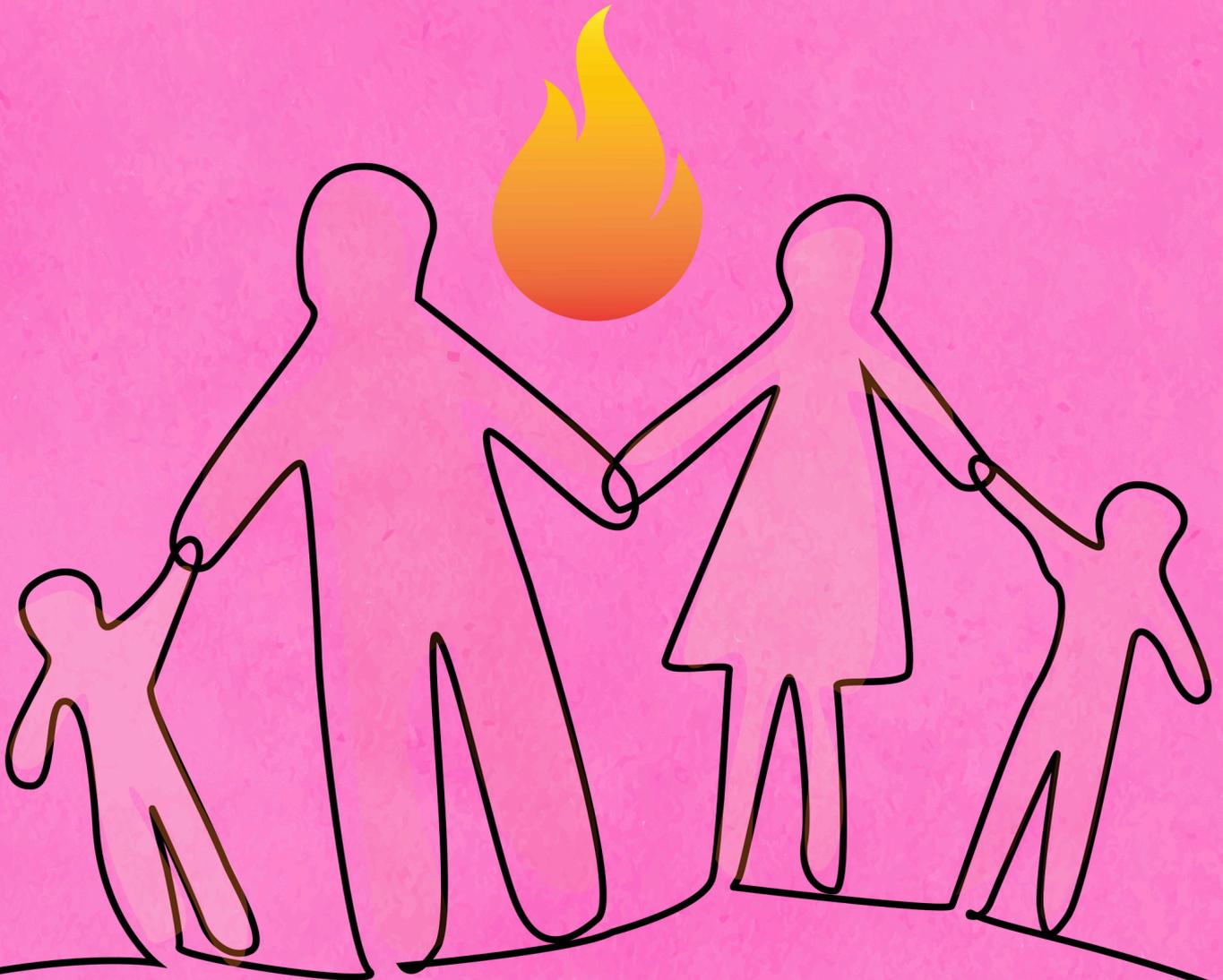


FAMILY ALTAR TIME



“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.”
PSALM 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."

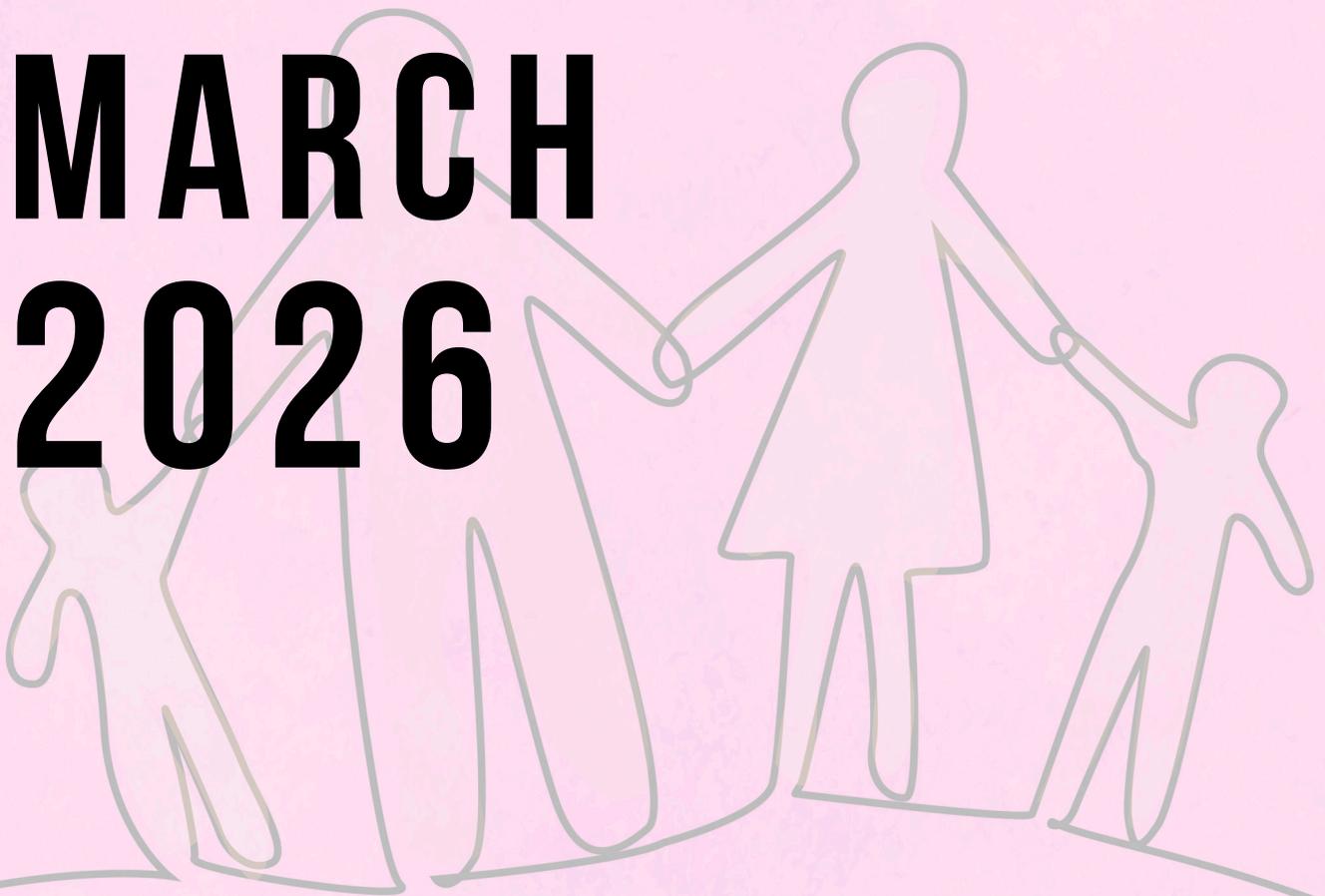
Remember to look eye to eye when blessing. If the family member cannot look you in the eye say, "Is there anything I have done to hurt you that you cannot look me in the eye?". If you have offended them in any way ask forgiveness ("forgive me for hurting you by -----").

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 MARCH 2026



WORSHIPPING

(March 1st – 8th 2026) Psalm 119 – Ecclesiastes 10

Caanan's Land

<https://youtu.be/gk1g34YN3T8?si=Jmh67gwd6MRtI4ev>

Psalm 149

<https://youtu.be/1secaGhRweQ?si=XYXSg5Q1naMew2c1>

Dance for the Lord (For kids)

<https://youtu.be/9U-8CCYUY-U?si=c6FPBXJKjOW4ds7n>

Psalm 149:1 - 9 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=1Nm-oxUoTAW>

¹ *"Praise the Lord! Sing to the Lord a new song, and His praise in the assembly of saints.*

² *Let Israel rejoice in their Maker; Let the children of Zion be joyful in their King.*

³ *Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp.*

⁴ *For the Lord takes pleasure in His people; He will beautify the humble with salvation.*

⁵ *Let the saints be joyful in glory; Let them sing aloud on their beds.*

⁶ *Let the high praises of God be in their mouth, and a two-edged sword in their hand,*

⁷ *To execute vengeance on the nations, And punishments on the peoples;*

⁸ *To bind their kings with chains, and their nobles with fetters of iron;*

⁹ *To execute on them the written judgment— This honor have all His saints. Praise the Lord!"*

APPLYING

1)

- **How can our home become a place of joyful praise this week?**
- What simple practices—music, gratitude moments, shared testimonies—could help us cultivate a spirit of worship in our daily rhythms?

2)

- **What does it look like for our family to live as God’s “people He crowns with victory”?**
- How might remembering God’s delight in us shape the way we speak to one another, handle conflict, or make decisions?

3)

- **How can we faithfully stand for what is right without becoming harsh or hurtful?**
- The psalm speaks of God’s people carrying both praise and a sword, symbolizing worship and justice.
- Where might God be calling our family to act with courage, integrity, or compassion in our community, school, or relationships?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be a people of praise. (e.g., “Forgive us Lord for many times grumbling and complaining against You and others rather than praising You and others. Help us live in the attitude of gratitude to be a people of praise and live in Your victory so we can be courageous in Your ways. Amen!”)

Declare by faith that your family is a family that lives in praise and victory. (e.g., “We declare by faith, in the name of Jesus, that we the _____ family will live courageously in a spirit of praise that causes us and others to live victoriously for Him. 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

(March 9th - 15th 2026) Ecclesiastes 11 – Isaiah 60

Isaiah 40:1-8

https://youtu.be/_d6213l3wxk?si=WrsDxsH4HUV7m3lZ

Revival

<https://youtu.be/fTFkW3PpSHI?si=-oeMptBx6o66aTIQ>

Grass Withers (For children)

<https://youtu.be/FdUGs9joPYs?si=PAE4725tX33KNtj9>

Isaiah 40:1-8 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=vlwaBkY9sfc>

¹ “Comfort, yes, comfort My people!” Says your God.

² “Speak comfort to Jerusalem, and cry out to her, that her warfare is ended, that her iniquity is pardoned; For she has received from the Lord’s hand Double for all her sins.”

³ The voice of one crying in the wilderness: “Prepare the way of the Lord; Make straight in the desert A highway for our God.

⁴ Every valley shall be exalted and every mountain and hill brought low; The crooked places shall be made straight and the rough places smooth;

⁵ The glory of the Lord shall be revealed, and all flesh shall see it together; For the mouth of the Lord has spoken.”

WEEK 2

Isaiah 40:1 - 8 (NKJV)

⁶ The voice said, "Cry out!" And he said, "What shall I cry?" "All flesh is grass, and all its loveliness is like the flower of the field.

⁷ The grass withers, the flower fades, because the breath of the Lord blows upon it; Surely the people are grass.

⁸ The grass withers, the flower fades, but the word of our God stands forever."

APPLYING

1)

- **Where do we each need God’s comfort right now, and how can our family help bring that comfort to one another?**
- This invites families to name burdens, fears, or weariness—and to practice gentle, intentional care for each other.

2)

- **What “rough places” in our home or relationships need smoothing so that God’s presence is easier to see?**
- Families can explore what habits, attitudes, or patterns might need adjusting to make room for God’s peace and unity.

3)

- **How can we anchor our week in God’s Word, which “stands forever,” when so much around us feels temporary or uncertain?**
- Families can brainstorm simple rhythms—shared Scripture moments, memory verses, or conversations—that help them stay grounded in what lasts.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be people who are comforted and who give comfort to others. (e.g., “Forgive us Lord for often remaining uncomfortable in our lives rather than receiving Your comfort daily by soaking in Your presence. Help us to receive comfort so we can comfort one another. Amen.”)

Declare that Your family members will be people of comfort. (e.g., “We declare that we, the _____ Family are comforted to comfort each other and those we meet in the power of the great comforter, the Holy Spirit. 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

(March 16th – 22nd 2026) Isaiah 61 – Ezekiel 7

I Set You Apart

<https://youtu.be/WcdhVH9MeHk?si=s6QDUQVqABS-zL3X>

He Knows My Name

<https://youtu.be/-xLkL-3pfXY?si=rOA9ISVvng7pFBMP>

Before I Was Born (For Kids)

https://youtu.be/_o3GwtIRHnA?si=qSJnPHdraNHLgezH

Jeremiah 1:1 - 10 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=GVgKPy7JTQ8> – to 1:06

¹ “The words of Jeremiah the son of Hilkiah, of the priests who were in Anathoth in the land of Benjamin,

² to whom the word of the Lord came in the days of Josiah the son of Amon, king of Judah, in the thirteenth year of his reign.

³ It came also in the days of Jehoiakim the son of Josiah, king of Judah, until the end of the eleventh year of Zedekiah the son of Josiah, king of Judah, until the carrying away of Jerusalem captive in the fifth month.

⁴ Then the word of the Lord came to me, saying:

⁵ “Before I formed you in the womb I knew you; Before you were born, I sanctified you; I ordained you a prophet to the nations.”

⁶ Then said I: “Ah, Lord God! Behold, I cannot speak, for I am a youth.”

⁷ But the Lord said to me: “Do not say, ‘I am a youth,’ For you shall go to all to whom I send you, and whatever I command you, you shall speak.

WEEK 3

Jeremiah 1:1 - 10 (NKJV)

⁸ Do not be afraid of their faces, For I am with you to deliver you," says the Lord.

⁹ Then the Lord put forth His hand and touched my mouth, and the Lord said to me: "Behold, I have put My words in your mouth.

¹⁰ See, I have this day set you over the nations and over the kingdoms, to root out and to pull down, to destroy and to throw down, to build and to plant."

APPLYING

1)

- **How can we help one another recognize the gifts and callings God has placed in us?**
- Families can explore how to affirm each other's strengths, encourage developing gifts, and speak life into one another's sense of purpose.

2)

- **Where do we feel hesitant, insecure, or “too young” in our faith or responsibilities, and how can we support each other in those places?**
- This opens space for families to talk about fears, self-doubt, and the importance of cheering each other on.

3)

- **What steps can we take this week to speak truth with love and courage, trusting that God is with us?**
- Families can consider situations—school, work, friendships, community—where they might need to stand for what is right, offer encouragement, or bring God's perspective.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to know your callings in the Lord and walk in them. (e.g., “Forgive us Lord that we often look down upon ourselves and do not walk in the wonderful calling You have on our lives. Help us rise and take up our place in Your Body and help one another to do that. Amen!”)

Declare by faith that your family will live in your calling. (e.g., “We declare that we, the _____ family will not look down on ourselves or each other but rise into our individual and family calling in faith and spur each other on in this venture. 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

(March 23rd – 31st 2026) Ezekiel 8 – Micah 7

The Watchman

<https://youtu.be/Qn808F94ttY?si=4uQSvv8uLvAQBchH>

Watchman

https://youtu.be/9eFz6vtOPGA?si=EWThU8I_Y9yH0-fm

Do You Wanna Be Watchmen? (For kids)

https://youtu.be/cnCaSbJvw8U?si=9PxRyGUzpCWfyk_3

Ezekiel 3:16 - 21 (NKJV)

Reading for young kids

<https://www.youtube.com/shorts/yI1TAGk0IKg>

¹⁶ “Now it came to pass at the end of seven days that the word of the Lord came to me, saying,

¹⁷ “Son of man, I have made you a watchman for the house of Israel; therefore hear a word from My mouth, and give them warning from Me:

¹⁸ When I say to the wicked, ‘You shall surely die,’ and you give him no warning, nor speak to warn the wicked from his wicked way, to save his life, that same wicked man shall die in his iniquity; but his blood I will require at your hand.

¹⁹ Yet, if you warn the wicked, and he does not turn from his wickedness, nor from his wicked way, he shall die in his iniquity; but you have delivered your soul.

WEEK 4

Ezekiel 3:16 - 21 (NKJV)

²⁰ “Again, when a righteous man turns from his righteousness and commits iniquity, and I lay a stumbling block before him, he shall die; because you did not give him warning, he shall die in his sin, and his righteousness which he has done shall not be remembered; but his blood I will require at your hand.

²¹ Nevertheless if you warn the righteous man that the righteous should not sin, and he does not sin, he shall surely live because he took warning; also, you will have delivered your soul.”

APPLYING

1)

- **How can we lovingly “watch out” for one another in our daily lives?**
- Families can explore what it looks like to notice when someone is struggling, drifting, or discouraged, and how to respond with care rather than criticism.

2)

- **When is it hard for us to speak the truth to each other, and how can we do it with kindness and courage?**
- This invites families to talk about honesty, gentle correction, and the courage to say what needs to be said in a way that builds up rather than tears down.

3)

- **What habits help us take responsibility for our own choices while still supporting each other’s spiritual growth?**
- Families can discuss rhythms (prayer, Scripture, confession, encouragement) that help each person grow while still walking together.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be a Watchmen in the Kingdom. (e.g. “Forgive us Lord for often failing to watch out for each other and those You are calling us to. Help us be serious in standing in the gap and reaching out to others with Your love and words of salvation. Amen!”)

We declare by faith in the name of Jesus that we, the _____ family are Watchmen for His Kingdom. We will watch out for each other and those outside, speaking the truth in love. 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.



TRANSFORMATIONSG



This booklet is for Internal use only and not for sale.