

Anchors & Waves:

Living the Life of a Disciples While Discipling Your Kids

***Guilt Trip Clause**

What does it mean to be a disciple?

What is Discipling?

Deuteronomy 6:4-9

- Anchors: spiritual practices and prompts that regularly bring us back to the “source”
 - “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.”
 - “Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.”
- Waves: the every day experiences that invite pause for spiritual conversation or exemplifying the love of Christ

Resource mentioned:

- Faithful Families: Creating Sacred Moments at Home (Traci Smith)

Questions to consider:

- What are some of the anchors in your spiritual walk? What anchors are your kids included in?
- Can you think of a time you “rode the wave” and allowed a regular, every day experience to become a moment of discipleship and learning together?

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Check out Natalie’s book Raising Disciples: How to Make Faith Matter for Our Kids