

## FAMILY STUDY GUIDE

# SPIRITUAL AUTHORITY – RESTORED IN CHRIST

## 2026: The Year of the Turning Point

---

### Welcome, Families!

This week, your family is learning how God brings **turning points** in our lives and how we can respond to Him together.

A turning point is a moment when God helps us change direction and move closer to Him. As a family, you'll read the Bible, talk about what it means, and practice listening to God together.

Each **DIG** will help your family:

- Read God's Word
- Reflect on what it means
- Respond with simple, meaningful activities

So grab your Bibles, gather together, and let's **DIG in**.

---



### DIG 1 — GOD BRINGS TURNING POINTS FOR GOOD

#### READ

##### Genesis 50: 20

Ask your children:

- What did God do with something meant for harm?
- Can God turn hard things into good things?
- Who helps us when life needs to change?

Say this simple truth together: "**God can turn hard things into good things.**"

#### REFLECT

Help your kids understand: God is always working, even when things are difficult. A turning point happens when we trust God and follow Him.

Ask:

- Has God ever helped you when something was hard?
- Who can you talk to when you need help?

Remind them: “**God is always working for our good.**”

## **RESPOND — FAMILY ACTIVITY**

### **TURNING POINT TALK**

Ask each person to share:

- One hard thing God has helped them with
- One way they want God’s help right now

Pray together: “God, thank You for helping us and turning things for good. We trust You.”

---



## **DIG 2 — PRAYER HELPS US HEAR GOD**

### **READ**

#### **Luke 5: 16**

Ask your children:

- Where did Jesus go to pray?
- Who was Jesus talking to?
- Why is prayer important?

Say this simple truth together: “**Prayer helps us listen to God.**”

### **REFLECT**

Help your kids understand: Jesus spent time talking with Father God. Prayer helps us slow down and hear God’s voice.

Ask:

- When is a good time for you to pray?
- What do you like to talk to God about?

Remind them: “**God listens when we pray.**”

## RESPOND — FAMILY ACTIVITY

### QUIET PLACE (The Silent Game)

- Set a timer for **30–60 seconds**.
- Everyone sits quietly — no talking, no noises, no movement.

When the timer ends, ask:

- Was it easy or hard to stay quiet?
- What thoughts came into your mind?
- How did it feel to sit still without talking together?

Explain simply: “*Jesus spent time alone with God. Being quiet helps us listen.*”

Pray together: “Father God, help us slow down and hear You.”

---



## DIG 3 — FASTING HELPS US WANT GOD MORE

### READ

#### Luke 4: 2 & Matthew 5: 6

Ask your children:

- Was Jesus hungry?
- What does Jesus promise to those who hunger for God?
- Can wanting God be a good thing?

Say this simple truth together: “**When we want God, He fills us.**”

### REFLECT

Help your kids understand: Fasting means choosing to spend time with God instead of eating for a little while. Hunger reminds us that we need God more than anything.

Ask:

- What does it feel like to be hungry?
- How can hunger remind us to pray?

Remind them: “**God fills us when we seek Him.**”

## RESPOND — FAMILY ACTIVITY

### CHOICE & EXCHANGE

Ask each child:

- “What is a food you really like to eat?”
- “If you *chose* not to eat that food for one day, what could you pray to Jesus about instead?”

Explain simply: “*When we choose not to eat something for a little while, we can use that time to talk to Jesus instead.*”

Say Together: “**When we choose Jesus, He fills us.**”

Pray together: “**Jesus, we want You more than anything else.**”

---



## DIG 4 — JESUS HELPS US ANSWER LIES WITH TRUTH

### READ

**Luke 4: 3–4**

Ask your children:

- What did the enemy say to Jesus?
- What did Jesus say back?
- Where did Jesus get His answer?

Say this simple truth together: “**God’s Word helps us tell the truth.**”

### REFLECT

Help your kids understand: Sometimes we hear thoughts that are not true. Jesus showed us how to answer lies by using God’s Word.

Ask:

- What are some true things God says about you?
- Who helps us remember the truth?

Remind them: “**God’s Word is always true.**”

## RESPOND — FAMILY ACTIVITY

### LIE & TRUTH

Explain simply: “**Sometimes the enemy tells lies. Jesus shows us how to say the truth back.**”

A parent reads the **lie**, and the family says the **truth** together.

---

#### Lie 1

✗ “God doesn’t love me.”  
👉 Family says: “**God loves me.**”

#### Lie 2

✗ “I’m all alone.”  
👉 Family says: “**God is with me.**”

#### Lie 3

✗ “Nothing will ever get better.”  
👉 Family says: “**God helps turn things for good.**”

Say Together: “**We answer lies with God’s truth.**”

Pray Together: “Jesus, help us remember the truth and say it back when we hear lies.”

---



## DAILY FAMILY PRACTICES

*(Practice these together each day this week)*

### Morning Truth

Say together: “**God is turning things for good, and we trust Him.**”

---

### Prayer Time

Pray together: “**Father God, thank You for today. Help us listen to You and follow You.**”

---

### Truth Practice

When a hard thought comes up, say together: “**That’s not true.**”

Then say a truth out loud: “**God loves me.**” or “**God is with me.**”

---

## **Celebrate Trust**

When someone chooses to trust God, thank Him together.

---

## **Final Encouragement for Families**

God brings turning points.

Jesus shows us how to respond.

The Holy Spirit helps us follow God every day.

As your family prays, listens, and trusts God together, you are building faith that will last a lifetime.

---