

# FAMILY ALTAR TIME



"And the priest shall burn them on the altar as food, an offering made by fire for a sweet aroma; all the fat is the Lord's."

Leviticus 3:16 (NKJV)

"Thou crownest the year with thy goodness; and thy paths drop fatness."

Psalms 65:11 (KJV)

A background image showing the silhouettes of a family (two adults and a child) standing on a hill, holding hands in a circle, with a bright sun or light source behind them, creating a warm, glowing effect.

**“The Lord wraps himself in light as with a garment; He stretches out the heavens like a tent.” Psalm 104:2 (NIV)**

**“He wraps you in goodness—beauty eternal.  
He renews your youth—you’re always young in his  
presence.” Psalms 103:5 (The Message)**

## **HOW TO USE**

This material is to be used by families on a weekly basis.

Choose a time and a place where you can meet for at least 30 minutes each week (e.g. 7pm on Friday night around your meal table after the meal). Each meeting will follow an outline using the acronym, WRAPS – through following this pattern every week the Lord will wrap You in His light and goodness and push away the darkness to transform your family. As You give your best to the Lord (fat of the offering), He will pour out His best over your family (fatness of abundance).

# GUIDELINES

Ideally Fathers should call for and lead these meetings. If the father is not able to do this the mother can lead. The leader should ideally be reading the 10 chapters a day as part of a 10x10 group as each week takes a reading from that week's 10x10. This will give the wider context.

## **Guidelines for the leader of the Family Altar Time:**

It is a time to build up and not tear down.

It is a time to encourage and not to lecture.

It is a blessing time not a blaming time.

It is a time to seek God's presence together and not to solve problems.

It is a time to read and talk about the Bible together and not gossip together!

It should be a fun time and not boring or too serious that family members are put off.

If a family member does not want to be there do not force them to join in. Pray for them with identificational repentance (see point 4).

**(1) Worshipping (7 Minutes\*)**

Use the YouTube links provided to sing along with the worship videos (if you can it is best to project onto a big TV screen for all to see, hear and sing along with). Sing in faith and with passion, with a grateful heart. Proclaiming praises into your house like this causes evil spirits to flee and His presence to come.

**(2) Reading (5 Minutes\*)**

Read aloud together as a family the scripture passage included for that week (you can print out sheets or read from mobile devices using the e-booklet). Read with faith and feeling, putting your whole heart into it. Doing this you are declaring the Word of God into your house and you are building yourselves up and filling your heart with His Word by reading big chunks of the Bible in context.

**(3) Applying (10 Minutes\*)**

Ask family members to answer the questions honestly and briefly. The leader should do some quick preparation beforehand to understand the passage of Scripture and its context. This is not meant to be a heavy Bible Study but a devotional time where the Word is applied into lives to bring transformation. Make it short and sweet.

**(4) Praying (5 Minutes\*)**

Take turns to pray for each other and for your extended family (Pray by using the things you learned from the passage of Scripture). Pray short arrow prayers rather than long-winded prayers. Especially pray using identificational repentance (e.g. "Forgive us Lord that we have broken Your covenant by \_\_\_\_\_, have mercy on us Lord, forgive us and cleanse us from all darkness by Your precious blood. Help us move in the opposite spirit by \_\_\_\_\_. In the name of Jesus, Amen".)



**(5) Speaking Blessing (3 minutes\*)**

Parents (especially the father) take time to bless your children first. Children can bless parents and each other too. You can use the Aaronic prayer from Numbers 6:24-26 ("The Lord bless you and keep you; The Lord make His face shine upon you, and be gracious to you; The Lord lift up His countenance upon you, and give you peace.") and add on other specific blessings affirming value, picturing a special future, and affirming your personal commitment. Use the structure, "I bless You in the name of Jesus that the Father may....".

An example blessing is: "I bless you in the name of Jesus, that the Father may bless you. I bless you that the peace and joy of God may come upon you and wash through every part of your being, physically, mentally, socially and spiritually. Amen."

Remember to look eye to eye when blessing. If the family member cannot look you in the eye say, "Is there anything I have done to hurt you that you cannot look me in the eye?". If you have offended them in any way ask forgiveness ("forgive me for hurting you by -----").

If they release forgiveness then you can bless them, if not they are not ready to receive the blessing.

*\*Suggested timing. Make it according to what is best for your family).*

# FAT WRAPS

# FOR JUNE 2025



# WEEK 1

## WORSHIPPING

**(June 1st – 8th 2025) 1 Sam 25 - 2 Sam 5; 1 Chron 1 - 16;  
Psalms 1 - 2, 6, 8 - 10, 14 - 16, 18 - 19, 21 - 24, 35,  
43 - 45, 49, 52, 54, 56, 63, 73, 77 - 78,  
81, 84 - 85, 87 - 88, 92 - 93, 102 - 104,  
106 - 107, 120 - 121, 123 - 125,  
128 - 130, 133, 140 - 142**

Better Is One Day

<https://www.youtube.com/watch?v=3PdXmvMTyx0>

Dwelling Places

<https://www.youtube.com/watch?v=ZJkCluM2R1U>

Better Is One Day (For kids)

<https://www.youtube.com/watch?v=BDCcU84HbcM>

## Psalm 84:1 - 12

Reading for young kids

<https://www.youtube.com/watch?v=EAdtHltULVI>

1 “How lovely is Your tabernacle, O Lord of hosts!

2 My soul longs, yes, even faints for the courts of the Lord; My heart and my flesh cry out for the living God.

3 Even the sparrow has found a home, And the swallow a nest for herself, where she may lay her young— Even Your altars, O Lord of hosts, My King and my God.

4 Blessed are those who dwell in Your house; They will still be praising You. Selah

5 Blessed is the man whose strength is in You, whose heart is set on pilgrimage.

6 As they pass through the Valley of Baca, they make it a spring; The rain also covers it with pools.

# WEEK 1

## Psalm 84:1 - 12

7 They go from strength to strength; Each one appears before God in Zion.

8 O Lord God of hosts, hear my prayer; Give ear, O God of Jacob! Selah

9 O God, behold our shield, and look upon the face of Your anointed.

10 For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God Than dwell in the tents of wickedness.

11 For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold from those who walk uprightly.

12 O Lord of hosts, Blessed is the man who trusts in You!"



# APPLYING

**1)**

- What does it mean to truly desire God's presence in our daily lives?
- The psalmist expresses deep longing for God's dwelling place.
- How can we cultivate a similar desire for God in our home and family routines?

**2)**

- How can we turn challenges into opportunities for spiritual growth?
- Psalm 84 speaks of passing through the Valley of Baca and making it a place of springs.
- What are some difficult situations we've faced as a family,
- and how did they help us grow in faith?

**3)**

- What does it mean to trust in God's provision and protection?
- The psalmist describes God as a sun and shield.
- How have we experienced God's guidance and protection in our lives,
- and how can we encourage one another to trust Him more?

# PRAYING

## PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to daily desire His presence. (e.g., “Forgive us Lord for many times not taking time to come into Your heavenly Tabernacle. Help us to desire above all else to build a strong and effective personal and family Prayer Altar. Amen!”)

Declare by faith that your family will desire His presence above all. (e.g., “We declare by faith, in the name of Jesus, that we the \_\_\_\_\_ family will take time to build strong and effective prayer altars that draw His presence and push back the darkness. We will seek His Tabernacle that we can grow in Him and dwell in His presence, protection and provision. Amen!”)

# SPEAKING BLESSING

## BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.

# WEEK 2

## WORSHIPPING

(June 9<sup>th</sup> - 15<sup>th</sup> 2025) 2 Sam 6 - 23; 1 Chr 17 - 20;  
 Psalms 3 - 5, 12 - 13, 20, 25 - 26, 28 - 29, 32 - 33, 36,  
 38 - 42, 47, 50 - 51, 53, 55, 57 - 58, 60 - 62, 64 - 70, 75,  
 86, 89, 95 - 99, 100 - 101, 105, 122, 132,

Come Let Us Sing

<https://www.youtube.com/watch?v=nvdc9dSk9fg>

Come Let Us Worship and Bow Down

<https://www.youtube.com/watch?v=YzJKnTX-Ajk>

Sing for Joy (For children)

<https://www.youtube.com/watch?v=Rq-o2OaVjnY>

### Psalms 95:1 - 11 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=bx2hbd-INwc>

1 "Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation.

2 Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.

3 For the Lord is the great God, And the great King above all gods.

4 In His hand are the deep places of the earth; The heights of the hills are His also.

5 The sea is His, for He made it; And His hands formed the dry land.

6 Oh come, let us worship and bow down; Let us kneel before the Lord our Maker.

# WEEK 2

## Psalms 95:1 - 11 (NKJV)

*7 For He is our God, and we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice:*

*8 “Do not harden your hearts, as in the rebellion, as in the day of trial in the wilderness,*

*9 When your fathers tested Me; They tried Me, though they saw My work.*

*10 For forty years I was grieved with that generation, and said, ‘It is a people who go astray in their hearts, and they do not know My ways.’*

*11 So I swore in My wrath, ‘They shall not enter My rest.’”*

# APPLYING

1)

- How can we make joyful worship a daily habit in our home?
- The psalmist encourages singing and praising God with thanksgiving.
- What are some ways we can incorporate worship into our family routines?

2)

- What does it mean to listen to God's voice and not harden our hearts?
- Psalm 95 warns against ignoring God's guidance.
- How can we encourage one another to remain open to God's direction, especially during difficult times?

3)

- How can we trust in God's leadership and provision?
- The psalm reminds us that God is our shepherd, and we are His people.
- What are some ways we have seen God's care in our lives, and how can we grow in trusting Him more?



# PRAYING

## PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to worship Him joyfully every day and listen to His voice in loving obedience. (e.g., “Forgive us Lord for often coming under and spirit of heaviness and wearing ashes rather than the garment of praise with the oil of joy. Help us daily arise to praise and worship in unfettered joy to hear Your voice and live in Your ways. Amen.”)

Declare that Your family will live in His joy. (e.g., “We declare that we, the \_\_\_\_\_ Family will live in the joy of the Lord, hearing His voice and moving in history changing power and authority. Amen!”)

# SPEAKING BLESSING

## BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.

# WEEK 3

## WORSHIPPING

**(June 16<sup>th</sup> – 22<sup>nd</sup> 2025) 2 Sam 24; 1 Chron 21 - 2 Chron 1;  
SOS 1 - 8; Prov 1 - 10; Psalms 30, 37, 71 - 72, 94,  
108 - 119, 127, 131, 138 - 139, 143 - 145**

The Sound of Your Loving Voice

<https://www.youtube.com/watch?v=TN4GMgovOPM>

Revive Me

<https://www.youtube.com/watch?v=ADzh5n27qIk>

Psalm 143:10 (For Kids)

<https://www.youtube.com/watch?v=wHABpQp20oE>

### Psalm 143:1 - 12 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=bTYiJP80Oa4>

1 “Hear my prayer, O Lord, Give ear to my supplications! In Your faithfulness answer me, and in Your righteousness.

2 Do not enter into judgment with Your servant, for in Your sight no one living is righteous.

3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead.

4 Therefore my spirit is overwhelmed within me; My heart within me is distressed.

5 I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

6 I spread out my hands to You; My soul longs for You like a thirsty land. Selah.

7 Answer me speedily, O Lord; My spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit.

# WEEK 3

## Psalm 143:1 - 12 (NKJV)

8 Cause me to hear Your lovingkindness in the morning, for in You do I trust; Cause me to know the way in which I should walk, for I lift up my soul to You.

9 Deliver me, O Lord, from my enemies; In You I take shelter.

10 Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness.

11 Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble.

12 In Your mercy cut off my enemies and destroy all those who afflict my soul; For I am Your servant."

# APPLYING

1)

- How can we seek God's guidance in difficult times?
- David pleads for God to show him the way he should go.
- How can we, as a family, turn to God for direction when facing challenges?

2)

- What does it mean to trust in God's mercy?
- The psalmist acknowledges human weakness and asks for God's unfailing love.
- How can we remind each other of God's mercy and grace in our daily lives?

3)

- How can prayer strengthen our family during struggles?
- David pours out his heart to God in this psalm.
- How can we encourage one another to pray honestly and seek God's help when we feel overwhelmed?

# PRAYING

## PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to always seek His guidance. (e.g., “Forgive us Lord that we often step out according to our own plans and not hear Your directions to step out in faith. Help us seek Your guidance and always to pray according to Your will especially in times of difficulty. Amen!”)

Declare by faith that your family will seek and hear His guidance at all times. (e.g., “We declare that we, the \_\_\_\_\_ family will always seek and find God’s guidance and walk in His ways victoriously and triumphantly every day of our lives. Amen!”)

## BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.



# WEEK 4

## WORSHIPPING

(June 23<sup>rd</sup> – 30<sup>th</sup> 2025) 1 Kings 5 - 22; 2 Chron 2 - 23;  
Prov 1 - 31; Eccl 1 - 12; Obd 1; Psalms 134, 136, 146 - 150

Psalms 146

<https://www.youtube.com/watch?v=m3DScNSUMD0>

Praise the Lord My Soul

[https://www.youtube.com/watch?v=jGH9J\\_mQmeE](https://www.youtube.com/watch?v=jGH9J_mQmeE)

Psalms 146:2 (For kids)

<https://www.youtube.com/watch?v=AbsIKVRe6yU>

### Psalms 146:1 - 10 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=58XZXUOI5Vk>

1 "Praise the Lord! Praise the Lord, O my soul!

2 While I live I will praise the Lord; I will sing praises to my God while I have my being.

3 Do not put your trust in princes, nor in a son of man, in whom there is no help.

4 His spirit departs, he returns to his earth; In that very day his plans perish.

5 Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God,

6 who made heaven and earth, the sea, and all that is in them; Who keeps truth forever,

7 who executes justice for the oppressed, who gives food to the hungry. The Lord gives freedom to the prisoners.

# WEEK 4

## Psalm 146:1 - 10 (NKJV)

8 The Lord opens the eyes of the blind; The Lord raises those who are bowed down; The Lord loves the righteous.

9 The Lord watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down.

10 The Lord shall reign forever— Your God, O Zion, to all generations. Praise the Lord!”

# APPLYING

1)

- Why does the Psalmist tell his soul to praise the Lord?
- The psalmist commands his soul (mind, will and emotions) to praise the Lord.
- Why is this important and how can you incorporate this practice into your daily life?

2)

- What does it mean to trust in God rather than human strength?
- Psalm 146 warns against relying on earthly leaders and instead encourages trust in God.
- How can we encourage one another to depend on God in times of uncertainty?

3)

- How can we reflect God's care for the vulnerable in our family and community?
- The psalm describes how God upholds the oppressed, feeds the hungry, and cares for the fatherless and widows.
- What are some ways we can live out these values in our daily lives?

# PRAYING

## PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to speak to their souls to arise and praise and trust in the Lord and care for the vulnerable. (e.g. "Forgive us Lord for often remaining passive and not rising to do His will. Help us speak to our souls to rise and live in joy and love towards God and others. Amen!")

We declare by faith in the name of Jesus that we, the \_\_\_\_\_ family will always rise and shine for His glory, loving Him and loving others with all our heart and soul and strength. Amen!

# SPEAKING BLESSING

## BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.



# TRANSFORMATION **SG**

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