

Faith Talk *Activity* - May 17, 2026

Family Activity: Four Rhythms Training Plan

This activity makes the four rhythms tangible and trackable, helping families see that training for godliness through corporate disciplines produces victory over sin more effectively than just trying to "be good."

Materials needed:

- Large poster board
- Four different colored markers
- Stickers or stamps
- Calendar

Instructions:

1. **Create the training board:**

- Divide the poster into four sections labeled:
 - WORSHIP (Treasure God together)
 - GROW (Build relationships)
 - SERVE (Use my gifts)
 - GO (Share Jesus)
- Draw a simple icon for each (church, friends, helping hands, globe)

2. **Set weekly goals:**

- **WORSHIP:** "We will go to church together every Sunday."
- **GROW:** "We will have one meaningful conversation about God this week."
- **SERVE:** "Each person will serve someone this week."
- **GO:** "We will tell/show one person about Jesus."

3. **Track participation:**

- Each time you complete a rhythm, add a sticker to that section
- Different colors for each family member
- Goal: Fill all four sections every week

4. **Weekly family check-in:**

- Sunday evening, gather around the board
- Share:
 - What we learned in worship
 - How relationships helped us this week

- How we served
- Who we told about Jesus
- Celebrate completed rhythms
- Plan for next week

5. **Make it concrete:**

- **WORSHIP:** No excuses for Sunday attendance (prepare Saturday)
- **GROW:** Join/attend a small group, have friends over, family devotions
- **SERVE:** Each person identifies their gift and serves monthly
- **GO:** Invite a friend to church, share a faith story, serve in the community

6. **Monthly review:**

- Count stickers in each section
- Which rhythm was strongest? Weakest?
- How did practicing this help with specific struggles or temptations?
- Set goals to strengthen weak areas