

# Family Matters



A CHRIST-CENTERED RESOURCE FOR FAMILIES AND TEACHERS

## Upon This Rock: The Rock of Consistency

At a church workday, a man introduced his friend — a first-time visitor — to the rest of the group in the following manner: “This is my friend, Roy. He and his family attend the late service, sit on the left side, center aisle, third row back.” This was followed by laughter and other similar introductions, as many of the men realized that they and their families had similar seating patterns at church.

It seems to be human nature to want to find consistency in our lives. We see predictable patterns in the seasons of the year; there is the need to eat consistently and get regular sleep. We find that daily, weekly, monthly and yearly calendars provide patterns that guide us in the familiar routines we call life.

Yet, there are some who bemoan these patterns as the foregone conclusion of a boring life. In this day and age of hype and extreme activity, the last thing we want to be seen as is boring! We don’t want that for our individual lives, and we don’t want to be seen that way as parents — to be labeled as a “dull dad” or “monotonous mom.”

The problem is that we have associated a lack of activity in our lives in an inappropriate way. A lack of activity can be peace or welcome contentment, neither of which is a synonym for boring. Likewise, a lack of amusement does not necessarily mean boring. We might ask: Is pizzazz always better than peace? Is commotion favored over calmness?

While we often laugh at our habits — our lack of variety becoming predictable and thus amusing, and our fear of “turning into our parents” — there is great value in developing and finding patterns of consistency in our home, especially for our children. Children need consistency

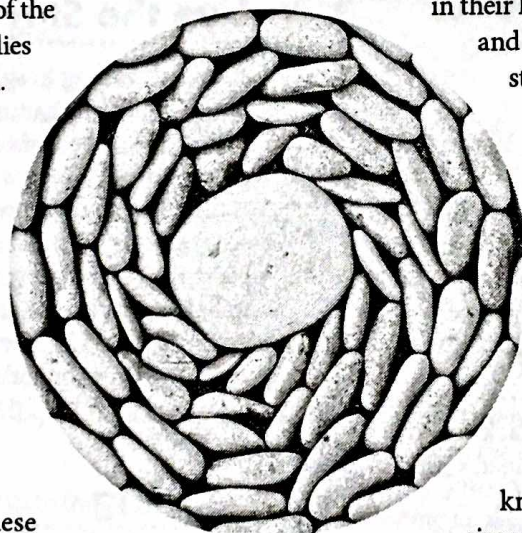
in their lives: in sleeping and eating, in social and spiritual activity, in times of being still and quiet. Some of the first things we did as parents were to help our infant child find consistency. How relieved we were when they would start to sleep on a regular basis, especially through the night!

One might call a pattern of acceptable consistency “contentment.” This is something that St. Paul speaks of in **PHIL. 4:12**: “I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”

This kind of earthly contentment can only be found in Christ. It is a contentment that comes in knowing that our sins have been forgiven through the death of Jesus on the cross.

It is a contentment that comes through the assurance of the gift of eternal life declared through the resurrection of Christ from the dead. It is a contentment provided by the ongoing presence of the Holy Spirit, as He guides our lives day in and day out.

May we find contentment in the grace of our Lord, Jesus Christ, which leads us to consistency in our daily lives as parents and leaders in our homes.



**// ... there is great value in developing and finding patterns of consistency in our home, especially for our children. //**



## FAMILY LINKS: Activities for families to reinforce Bible story truths in the home.

*Gather the family together in a comfortable place in the home for a time of family interaction and Bible study using the outline below.*

**OPENING PRAYER:** Have the person in the family who has their birthday closest to today offer an opening prayer.

### FAMILY DISCUSSION TIME:

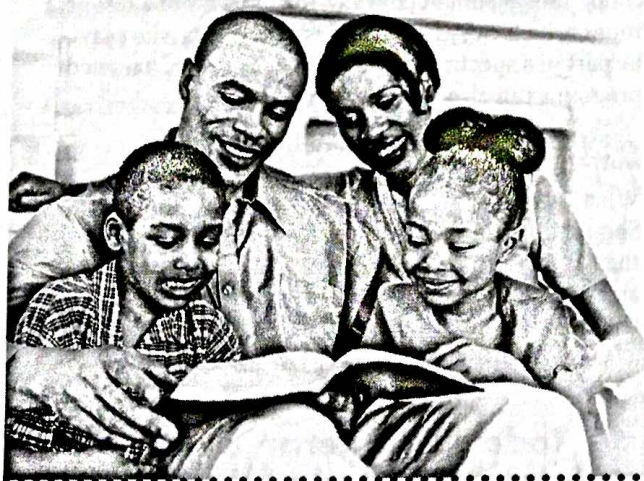
Give each member of the family an opportunity to share their responses to the following prompts:

- Something fun that you did yesterday.
- Something you did today that you really liked doing.
- Something you hope to do tomorrow.

### FAMILY BIBLE SEARCH:

As a family, look up **HEB. 13:8** and read what it has to say about consistency.

- 1) Who is consistent in this verse? (*Jesus.*)
- 2) In what way does He remain consistent? (*Jesus stays the same.*)
- 3) What stays consistent about Jesus? (*His care and love for us; His willingness to forgive our sins.*)
- 4) Why is this important for us to know? (*Answers will vary.*)



### CREATING MORE FAMILY CONSISTENCY:

Get a whiteboard or large piece of paper, along with a pad of medium-size sticky notes and something to write with.



- 1) What are some ways that your family is consistent? (*List them.*)
- 2) Have these been good and helpful? Or not so good? (*Answer honestly.*)
- 3) What are some things that you would like to see your family be more consistent about? (*List them.*)
- 4) Hand out several sticky notes to everyone in the family. Ask them to write down one thing per sticky note that they will try to be more consistent about in the coming month. (*Parents or older siblings can write down the items for children who aren't able to write at this time.*)
- 5) Put up the sticky notes in a prominent place in the home. Arrange them in the shape of a cross on the refrigerator, the door into the house from the garage or someplace that everyone will see often.
- 6) Pay attention to them during your family's "comings and goings" over the next month. Ask each family member how he or she is doing in becoming more consistent.

**CLOSING ECHO PRAYER:** Have an adult or older sibling read the prayer below, section by section, with the rest of the family echoing each phrase.

Dear Jesus, thank You for living a perfect life, consistent and without sin. Thank You for dying on the cross for our sins. Thank You for the gift of eternal life. Help us to be more consistent in our love for You. Help us to be more consistent in our care toward others. In Your name, we pray. Amen.

## Family Matters

Vol. 21 • No. 7 • March 2017

**Family Matters** is an LCMS School Ministry newsletter  
Published by The Lutheran Church—Missouri Synod  
1333 S. Kirkwood Road, St. Louis, MO 63122-7295  
314-965-9000 • [lcms.org](http://lcms.org)  
Writer: Dr. Steven Christopher Designer: Lisa Moeller

TO REPRINT: Permission is granted to reprint articles from this newsletter with the credit line "Reprinted with permission of LCMS School Ministry."

Scripture quotations are from The Holy Bible, English Standard Version, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved.

