

FAMILY GUIDE

# SEEK

2024



# Introduction

SEEK 2024 is here! Our annual SEEK series is a time for us to prioritize our relationship with God while we declutter our hearts from the busyness of the past season.

We've created this guide as a way for you to navigate your 21-days of prayer and fasting alongside your family. For each week of our 21 days of seeking and fasting, we have created a short devotional to read with your family and a list of developmentally appropriate activities for you to participate in with your children.

Here are some other ways you can engage as a family during our SEEK series:

- Choose a fast as a family
- Choose a family Bible reading plan/devotional
- Choose a time and place to pray regularly together
- Attend Seek/prayer worship nights with your family

Our prayer for your family is to engage in this season of seeking the Lord with the entire household, whatever the age!

Be blessed in this season,

Pastor Sarah Schafer (Radiant Kids Pastor)  
Carter Goss (Radiant Youth Director)

# Week 1: Prayer and Fasting

## Jeremiah 29:13

*You will seek me and find me when you seek me with all your heart.*

Have you ever been somewhere that is crowded with people, but you can hear your parent's voice calling your name over all the other voices? This beautiful design that God created is a model of how He wants us to know His voice. When we pray, God hears us, and He knows what we are feeling. Praying to God is like having a conversation with Him, and getting to know Him better as a Heavenly Father and as a friend.

Now you might not hear God's voice as audibly as you can hear your parents, but God still speaks in other ways. Sometimes, he speaks through His Word, the Bible, sometimes He will share a special message that He has for you through another person, and sometimes God does speak in an audible voice, but most of the time He talks to your spirit with a still small voice. Spending more time with God helps us learn how to "hear" His voice.

Fasting, or giving something up for a set amount of time, is one way to create more space in your mind and heart for more of God's presence.

**When can you spend time alone talking with Jesus?**

# Week 1 Family Activities

Gather as a family and make a list of activities that you do individually or as a family (tv, movies, phone time, walks, sports, eating out, dinner at home, board games, homework, etc.) Reflect on each of these activities and ask the questions: does this activity bring us closer together as a family? Does it bring us closer to God?

## High school/Middle Schooler

- Choose something to fast from you list. Spend at least 15 minutes each day in your own independent time with the Lord. During this time you can read your Bible, pray, journal, worship. Spend this time away from all distractions (including your smartphones).

## Upper Elementary

- Choose to fast something as a family. In the time that you would normally do that activity, replace it with a 15-20 minute devotional, reading a Bible story, listening to worship music, and being in conversation together.
- Give each family member a notecard. Have each person write something they are thankful for, a prayer for themselves, and/or a prayer request. When you pray as a family, encourage each family member to use their notecard. These notecards can be added to and edited throughout SEEK and beyond!

## Toddlers to Lower Elementary

- Spend at least 15-20 minutes each day with your family eating together, reading the Bible, listening to worship music, and being in conversation.
- During your prayer time together, model gratitude by taking turns giving thanks to God for the blessings he has given your family!

# Week 2: A Relationship With God

James 4:8a (NLT)

*8 Come close to God, and God will come close to you.*

Have you ever felt like you wanted to know God better, to be closer to Him? Guess what? God wants that too!

Drawing near to God means taking steps to get to know Him better. It's like building a friendship. How do we do that? Well, just like with a friend, we spend time together and talk. One way to get closer to God is through prayer. Yep, talking to Him. Share your thoughts, your worries, your dreams—He's always listening.

Another way is by reading the Bible. That's how we learn about God's story, His incredible plans, and how much He loves us. Here's the coolest part: when we make an effort to know God better, He meets us halfway—and more! Imagine taking a step towards someone, and they rush to give you a huge hug. That's how God responds when we seek Him. It's amazing to think that the God who created the whole universe wants to be close to us. He's not far away; He's right here, waiting for us to reach out to Him. So, let's draw near to God. Let's ask Him questions, tell Him about our day, and listen for His voice. As we take those steps, He's already drawing near to us, ready to walk alongside us in this incredible journey of faith.

**Keep seeking Him, keep talking to Him, and remember- He's closer than close, always ready to be our friend.**

# Week 2 Family Activities

## High school/Middle Schooler- This activity is for parents to do alongside their child(ren)

- Read Psalm 139: 23-24 then journal and reflect on this question: How comfortable am I with inviting God to search and know my heart? What emotions or thoughts arise when I consider this idea of God examining my innermost being? Share your journal responses with one another.

## Upper Elementary

- Read Psalm 145 out loud. Talk about the characteristics of God that are listed in this Psalm. Have each person create an acrostic poem with the letters of their first names. For each line, write about a unique gift or characteristic that God gave you. Play worship music while you work on your poems.

## Toddlers to Lower Elementary

- Have your child draw a picture of themselves, and ask them to list or talk about unique characteristics they have. Remind your child that this is how God created them, and that when God created your child, he said they were “very good.” Emphasize that God delights in your child who He created. Display these pictures as a reminder of this.
- Play worship music in your home and dance, sing, and let your children lead this. Focus your worship on the Lord during this time. Let the Holy Spirit fill your home as you worship together.

# Week 3: God is Holy

## 1 Peter 1:15-16 (NirV)

*The God who chose you is holy. So you should be holy in all that you do. It is written, “Be holy, because I am holy.”*

We make mistakes every day. Do you ever feel like it is hard to get along with your siblings, listen to your parents, clean your room or do your homework? We are far from perfect! However God IS perfect, and He sent us his perfect Son, Jesus, to die on the cross for us because He loved us so much.

Holiness means being “set apart,” and God is holy! When we follow Him, we are “set apart” as well and God sends us His Holy Spirit to give us the power to live more like Him. Remember, you don’t earn holiness by completing a checklist of chores or acts of kindness, you can only be Holy through Jesus because of His love for you!

**Pray to see the fruits of the Spirit: love, joy, peace, patience, goodness, kindness, faithfulness, gentleness and self-control, in your own life as you follow Jesus each day.**

# Week 3 Family Activities

## High school/Middle Schooler

- Draw a line in the middle of a piece of paper and on the left side write “Before” and on the right, write “After”. Write down what you use to be like before giving your life to God on the left and then on the right write down what your life looks like now after giving your life to God. Our heart and actions should be different than they did before giving our life to God. We should be striving to live a holy life that brings honor to God.

## Toddlers to Upper Elementary

- Have your kids sit across from you and tell them to pretend they are looking at a mirror. Then have them imitate everything that you do, mirroring your actions (being silly is totally acceptable). Explain that this is like what we should do as we learn about Jesus. We should imitate Him like the reflection in a mirror. God is holy, therefore he calls us to be holy.
- Play “one of these things is not like the others.” Put items together or point out items in your environment that can be categorized into the same group. For example- you could have a plate, fork, napkin, and Lego. Ask your child(ren): “which one doesn’t belong?” The Lego, of course. The rest are used when eating a meal. Separate the Lego from the other items. Explain that holiness means being set apart, or different. We, as Christ followers, should look and act differently because of God’s holiness.