

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
MAY
2026



WORSHIPPING

(May 1st – 10th 2026) Genesis 1 – Exodus 10; Job 1 - 42

Wrestling With The Divine

<https://youtu.be/KHP9rWw1SKI?si=pB3wJwAJW3GEkgIg>

I Will Change Your Name

<https://youtu.be/PSRYUSUVD8?si=Jsq1dEDOG4Mi62Dy>

Wrestle With Prayer (For kids)

https://youtu.be/2xFBIIGAuSg?si=EvoTN_OjOB013AYS

Genesis 32:22 - 32

Reading for young kids

<https://youtu.be/0zIbU866z6A?si=wLvWxl079v1cac58>

²² And he arose that night and took his two wives, his two female servants, and his eleven sons, and crossed over the ford of Jabbok.

²³ He took them, sent them over the brook, and sent over what he had.

²⁴ Then Jacob was left alone; and a Man wrestled with him until the breaking of day.

²⁵ Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob's hip was out of joint as He wrestled with him.

²⁶ And He said, "Let Me go, for the day breaks." But he said, "I will not let You go unless You bless me!"

²⁷ So He said to him, "What is your name?" He said, "Jacob."

²⁸ And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed."

²⁹ Then Jacob asked, saying, "Tell me Your name, I pray." And He said, "Why is it that you ask about My name?" And He blessed him there.

WEEK 1

Genesis 32:22 - 32

³⁰ So Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved."

³¹ Just as he crossed over Peniel the sun rose on him, and he limped on his hip.

³² Therefore to this day the children of Israel do not eat the muscle that shrank, which is on the hip socket, because He touched the socket of Jacob's hip in the muscle that shrank."

APPLYING

1)

- **Where do we feel “wrestling moments” in our lives right now?**
- Jacob wrestled through the night until God blessed him.
- As a family, talk about situations where each of you feel stretched, challenged, or unsure.
- How do we usually respond—avoid, push through, pray, ask for help?
- What might it look like to invite God into those struggles instead of handling them alone?

2)

- **How is God shaping our identity as a family and as individuals?**
- Jacob received a new name—Israel—marking a new identity and purpose.
- What names, labels, or expectations do we carry that God may want to change?
- What truths about who God says we are do we want to hold onto more intentionally?

3)

- **What “limps” remind us of God’s work in our lives?**
- Jacob walked away with a limp—a lasting reminder of his encounter with God.
- What experiences, lessons, or challenges have shaped us in ways we’re grateful for?
- How can we use those stories to encourage one another and others?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to wrestle with God and receive a new name. (e.g., “Forgive us Lord for many times wresting with our problems rather than taking them to You and seeking Your solution. Help us wrestle in prayer and move in the new names You are giving us. Amen!”)

Declare by faith that your family is a family that wrestles with God in prayer. (e.g., “We declare by faith, in the name of Jesus, that we the _____ family will wrestle with God in prayer until we see His answer and move in our new name. 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

(May 11th - 17th 2026) Exodus 11 - Numbers 13

Consuming Fire

<https://youtu.be/8iT0lvcEHjM?si=wGxNoeLZOG-dMsru>

Spirit of the Sovereign Lord

<https://youtu.be/1YAwH75vLI4?si=y3ObrS5VMoJqmVAy>

Holy Spirit Fire (For children)

<https://youtu.be/SSYk2EMHf2U?si=Ru1bJwnpj4bi2TQC>

Exodus 24:9 - 18 (NKJV)

Reading for young kids

https://youtu.be/l_NDcBwsGSs?si=ycml0IR9MjwpcIJB

⁹ Then Moses went up, also Aaron, Nadab, and Abihu, and seventy of the elders of Israel,

¹⁰ and they saw the God of Israel. And there was under His feet as it were a paved work of sapphire stone, and it was like the very heavens in its clarity.

¹¹ But on the nobles of the children of Israel He did not lay His hand. So they saw God, and they ate and drank.

¹² Then the Lord said to Moses, "Come up to Me on the mountain and be there; and I will give you tablets of stone, and the law and commandments which I have written, that you may teach them."

¹³ So Moses arose with his assistant Joshua, and Moses went up to the mountain of God.

WEEK 2

Exodus 24:9 - 18 (NKJV)

¹⁴ And he said to the elders, "Wait here for us until we come back to you. Indeed, Aaron and Hur are with you. If any man has a difficulty, let him go to them."

¹⁵ Then Moses went up into the mountain, and a cloud covered the mountain.

¹⁶ Now the glory of the Lord rested on Mount Sinai, and the cloud covered it six days. And on the seventh day He called to Moses out of the midst of the cloud.

¹⁷ The sight of the glory of the Lord was like a consuming fire on the top of the mountain in the eyes of the children of Israel.

¹⁸ So Moses went into the midst of the cloud and went up into the mountain. And Moses was on the mountain forty days and forty nights."

APPLYING

1)

- **How can we make space to “go up the mountain” together and meet with God?**
- Moses and the elders stepped away from the crowd to encounter God.
- What intentional rhythms—prayer, Scripture, worship—help our family slow down and draw near to God?
- What distractions might we need to set aside to make room for His presence?

2)

- **What does God’s holiness mean for how we live at home?**
- The mountain was covered with God’s glory like a consuming fire.
- How can we cultivate reverence, respect, and awe for God in our everyday routines?
- What attitudes or habits might God be inviting us to purify or realign?

3)

- **How do we respond when God calls us to wait?**
- Moses stayed on the mountain forty days while the people waited below.
- Where is our family in a “waiting season” right now — praying for direction, provision, or change?
- How can we practice trust, patience, and obedience while we wait?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to wait on the Lord and be purified and guided by His fire. (e.g. “Forgive us Lord for often feeling that waiting time is wasting time. Help us go up Your mountain daily and wait upon You for Your fire to fall, purifying and pointing the way for us. Amen.”)

Declare that Your family members will be people who daily ascend the mountain of the Lord. (e.g., “We declare that we, the _____ Family will daily ascend Mount Zion to receive fresh anointing and empowering to walk in His holiness and power. 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

(May 18th – 24th 2026) Numbers 14 – Joshua 10; Psalms 90-91

Hear O Israel

<https://youtu.be/rXRm-0Wehg4?si=AqdpOMPLILH0YtGE>

Goodness of God

<https://youtu.be/-f4MUUMWMV4?si=PXPZstr6MpuoZx4f>

Hear O Israel (For Kids)

<https://youtu.be/knAoLHIaf50?si=QMcmrxCXYpi4yGbG>

Deuteronomy 6:1 - 9 (NKJV)

Reading for young kids

<https://youtu.be/f6RmmcJi8wE?si=qjEAbVqN94e6OQvc>

¹ “Now this is the commandment, and these are the statutes and judgments which the Lord your God has commanded to teach you, that you may observe them in the land which you are crossing over to possess,

² that you may fear the Lord your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged.

³ Therefore hear, O Israel, and be careful to observe it, that it may be well with you, and that you may multiply greatly as the Lord God of your fathers has promised you—‘a land flowing with milk and honey.’

⁴ “Hear, O Israel: The Lord our God, the Lord is one!

⁵ You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

WEEK 3

Deuteronomy 6:1 - 9 (NKJV)

⁶ “And these words which I command you today shall be in your heart.

⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.

⁸ You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.

⁹ You shall write them on the doorposts of your house and on your gates.”

APPLYING

1)

- **How can we keep God at the centre of our everyday routines?**
- Moses calls Israel to love God with all their heart, soul, and strength.
- ·What simple habits—morning prayers, mealtime gratitude, bedtime blessings—help us remember God throughout the day?

2)

- **What does it look like to talk about God naturally as we go through life?**
- The passage encourages teaching God's ways "when you sit at home and when you walk along the road."
- ·What recent moment could we use as a chance to point one another to God's goodness?

3)

- **What reminders help us keep God's Word visible and memorable in our home?**
- Israel was told to bind God's commands on their hands and doorframes.
- ·What visual or practical reminders—Scripture on the wall, a family verse, a shared prayer rhythm—help us stay focused on God?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to put Jesus at the centre in all things. (e.g., “Forgive us Lord that we often put ourselves or other things as central concerns rather than making You central in all things. Help us make You the centre in our lives, thoughts, words and deeds every day. Amen!”)

Declare by faith that your family is a family with Jesus in the centre. (e.g., “We declare that we, the _____ family put Jesus in the centre of all things in our lives, thoughts, words and deeds. 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

(May 25th – 31st 2026) Joshua 11 – 1 Samuel 24;
Psalms 7,11,27,31,34,59

Give us Clean Hands

<https://youtu.be/fm1L3wDfPKQ?si=TK67admub9JEgG3i>

Great is Thy Faithfulness

https://youtu.be/ErwiBz1QA4o?si=_be9t34SygHT77L4

Standing on the Promises (For kids)

https://youtu.be/l4M_sdrUaFY?si=HnIs78pKLIYlvHBH

Joshua 23:14 - 16 (NKJV)

Reading for young kids

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

¹⁴ “Behold, this day I am going the way of all the earth. And you know in all your hearts and in all your souls that not one thing has failed of all the good things which the Lord your God spoke concerning you. All have come to pass for you; not one word of them has failed.

¹⁵ Therefore it shall come to pass, that as all the good things have come upon you which the Lord your God promised you, so the Lord will bring upon you all harmful things, until He has destroyed you from this good land which the Lord your God has given you.

¹⁶ When you have transgressed the covenant of the Lord your God, which He commanded you, and have gone and served other gods, and bowed down to them, then the anger of the Lord will burn against you, and you shall perish quickly from the good land which He has given you.”

APPLYING

1)

- **How has God kept His promises to our family?**
- Joshua emphasizes that “not one of all the good promises... has failed.”
- What answered prayers, provisions, or blessings can we name together?
- How might remembering God’s faithfulness strengthen us in the challenges we face now?

2)

- **What helps our family stay faithful to God when other “gods” compete for our attention?**
- Israel was warned not to turn aside to other nations or idols.
- What modern distractions—success, screens, busyness, approval — pull our hearts away from God?
- What rhythms or boundaries help us keep God first?

3)

- **How can we choose obedience today knowing our choices shape tomorrow?**
- Joshua reminds Israel that turning away from God brings consequences.
- What decisions are we making right now that will impact our family’s future?
- How can we encourage one another toward choices that honour God and bring life?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be faithful to God and cling onto His promises. (e.g. “Forgive us Lord for often losing sight of Your promises and doubting You. Help us recognise and cling on in faith to all Your great and precious promises, seeing them come into fulfilment in our lives and family. Amen!”)

We declare by faith in the name of Jesus that we, the _____ family are faithful to God and are working out His promises in faith day by day. Amen!

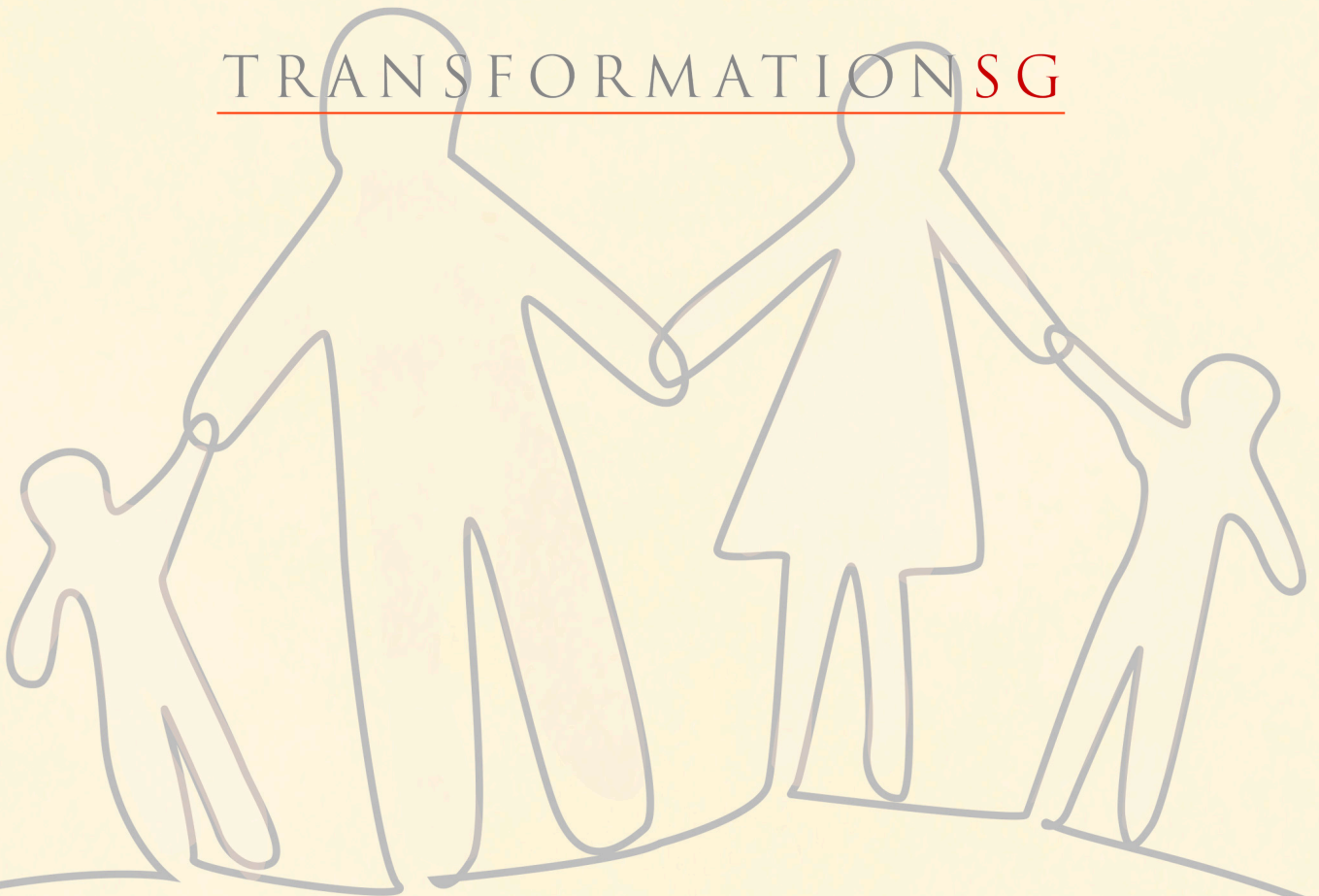
SPEAKING BLESSING

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TRANSFORMATIONSSG



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