

FAMILY & PRAYER MINISTRIES  
Ontario Conference of the Seventh-day Adventist Church

# GOING BACK TO THE ALTAR

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*Family Prayer & Worship*

MONTHLY THEME  
A Practical Guide

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# INTRODUCTION

Living in a home where an atmosphere of peace, love, and safety reigns is not only desirable, but achievable. As the song goes, “With Jesus in the family, happy, happy home,” is the key to having a loving, strong, supportive, and safe abode. When Jesus is invited into the home and the Holy Spirit is earnestly implored, the minds and hearts of the members of the family will be in harmony with the heart of the Saviour (John 15:4-5) and each other,



that a heavenly atmosphere will emanate throughout each corner of the home, providing a safe refuge (Psalm 91:9-12) and creating a little heaven on earth that is even felt in the surrounding community and where ever they may be.

Taking the themes from the The Adventist Home book, this monthly-themed practical guide to Family Prayer & Worship is meant to help families to go back to the altar of daily morning and evening worship by providing Bible verses, monthly quotes, prayers, and simple and attainable monthly goals.

It is our hope that, as your family engages in consistent time of prayer and worship to God, your bond will be strengthened, and your influence will inspire a change in your community, church, and beyond, preparing souls for Jesus' soon return.

*- Family and Prayer Ministries, Ontario Conference*



# JANUARY

## *The Home:*

### Pleasant and Light in their Community

#### BIBLE VERSES

- Genesis 18:19
- Proverbs 24:3
- Matthew 5:16
- Mark 3:25

#### QUOTE OF THE MONTH

“Home should be made all that the word implies. It should be a little heaven upon earth... The sweetest type of heaven is a home where the Spirit of the Lord presides.” -The Adventist Home, p.15.

#### PRAYER

“Gracious Father in Heaven, please bless our home with Your Holy Spirit’s presence, and may we be a light to our community so that those who see us will see Jesus. In His name, we pray, Amen.”

#### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Create a warm and loving atmosphere in the home. Let pleasant words of love and patience be spoken.
- Read together Adventist Home, chapters 1 to 5.
- Introduce your family to a neighbour or someone in your community and do one kind deed for them.





# FEBRUARY



## *Choosing* Success or Failure

### BIBLE VERSES

- Joshua 1:8
- Psalm 1:1-3
- Matthew 6:33
- Romans 8:28

### QUOTE OF THE MONTH

“Love is a precious gift, which we receive from Jesus. Pure and holy affection is not a feeling, but a principle. Those who are actuated by true love are neither unreasonable nor blind.”

-Ministry of Healing, p. 358-359.

### PRAYER

“Compassionate Father in Heaven, we acknowledge that without You

we can do nothing. May You grant us Your Holy Spirit to guide and lead our family so that we may make the right decisions to bring You honour and glory. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Encourage and practice reverence to God during worship time.
- Read together Adventist Home, chapters 6 to 14.
- Share with a friend, a co-worker, or church member a testimony your family is comfortable sharing on how God has led your family to make the right decision in a given situation after praying and surrendering to His will.





# From the Marriage Altar

## to the Home

# MARCH

## BIBLE VERSES

- Genesis 2:18,24
- Ephesians 5:22-28
- Proverbs 11:29
- Colossians 3:12-15

## QUOTE OF THE MONTH

“The divine love emanating from Christ never destroys human love, but includes it. By it human love is refined and purified, elevated and ennobled.” -The Bible Echo, September 4, 1899.

## PRAYER

“Loving Father in Heaven, we give you thanks for teaching us to love as You love. As we invite Jesus to be in the centre of our marriage and home, help us so that His love will consistently shine through us that Your name will be glorified. In Jesus’ name, we pray, Amen.”

## WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Learn two new praise songs to be sung during worship time. Sample songs can be found in “He Is Our Song” songbook (see Resources).
- Read together Adventist Home, chapters 15 to 22.
- Get to know each family member’s love language(s), and work together as a family to express them daily (see Resources).



# APRIL

## *God's Heritage* and a Successful Family

### BIBLE VERSES

- Genesis 1:28
- Psalm 127:3-5
- Proverbs 17:6
- 1 Timothy 3:5

### QUOTE OF THE MONTH

"Children are the heritage of the Lord, and we are answerable to Him for our management of His property... In love, faith, and prayer let parents work for their households, until with joy they can come to God saying, 'Behold, I and the children whom the Lord hath given me.'" -Christ's Object Lessons, 195-6.

### PRAYER

"Merciful Father in Heaven, you have blessed our family with precious heritage. They belong to You. Please grant us wisdom and understanding as we raise them up in the fear of You and love for You. In Jesus' name, we pray, Amen."

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Prepare a notebook and write down at least one blessing each day to be discussed with the family during worship time.
- Read together Adventist Home, chapters 23 to 33.
- Create a card for an elderly friend or church member with a message of Jesus' love, peace, and joy. Insert your family picture, if possible.







## *Father & Mother* House-Band & Queen of the Home

### BIBLE VERSES

- Proverbs 12:4
- Proverbs 31:10-31
- 1 Corinthians 11:3
- Colossians 3:18-19

### QUOTE OF THE MONTH

“The work of making home happy does not rest upon the mother alone. Fathers have an important part to act. The husband is the house-band of the home treasures.” -Signs of the Times, September 13, 1877.

### PRAYER

“Almighty Father in Heaven, thank You for keeping our family in Your care. We commit our lives to You. Help us to be true to our calling and responsibility as Father and Mother to our children. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Learn at least three unfamiliar songs from the Seventh-day Adventist Hymnal to sing at worship time.
- Read together Adventist Home, chapters 34 to 47.
- Visit your pastor(s) and their family and pray with them. Think of the things your family appreciates about them and express that appreciation to encourage and uplift their souls.



# Family Living Standards

## JUNE

### and Children as Junior Partners

#### BIBLE VERSES

- Exodus 20:12
- Proverbs 6:20-22
- Luke 18:16-17
- Colossians 3:20-21

#### QUOTE OF THE MONTH

“Christ placed such a high estimate upon your children that He gave His life for them. Treat them as the purchase of His blood. Patiently and firmly train them for Him. As you do this, they will become a crown of rejoicing to you and will shine as lights in the world.” -The Adventist Home, p. 279.

#### PRAYER

“Most kind Heavenly Father, we praise You for the gift of our precious children. Bless them as Jesus blessed the little children, and may You help them to choose to follow Jesus always. In His name, we pray, Amen.”

#### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Choose at least two families this month to pray for every day. Write their names on the notebook (see April’s activity).
- Read together Adventist Home, chapters 48 to 59.
- Encourage your children to serve at church -- e.g. special music, share a testimony on answered prayer, help the deacons/ deaconesses, etc.





# JULY

## *Money:* Wise Use

### BIBLE VERSES

- Psalms 37:16-17
- Proverbs 13:11
- 1 Timothy 6:10, 17-19
- Hebrews 13:5

### QUOTE OF THE MONTH

“Money is not necessarily a curse; it is of high value because if rightly appropriated, it can do good in the salvation of souls, in blessing others who are poorer than ourselves. By an improvident or unwise use, ...money will become a snare to the user.” - Letter 8, 1889.

### PRAYER

“Father in Heaven, our Provider, thank You for life and the sustenance of life. We recognize that everything we have belongs to You. Help us to put You first in all things, and help us to share Your blessings with others. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Prepare a jar and collect a certain amount of money weekly. Place the jar where the whole family can see it. At the end of July, pray for God to give you cheerfulness of heart to give the money to the church as a free-will offering to contribute to God’s work for the salvation of souls, and claim God’s promise in Malachi 3:8-10.
- Read together Adventist Home, chapters 60 to 65.





## *The Need to Guard* the Avenue of the Soul

### BIBLE VERSES

- Proverbs 4:23-27
- Ephesians 6:10-20
- Philippians 4:6-8
- Hebrews 4:12

### QUOTE OF THE MONTH

“All should guard the senses, lest Satan gain victory over them; for these are the avenues of the soul. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul.” -The Adventist Home, p.401.

### PRAYER

“Eternal Father in Heaven, You are our Protector and Shield. Our hearts and minds belong to You, so please mould and shape them into Jesus’ likeness, and protect them from the attacks and deception of the enemy. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Prayerfully go around the home and identify items that do not bring glory to God that may allow the enemy of the soul to have access to the home -- e.g. movies, video games, pictures, music, dress, accessories, etc., and, as a family, **pray** and **lovingly** come to an agreement to rid of those items that open the home to the enemy’s influences and deception.
- Read together Adventist Home, chapters 66 to 68.





# Applying Grace

## SEPTEMBER

### to Brighten the Family Life

#### BIBLE VERSES

- Numbers 6:24-26
- Psalm 103:8
- Romans 5:20; 12:10-13
- Ephesians 2:8-9

#### QUOTE OF THE MONTH

“The principle inculcated by the injunction, ‘Be kindly affectioned one to another,’ lies at the very foundation of domestic happiness. Christian courtesy should reign in every household. It is cheap, but it has power to soften natures which would grow hard and rough without it. The cultivation of a uniform courtesy, a willingness to do by others as we would like them to do by us, would banish half the ills of life.” *The Signs of the Times*, September 9, 1886.

#### PRAYER

“Our all-wise, full of mercy, Heavenly Father, we give You thanksgiving and praises for Your patience and grace. Please teach us to extend the same to others and grant us peace and joy as we do so. In Jesus’ name, we pray, Amen.”

#### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Practice forgiveness in the home. Encourage saying “sorry” when one makes a mistake and genuinely speak forgiveness. After the home, pray earnestly to God to help you forgive and resolve a conflict outside the home, if any.
- Read together *Adventist Home*, chapters 69 to 72.



# OCTOBER

## *Relationships* Inside & Outside the Home

### BIBLE VERSES

- Psalm 133:1
- Proverbs 17:17; 27:17
- Matthew 22:37-39
- 2 Corinthians 6:14

### QUOTE OF THE MONTH

“The Author of all beauty, Himself a lover of the beautiful, God provided to gratify in His children the love of beauty. He made provision also for their social needs, for the kindly and helpful associations that do so much to cultivate sympathy and to brighten and sweeten life.” -Education, p.41.

### PRAYER

“Infinite Father in Heaven, all glory and honour belong to You. Help us to keep You in the centre of our relationships so that those who come in contact with us will be brought closer to You and may glorify You in the process. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Encourage each member of the family to share their daily struggles, whether at work, at school, at home, or at church, and bring those struggles to Jesus during worship time. Claim His promise in 1 Peter 5:7 as you lay them at His feet.
- Read together Adventist Home, chapters 73 to 78.





# NOVEMBER



## *Take Time for* Relaxation & Recreation

### BIBLE VERSES

- Exodus 20:8-11
- Ecclesiastes 3:9-13
- Matthew 6:33
- Mark 6:30-32

### QUOTE OF THE MONTH

“It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. Our recreations should not be scenes of senseless mirth, taking the form of the nonsensical.” -The Health Reformer, July, 1871 .

### PRAYER

“All-knowing and kind heavenly Father, You are our Hiding Place where we can find true rest. Help us to have the willingness to seek You daily that we may find peace and rest in Jesus and be at peace with others. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- During worship time, invite each member of the family to share what helps them relax during a busy day. Encourage each other to pause and pray when facing challenging tasks or situations, and claim Proverbs 3:5-6 with faith and hope. Write on the notebook things your family are thankful for.
- Read together Adventist Home, chapters 79 to 84.



# Rewarded

## on Earth and in the Earth Made New

# DECEMBER

### BIBLE VERSES

- Genesis 1:1-2
- 2 Peter 3:10-13
- Isaiah 65:17
- Revelation 21:1-5

### QUOTE OF THE MONTH

“If parents give their children the proper education, they themselves will be made happy by seeing the fruit of their careful training in the Christlike character of their children. They are doing God the highest service by presenting to the world well-ordered, well-disciplined families, who not only fear the Lord, but honor and glorify Him by their influence upon other families; and they will receive their reward.” *The Review & Herald*, November 17, 1896.

### PRAYER

“Eternal Father in heaven, all praises and honour belong to You alone. Help us to reflect You in our daily lives so those who see us will believe that Jesus came to save. Save us all into Your kingdom. In Jesus’ name, we pray, Amen.”

### WORSHIP & ACTIVITY GOALS

- Start or continue daily morning and evening worship.
- Read again all the blessings and thanksgiving that your family have written on the notebook. Encourage time for reflection and discuss together God’s goodness and providence.
- Read together *Adventist Home*, chapters 85 to 87.
- Ask each family member to write a letter of appreciation and encouragement for each member of the family, to be given and read out loud to the rest of the family at the end of the month.





# RESOURCES

## 1 The Adventist Home

Ellen G. White

Read Online: EGW Writings, [www.egwwritings.org](http://www.egwwritings.org)

To purchase: ABC Christian Bookstore, [www.abcchristianbookstore.com](http://www.abcchristianbookstore.com)



### **Adventist Home (Paperback)**

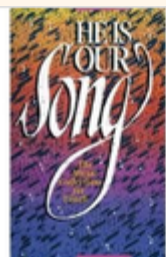
"The king upon his throne has no higher work than has the mother. The mother is queen of her household.

ABC Christian Bookstore / 21.99 CAD

## 2 He is Our Song (songbook)

Pacific Press Publishing

To purchase: ABC Christian Bookstore, [www.abcchristianbookstore.com](http://www.abcchristianbookstore.com)



### **He Is Our Song**

This youth songbook features 156 group songs; and is designed especially for academy and college use. It includes classics such as Side by Side; action...

ABC Christian Bookstore / 17.39 CAD

## 3 The 5 Love Languages®

Gary Chapman

[www.5lovelanguages.com/learn](http://www.5lovelanguages.com/learn)

## 4 Back to the Altar

General Conference Corporation of Seventh-day Adventists®

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