

FAMILY ALTAR TIME

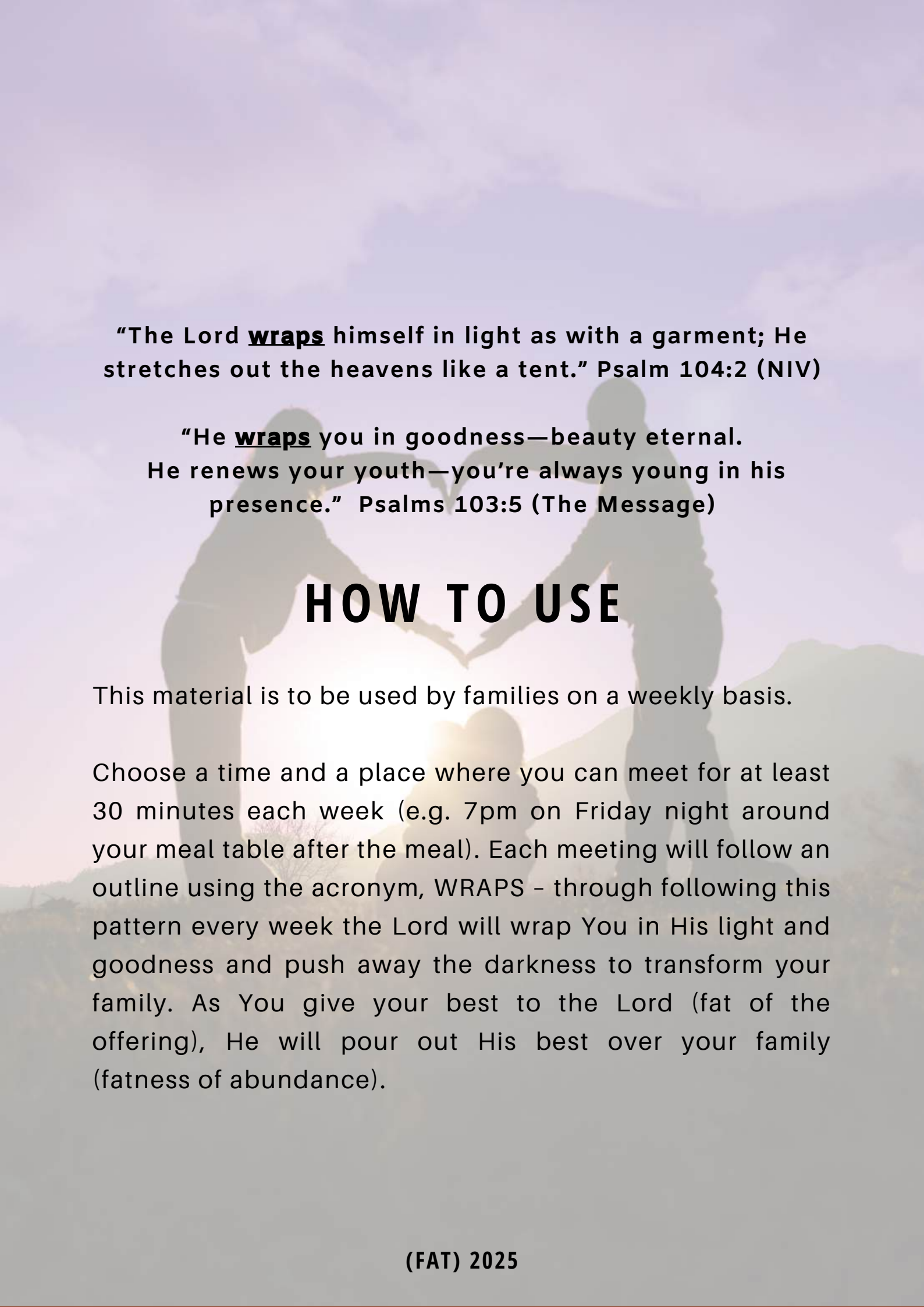


"And the priest shall burn them on the altar as food, an offering made by fire for a sweet aroma; all the fat is the Lord's."

Leviticus 3:16 (NKJV)

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

Psalms 65:11 (KJV)



“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 OCTOBER 2025

The background of the lower half of the page features a soft-focus photograph of three people—two adults and a child—standing on a grassy hill. They are silhouetted against a bright, low sun, likely during sunset or sunrise, which creates a warm, golden glow. The two adults stand on either side of the child, and all three are holding hands, forming a small circle. The sky is a mix of light purple and pink, and the overall mood is peaceful and communal.

WORSHIPPING

(October 1st – 11th 2025) 1 Kings 11 – Ezra 8

Tear Down Altars

https://youtu.be/RAFhcHn_LYs?si=LFM4f4dw5o-ZiZpo

O Come to the Altar

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

Josiah (For kids)

<https://youtu.be/QzqNZH-97C8?si=pncQF96ibOxT8xAK>

2 Kings 23:15 - 22 (NKJV)

Reading for young kids

<https://youtu.be/smlejZYDBaE?si=g10smtvLNGfPcb3a>

15 “Moreover, the altar that was at Bethel, and the high place which Jeroboam the son of Nebat, who made Israel sin, had made, both that altar and the high place he broke down; and he burned the high place and crushed it to powder, and burned the wooden image.

16 As Josiah turned, he saw the tombs that were there on the mountain. And he sent and took the bones out of the tombs and burned them on the altar and defiled it according to the word of the Lord which the man of God proclaimed, who proclaimed these words.

17 Then he said, “What gravestone is this that I see?” So, the men of the city told him, “It is the tomb of the man of God who came from Judah and proclaimed these things which you have done against the altar of Bethel.”

18 And he said, “Let him alone; let no one move his bones.” So, they let his bones alone, with the bones of the prophet who came from Samaria.

WEEK 1

2 Kings 23:15 - 22 (NKJV)

19 Now Josiah also took away all the shrines of the high places that were in the cities of Samaria, which the kings of Israel had made to provoke the Lord to anger; and he did to them according to all the deeds he had done in Bethel.

20 He executed all the priests of the high places who were there, on the altars, and burned men's bones on them; and he returned to Jerusalem.

21 Then the king commanded all the people, saying, "Keep the Passover to the Lord your God, as it is written in this Book of the Covenant."

22 Such a Passover surely had never been held since the days of the judges who judged Israel, nor in all the days of the kings of Israel and the kings of Judah."

APPLYING

1)

- What idols or influences might we need to “tear down” in our own lives or homes to fully honour God?
- Josiah destroyed altars and high places that led people away from God.
- What modern equivalents might be distracting us from wholehearted worship?

2)

- How can we cultivate a spirit of obedience like Josiah’s, even when it requires going against cultural norms or traditions?
- Josiah didn’t just make surface changes—he acted decisively and thoroughly.
- What does courageous obedience look like in our context today?

3)

- What steps can we take to restore or deepen our communal worship and remembrance of God’s covenant, like Josiah’s celebration of Passover?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to tear down all false altars and build the altar of the Lord. (e.g., “Forgive us Lord for many times allowing false altars of worship to stand in our lives and family. Help us remove all unpleasing activities and build Your Altar in our lives and family. Amen!”)

Declare by faith that your family will restore pure worship. (e.g., “We declare by faith, in the name of Jesus, that we the _____ family will tear down all idols that hinder real worship and we will worship the Father in spirit and in truth. 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

(October 12th - 18th 2025) Ezra 9 – Psalm 3

Thy Word

https://youtu.be/sKlQpjl_oqY?si=uAXyfcLS8kg9sVXw

Your Word

https://youtu.be/VU_rGEbLDuk?si=XLRSS9zLj5nB4cR5

Bible Alphabet Song (For children)

https://youtu.be/uJCPtra5Mw?si=w3TvRQ_ealC3Fu66

Nehemiah 8:1 - 8 (NKJV)

Reading for young kids

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

1 "Now all the people gathered together as one man in the open square that was in front of the Water Gate; and they told Ezra the scribe to bring the Book of the Law of Moses, which the Lord had commanded Israel.

2 So Ezra the priest brought the Law before the assembly of men and women and all who could hear with understanding on the first day of the seventh month.

3 Then he read from it in the open square that was in front of the Water Gate from morning until midday, before the men and women and those who could understand; and the ears of all the people were attentive to the Book of the Law.

WEEK 2

Nehemiah 8:1 - 8 (NKJV)

⁴ So Ezra the scribe stood on a platform of wood which they had made for the purpose; and beside him, at his right hand, stood Mattithiah, Shema, Anaiah, Urijah, Hilkiah, and Maaseiah; and at his left hand Pedaiah, Mishael, Malchijah, Hashum, Hashbadana, Zechariah, and Meshullam.

⁵ And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up.

⁶ And Ezra blessed the Lord, the great God. Then all the people answered, "Amen, Amen!" while lifting up their hands. And they bowed their heads and worshiped the Lord with their faces to the ground.

⁷ Also Jeshua, Bani, Sherebiah, Jamin, Akkub, Shabbethai, Hodijah, Maaseiah, Kelita, Azariah, Jozabad, Hanan, Pelaiah, and the Levites, helped the people to understand the Law; and the people stood in their place.

⁸ So they read distinctly from the book, in the Law of God; and they gave the sense and helped them to understand the reading."

APPLYING

1)

- How can we cultivate a deeper hunger for God's Word in our personal and communal lives?
- The people gathered eagerly to hear Scripture read aloud.
- What practices can help us approach the Bible with similar anticipation and reverence?

2)

- What role does understanding play in our spiritual growth, and how can we support one another in grasping biblical truth?
- The Levites helped explain the Law so the people could understand.
- How can we create spaces for learning and clarity in our small group?

3)

- In what ways can we respond to God's Word with both emotion and action, like the people in Nehemiah's day?
- Their reaction involved weeping, worship, and later celebration.
- How should our hearts and lives reflect the impact of Scripture?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to hunger after and live out the Word of God. (e.g., “Forgive us Lord for often hungering after all other words except Your precious word! Help us to desire to go deeper into Your word with understanding that leads to wise living. Amen.”)

Declare that Your family will live out the Word! (e.g., “We declare that we, the _____ Family will live lives that are the Word become flesh in all areas of our lives. We will hunger after His Word above all and live it out in thought, word and deed. 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

(October 19th – 25th 2025) Psalm 4 – Psalm 78

Psalm 43 Bible Music

https://youtu.be/P9QlEwljWyE?si=NUrEh7dJ_2WGkczZ

To God, My Exceeding Joy

<https://youtu.be/rhxmNOGII5k?si=XnVN2nt-30iEISZC>

Send Your Light Lord (For Kids)

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

Psalm 43:1 - 5 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=Y64-usY3u64>

¹ “Vindicate me, O God, and plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man!

² For You are the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy?

³ Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle.

⁴ Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God.

⁵ Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God.”

APPLYING

1)

- When you feel spiritually discouraged or distant from God, what helps you reconnect with His presence and truth?
- Psalm 43 expresses a longing to return to God's altar and find joy again.
- What practices or reminders help you realign your heart with Him?

2)

- How can we invite God's light and truth to guide us in confusing or painful seasons?
- The psalmist asks for divine direction.
- What does it look like to actively seek and follow God's guidance in our daily decisions?

3)

- What does it mean to hope in God when circumstances feel unjust or unresolved?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to allow God's light and truth to guide you. (e.g., "Forgive us Lord that we often allow the darkness and lies of the world to guide us instead of Your light and truth. Help us to daily come to Your Altar to receive Your light and truth so we can live a life in Your exceeding joy. Amen!")

Declare by faith that your family will build strong altars that shine His light and truth. (e.g., "We declare that we, the _____ family will daily and weekly build strong and effective prayer altars as we seek His light and truth in His word and presence. We will live in His exceeding joy at all times. 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

(October 26th – 31st 2025) Psalms 79 – 129

I Will Sing of the Mercies of the Lord

https://youtu.be/cgFzREi2n_c?si=3v60NHGZISVm8XrK

Psalms 101

https://youtu.be/7eX2y5ucBjw?si=GA_IayLnjHa5jS00

I Will Set No Wicked Thing (For kids)

https://youtu.be/jEXHqAjyCKI?si=_MFpN6ddXOr7A928

Psalms 101:1 - 8 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=YYyGSxT9pmo>

¹ "I will sing of mercy and justice; To You, O Lord, I will sing praises. "

² I will behave wisely in a perfect way. Oh, when will You come to me? I will walk within my house with a perfect heart.

³ I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me.

⁴ A perverse heart shall depart from me; I will not know wickedness.

⁵ Whoever secretly slanders his neighbor, him I will destroy; The one who has a haughty look and a proud heart, him I will not endure.

⁶ My eyes shall be on the faithful of the land, that they may dwell with me; He who walks in a perfect way, he shall serve me.

WEEK 4

Psalm 101:1 - 8 (NKJV)

⁷ He who works deceit shall not dwell within my house; He who tells lies shall not continue in my presence.

⁸ Early I will destroy all the wicked of the land, That I may cut off all the evildoers from the city of the Lord.”

APPLYING

1)

- What does it look like to pursue integrity in our private lives, especially when no one is watching?
- David commits to walking with a blameless heart in his house.
- How can we cultivate holiness in our thoughts, habits, and home environments?

2)

- How can we guard our eyes and hearts from things that lead us away from God's standards?
- "I will set nothing wicked before my eyes."
- What boundaries or disciplines help us stay spiritually focused and pure?

3)

- What kind of influence do we allow in our lives, and how can we be intentional about surrounding ourselves with godly counsel?
- David speaks of rejecting deceitful and slanderous people.
- How can we foster relationships that encourage truth, justice, and spiritual growth?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to walk in integrity and uprightness. (e.g. “Forgive us Lord for often walking in wicked ways rather than in Your integrity and righteousness. Help us to behave wisely in a perfect way as we spend time in Your presence, setting nothing wicked before us. Amen!”)

We declare by faith in the name of Jesus that we, the _____ family are a people of integrity and uprightness in the presence of the Lord. We will set no wickedness before our eyes, and we will walk only in His word and ways every day of our lives. 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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