being ministering to their babies from the womb.
3. God's Generals for kids – biographies for children.



Olly & Helen Goldenberg have been involved in ministering to families for around 3 decades. At Home with God is a ministry for parents, to equip and encourage them in their role as the primary disciplers of their children.

They previously led one of the largest children's ministries in Europe, before pioneering *Children Can*, a ministry which has taken them around the world. Their ministry includes parent training (including expectant parents), pastor's conferences, and ministry to children and youth. They produce many resources to equip the next generation of church to take their place.

They have five children and live in Dorset.



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