

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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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 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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