



A JOURNEY
home



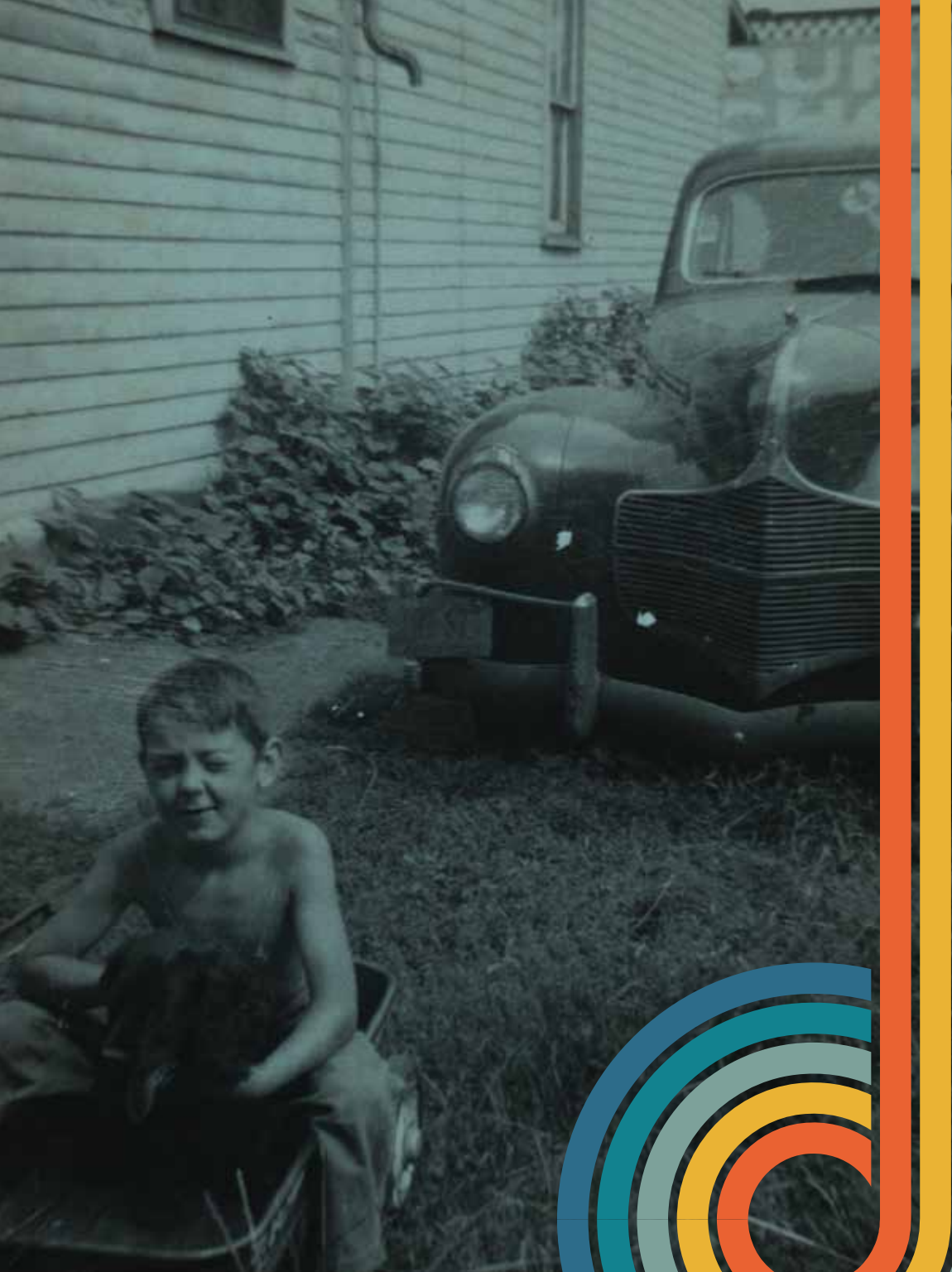
Name _____

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City _____

State _____





AWAY FROM HOME.

At some point in our lives, we've all felt like we didn't quite belong. Maybe we've been ignored at parties, been called names on the playground, struggled at our jobs or relationships, or wondered if our friends only stuck around because we were the one with the car.

We don't feel at home in these situations, so we put up a good front. We try to work or impress our way into approval. And we may have gotten pretty good at it. But no matter how successful and in-control the world sees us, we can still find ourselves feeling alone or exhausted by the effort.

This can change.

A JOURNEY HOME.

What if it were possible to feel completely at home, no matter where you were? What if you could always feel understood, valuable, protected and loved—like a child who is treasured? What if you could let down your guard, get recharged, find rest and be filled with confidence and hope? And what if you could experience that place right now, right here—and every single day from now on?

No matter where you are right now, you can.



This is the journey home.



How to take this journey:

01 *Know*

**TAKE PART IN
A WEEKEND** IN-PERSON
OR ONLINE

02 *Discuss*

**GO TO YOUR
SMALL GROUP**

03 *Do*

**DO YOUR
CHALLENGE**

This is when you'll be taught, get surrounded by the journey experience, and where it all comes together. You don't want to miss it. (And bring this guide with you.)

This is the casual environment where you'll talk about your journey experience, get known, get challenged and build into others. (Bring this guide with you.)

This is how you'll experiment with applying the journey to your daily life. Every week you'll get a challenge during your small group, and you'll complete the challenge between weekly meetings. This guide has space to track how it goes.

KEEP THIS GUIDE WITH YOU

This guide is a simple companion to help you process the weekend and small group experience. It gives you something to talk about. It tracks and encourages your growth. And it's a sweet coaster— so keep it around.

Done one of these journeys before?
Heads up, old-timer. This year is mucho different. You'll be doing a lot of stuff in your guide during the weekend and group. (See? Way different.)





week 01
THE PROMISE OF HOME

What is it like to be at home?



Someone's scared of Santa

THIS JOURNEY IS FOR YOU.

Maybe you're wondering whether or not God even exists. Maybe you've been faithful for decades or are just checking back in. No matter where you're at or how good life seems right now, this journey will have something for you. The only thing we ask is that you're open to receiving the love of a Heavenly Father who adores you—even if it feels like a stretch. Because when you experience the fullness of God, you will find a place of love, rest and approval. You will find home.*

***1JOHN 4/19**

Where or when I feel at home:

WHEN YOU'RE AT HOME

YOU ARE

KNOWN AND LOVED

ACCEPTED FOR WHO YOU ARE

BRAVE

FILLED WITH PEACE

KIND

INCLUSIVE

GENEROUS WITH GIVING GRACE

TRUSTING

WHOLLY DEPENDENT ON GOD

JOYFUL

MOVING FORWARD

FORGIVING

RECEIVING FORGIVENESS

LEADING WELL

FOLLOWING WELL

PATIENT

LIVING FROM A PLACE OF GOD'S

APPROVAL

WILLING TO CHANGE DIRECTIONS

ADMITTING WHEN YOU'RE
WRONG

BUILDING INTO FRIENDSHIPS

SELF-CONTROLLED

HUMBLE

HONEST

NAKED

AT THE BACK OF THIS GUIDE, THERE ARE ADDITIONAL PAGES TO TAKE NOTES AND JOURNAL.

Where or when I don't feel at home:

WHEN YOU'RE **NOT** AT HOME

YOU ARE

SELF-RELIANT

PUTTING ON A FRONT

ANXIOUS

EXCLUSIVE

JUDGMENTAL

JEALOUS

WORRIED YOU'LL RUN OUT

SUSPICIOUS

POWER-DRIVEN

INCONSISTENT

AFRAID PEOPLE WILL DISCOVER
THE "REAL YOU"

MANIPULATIVE

PASSIVE AGGRESSIVE

BRAGGING

THROWING PITY PARTIES

ACTING OUT OF GUILT

ASHAMED OF MISTAKES YOU'VE
ALREADY CONFESSED

STRIVING FOR APPROVAL

INDEPENDENT

RESISTANT TO CHANGE

UNABLE TO RECEIVE CRITICISM

OVERLY PROTECTIVE OF YOUR
ROUTINE

SELFISH WITH YOUR TIME AND
POSSESSIONS

WORRIED ABOUT TOMORROW

TRYING TO PROVE YOUR WORTH

UNWILLING TO RECEIVE GRACE

UNWILLING TO ADMIT
WEAKNESSES AND NEEDS

WISHY WASHY

OVER-ACHIEVING

PRIDEFUL

CLOTHED (HOPEFULLY)

Here's a place to write what you're learning and thinking about during the weekend service (or play dots and boxes if you get bored).

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Date

WEEKEND

[Lined writing area for notes]

Hyper Active

Golden Boy

Beautiful

The Funny One

Most Athletic

Rich Girl

Grumpy



Always Happy

Trouble Maker

Most Likely to Succeed

The Middle Child

Stoner Dude

The Baby

Only Child

You'll talk about this in your small group,
but here's a place to recap, rethink or go deeper.

Things I've been known by:

1
2
3
4

How do you think it affects you?

1

2

3

4

Circle anything that describes you.

You'll do this in small group, but it's a good idea to come back to it and see if there's anything you missed or avoided.

1

I THRIVE ON DOING THINGS MYSELF.

2

I'M OFTEN STRESSED.

3

I HOLD IN A LOT OF ANGER.

4

I OFTEN FEEL LIKE I DON'T BELONG.

5

I DRINK TO MAKE SITUATIONS EASIER.

6

I OFTEN PLAN ABOUT HOW TO GET AHEAD.

7

I FEEL OBLIGATED TO VOLUNTEER.

8

PEOPLE SAY I'M JUDGMENTAL.

9

I'M REALLY AWARE OF WHAT PEOPLE ARE THINKING.

10

I'M WORRIED PEOPLE WILL FIND OUT TOO MUCH ABOUT ME.

11

I THRIVE ON BEING BUSY.

12

THE GYM IS MY SECOND HOME.

13

I WANT PEOPLE TO NOTICE HOW HARD I WORK.

14

I PUT ON A GOOD SHOW.

15

I FEEL GUILTY IF I DON'T PRAY.

16

I DON'T HAVE CLOSE FRIENDSHIPS.

17

I KEEP A LOT OF
SECRETS.

18

I KEEP MY
FEELINGS AND
EMOTIONS TO
MYSELF.

19

PEOPLE SAY I'M
OPINIONATED.

20

I HOLD BACK IN
CONVERSATION.

21

I SPEND A LOT OF
TIME THINKING
ABOUT HOW I
LOOK.

22

I BUY THINGS TO
FEEL BETTER.

23

I'M REALLY
COMPETITIVE.

24

I OFTEN FEEL
JEALOUS.

25

I'M SUSPICIOUS
OF PEOPLE IN
AUTHORITY.

26

I OBSESS ABOUT
MONEY.

27

I GET MY FEELINGS
HURT A LOT.

28

I WANT PEOPLE
TO THINK I'M
SPIRITUAL.

29

I'M WORRIED
I WON'T HAVE
ENOUGH.

30

I NEED TO BE
THE SMARTEST
PERSON IN THE
ROOM.

31

I DON'T FEEL VERY
CLOSE TO GOD.

32

I PAY CLOSE
ATTENTION TO
WHAT OTHER
PEOPLE
GET / EARN.

33

I FEEL LIKE A
FAILURE.

34

EVERYONE
DEPENDS ON ME.

35

I'M A RESCUER.

Your challenge:

Next to the description you circled on pages 18 or 19 is a number. Look at that number and you'll find your challenge for the week, below.

1

I'll delegate one task this week.

2

I'm going to admit a weakness to someone and ask for specific help.

3

I'll find someone I trust to share my feelings with.

4

I'll ask someone close to me a simple question: Why do you like me?

5

I'll give up alcohol for a week.

6

For one whole day, I'll always put the person above the task (including myself).

7

For an entire day I'll do something I love.

8

For an entire day I will try to encourage other people.

9

This week, I'll focus on how other people are feeling.

10

I'll confess something to someone I trust.

11

I'll spend at least three solid hours doing something unproductive.

12

I'll skip the gym for five days straight.

13

I'll leave work early one day this week.

14

I'll let down my guard with someone I trust.

15

In place of obligatory prayer, I'll close my eyes and rest.

16

I'll invite a casual friend to hang out/get lunch.

17

I'll share something personal with someone I trust.

18

Five times this week I'll say how I'm feeling out loud.

19

For an entire day, I'll hold my tongue.

20

I'll take a risk and share what I'm really thinking.

21

I'll wear the same shirt two days in a row. (three days in a row if I'm super hardcore.)

22

I'll look for five ways to be generous in one day.

23

I'll look for a place to intentionally lose this week.

24

I'll compliment three people for a trait I admire about them.

25

I'll thank someone in authority over me for the work that they do.

26

I'll give away this week's lunch money.

27

I'll chose not to read into anyone's words for an entire day.

28

I'll confess an area I struggle with to a person/group I trust.

29

I'll write out a list of 50 things I'm thankful for.

30

In conversation, I'll intentionally refrain from sharing my thoughts first, and from getting the last word in.

31

I'll copy Psalm 23* on a notecard and place it somewhere I will see it everyday.
*This is a poetic picture of the care God offers to everyone who receives Him.

32

I'll make a list of 10 people, 10 experiences, and 10 things I am thankful for.

33

I'll ask a trusted friend to share three good things they see in me.

34

This week, I'll take an entire night to myself.

35

This week, I'll just listen.

EXAMPLES OF 5 WHYS

During your small group, you'll play the "5 Whys" as a response to your circled answers from the previous page. Here are two examples of how it COULD play out.

Statement:

I PUT ON A GOOD SHOW.

Why? Other people's approval is important to me.

Why? It makes me feel better about myself.

Why? In darker moments, I don't feel that great about myself.

Why? Because I have crap in my past that haunts me and makes me feel bad.

Why? I feel like I've let people down.

Personal Challenge:

I'll ask someone close to me a simple question: Why do you like me?

Statement:

I'M OFTEN STRESSED.

Why? I have a ton of responsibilities.

Why? I've probably taken on more than I can handle.

Why? I know I can get it done, maybe even better than others.

Why? I think things will fail if I let them go.

Why? I like to feel important.

Personal Challenge:

I'm going to admit a weakness to someone and ask for specific help.

WEEK ONE

MY WEEKLY CHALLENGE

Statement: Write the description you circled on pages 20-21 that affects you the most right now.

Your answers to the 5 Whys:

Why?

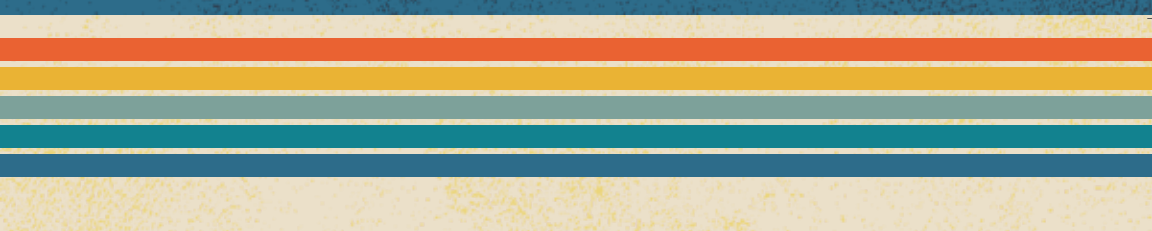
Why?

Why?

Why?

Why?

My challenge this week:



Treat this challenge seriously. After you try or complete it, jot down how it went, how it felt or what happened.

HOW'S IT GOING?

CHALLENGE

FAMILY ACTIVITIES:

If you have a family (or if all your friends are 9-year olds), these Family Activities are perfect for you. They're designed specifically for parents to do with their kids, so that the entire family can experience this journey together. And these activities do more than just entertain the kiddies; you might be surprised by what your children can teach you.

PRO TIP:

These activities work even better with ice cream.

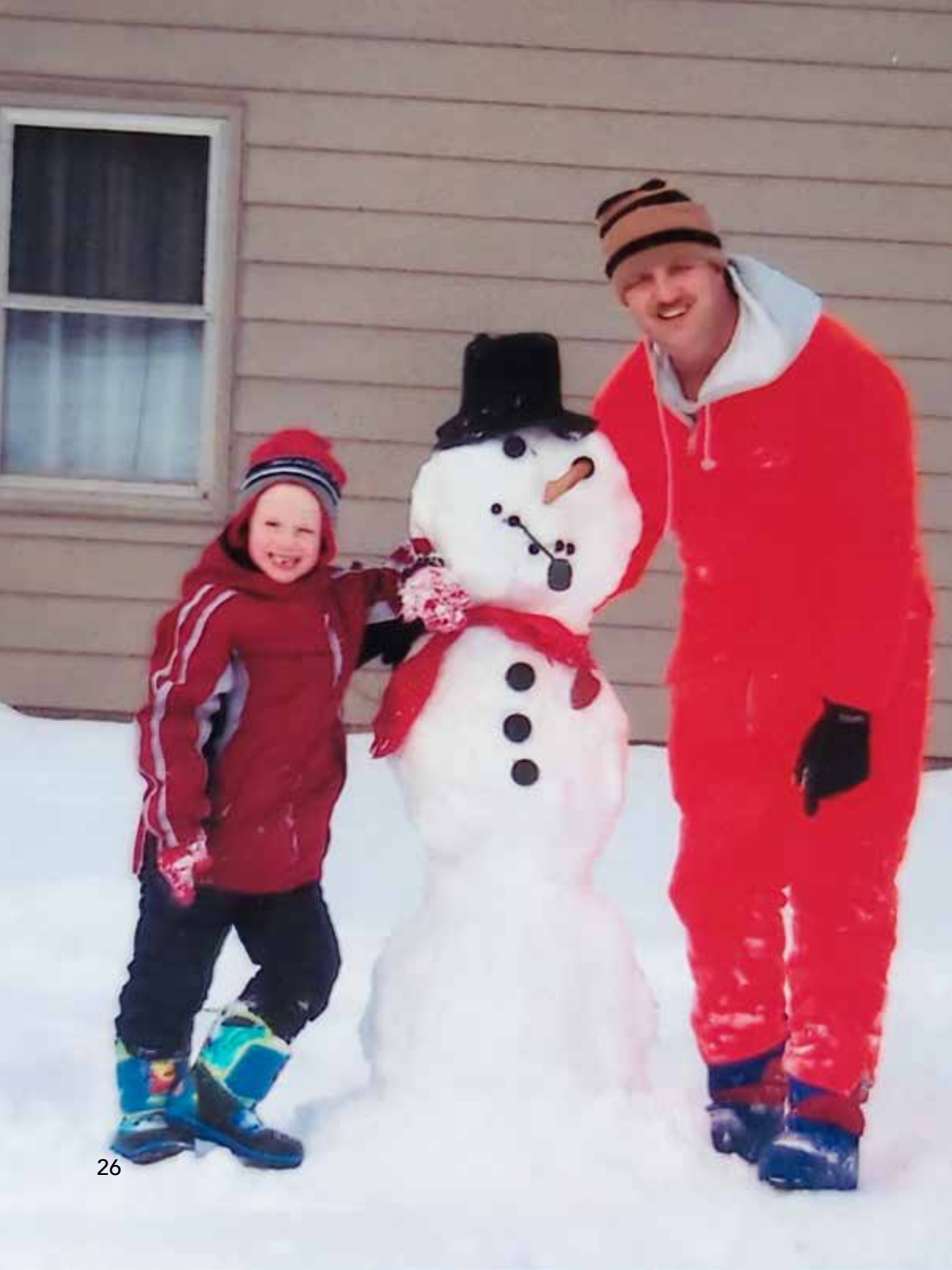


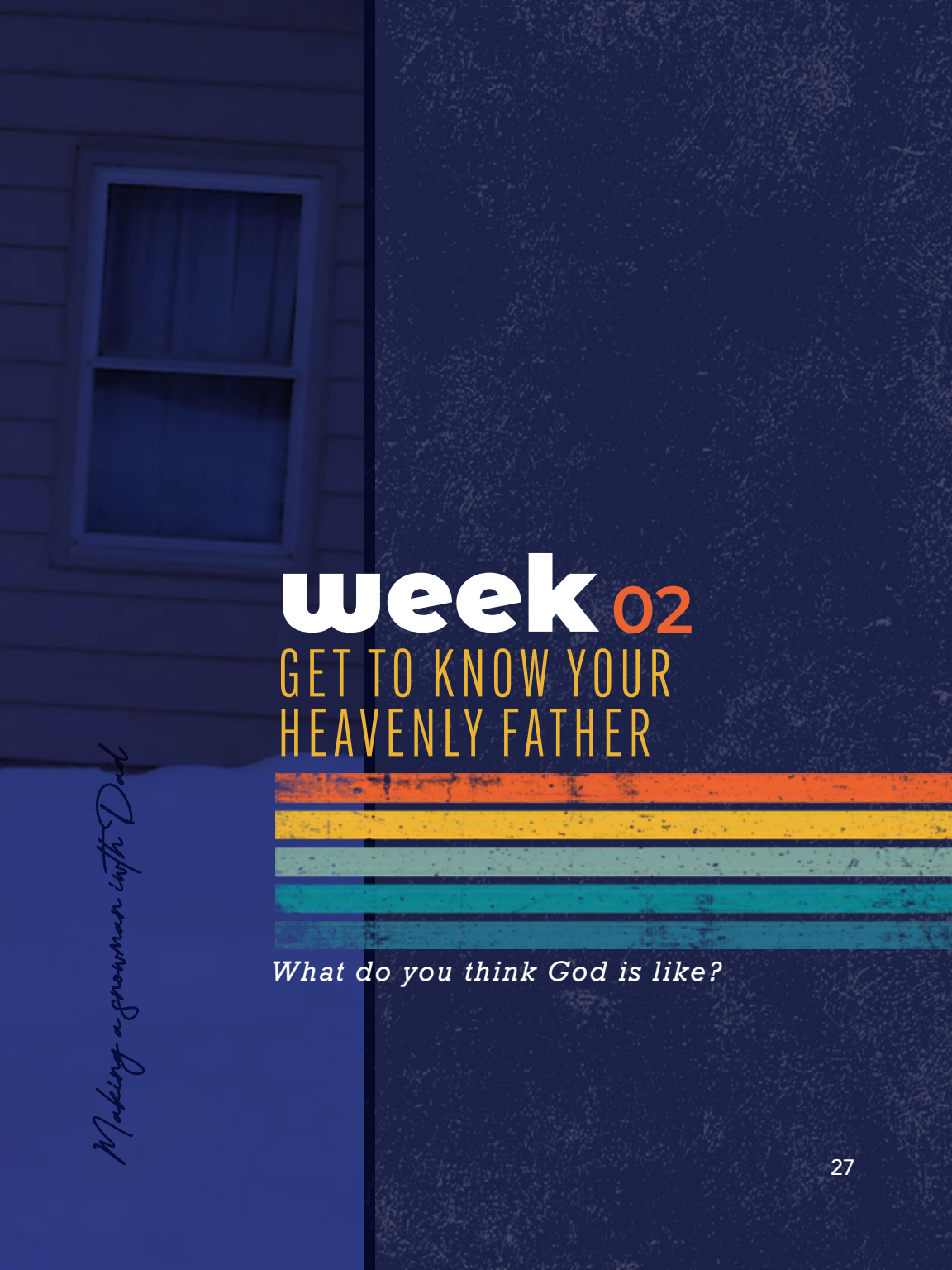
SHOW AND TELL

Have your whole family (including adults) find one item that represents how others see them (it could be a favorite sweatshirt or a loved teddy bear), and bring it to the dinner table. Then, pass the green beans and have some show and tell time.

What patterns to do see in your answers? Make a note here of what you observe during this exercise.







Making a snowman with Dad

week 02

GET TO KNOW YOUR HEAVENLY FATHER



What do you think God is like?

You'll be filling this out during the weekend service and talking about it during group, but come back to it later if you want.

Part 1

List 3 or 4 descriptions of your dad, or the father figure who raised you. (If you don't have a person that fits that description, you can consider your mother/primary parental figure.)

EXAMPLES
<i>My biggest fan</i>
<i>Totally absent</i>
<i>Hard worker</i>
<i>Verbally abusive</i>

Part 2

Look back to your Part 1 list. Because of that person's characteristics, I reacted by:

EXAMPLES
<i>Always looking to him for approval</i>
<i>Becoming self sufficient at an early age</i>
<i>Making sure he noticed how hard I was working</i>
<i>Taking my anger out on my mom</i>

Part 3

How might your relationship with that person influence your relationship with authority figures?

EXAMPLES

I'm usually the teacher's pet.

I don't get close to people in authority.

I say "yes" to everything so I'm seen as high capacity.

I make sure I never rock the boat.

Part 4

Based on that answer, how do you view God?

EXAMPLES

I see God as someone I don't want to disappoint.

I view God as distant and out of touch.

I see God like a hard to-please boss.

I don't think God cares if I'm struggling or hurt.

[Blank white box for date entry]

Date

WEEKEND

[Lined writing area for notes]

This is a small group exercise. Mark the statement about God that you want to experience.

God

GOD WANTS TO HEAR
EVERYTHING ABOUT
YOUR DAY.

HE HAS SOME
INCREDIBLE IDEAS TO
SHARE WITH YOU.

GOD WANTS TO SPEND
MORE TIME WITH YOU.

HE IS SORRY THAT
YOU WERE HURT.

GOD WANTS GOOD
THINGS FOR YOU.

HE IS IN CONTROL.

GOD WANTS TO KNOW
IF YOU'RE READY FOR
AN ADVENTURE.

HE ISN'T LEAVING.

GOD WANTS YOU TO
TAKE A BREAK.

HE THINKS OF YOU
AS HIS BEAUTIFUL
CREATION.

GOD WANTS YOU
TO KNOW HE'LL
HANDLE IT.

HE LOVES YOU.

GOD UNDERSTANDS
YOUR STRUGGLES.

You chose a statement about God on the previous page. Each statement has two Bible verses that relate to it.

Choose the one that you're drawn to.

HE WANTS TO HEAR EVERYTHING ABOUT YOUR DAY.

1 Peter 5/7

Cast all your anxiety on him because he cares for you.

Exodus 33/1

The Lord would speak to Moses face to face, as one speaks to a friend...

"There are far, far better things ahead than any we leave behind."

C.S LEWIS

HE HAS SOME INCREDIBLE IDEAS TO SHARE WITH YOU.

Jeremiah 33/3

Call to me and I will answer you and tell you great and unsearchable things you do not know.

Isaiah 45/3

I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who summons you by name.

HE WANTS TO SPEND MORE TIME WITH YOU.

Zephaniah 3/17

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Isaiah 40/7

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

HE IS SORRY THAT YOU WERE HURT.

Psalm 34/18

The Lord is close to the broken hearted and saves those who are crushed in spirit.

Jeremiah 29/11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

HE IS IN CONTROL.

Colossians 1/17

He is before all things, and in him all things hold together.

Psalm 46/10

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

HE WANTS GOOD THINGS FOR YOU.

Psalm 37/4

Take delight in the Lord, and he will give you the desires of your heart.

Jeremiah 29/11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

HE WANTS TO KNOW IF YOU’RE READY FOR AN ADVENTURE.

2 Samuel 22/20

He brought me out into a spacious place; he rescued me because he delighted in me.

Matthew 28/19

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

HE ISN'T LEAVING.

Deuteronomy 31/6

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

Psalm 9/10

Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

HE WANTS YOU TO TAKE A BREAK.

Matthew 6/25

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Hebrews 4/9-10

There remains, then, a Sabbath rest for the people of God; for those who enter God's rest also rest from their own work, just as God did from his.

HE THINKS OF YOU AS HIS BEAUTIFUL CREATION.

Genesis 1/27

God created human beings; he created them godlike, reflecting God's nature. He created them male and female

Psalm 139/14

I thank you, high God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!

HE WANTS YOU TO KNOW THAT HE'LL HANDLE IT.

1 John 3/19-20

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

Psalm 146/3-7

Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. He is the Maker of heaven and earth, the sea, and everything in them—he remains faithful forever. He upholds the cause of the oppressed and gives food to the hungry.

HE LOVES YOU.

Ephesians 3/18

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

1 John 4/19

We love because he first loved us.

HE UNDERSTANDS YOUR STRUGGLES.

Psalm 140/12

I know that the Lord secures justice for the poor and upholds the cause of the needy.

John 16/33

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

WEEK TWO

MY WEEKLY CHALLENGE

Statement: This week, make the God statement and verse you chose be the lens by which you live your week. Live it. Follow it.

Verse: Write the verse that you chose here.

Read this every day.

EXAMPLE "HE WANTS TO HEAR EVERYTHING ABOUT MY DAY."

1 PETER 5/7

Cast all your anxiety on him because he cares for you.

Something should be different about your week because of this new lens you're experimenting with.

WHAT'S DIFFERENT?

CHALLENGE



FAMILY ACTIVITIES



Find someplace you all enjoy and go there together. Maybe it's your backyard, a park, a favorite room in your home, or a nearby donut shop. While you're there, look at the descriptions about God's character on pages 34-37 in this guide, and choose which one speaks to your whole family. Then make it a game to memorize it this week. If you want, write out the verse and put it up in your house as a visual reminder to your family that God loves you.





week 03

TRUST YOUR HEAVENLY FATHER

Who are you depending on?

We'll do this exercise on the weekend and discuss it in small group.

Fill in all the blanks.

I like to be seen as:

The funniest guy in the room, having high capacity, a good parent...

People would describe me as:

Party planner, hard to get to know, hipster

If I had a personal “brand,” it would be:

natural leader, the friend everyone wants around, adventure seeker

Fill in at least three with someone's name.

I want [redacted] to know that I'm good enough.

I have a really hard time if [redacted] criticizes me.

I feel good when I impress [redacted].

I get frustrated when [redacted] doesn't notice the work I do.

I feel like I'm constantly trying to prove myself to [redacted].

I want to make sure [redacted] is paying attention to me.

I care a lot about what [redacted] thinks of me.

Stuck? Make a list on the next page of the people you see during the week—from friends to bosses to bartenders and baristas.

[Blank white box for date entry]

Date

WEEKEND

[Lined writing area for notes]

WEEK THREE

MY WEEKLY CHALLENGE

Pick one:

This week, I'm going to take a break from striving for approval from:

And trust that God has new things to teach me about who I am.

Or,

This week, I'm going to let go of protecting my image as:

And trust that God has new things to teach me about who I am.

On the next page is a Map Home. Make sure you complete it before the weekend service.

Write down what's been happening this week as you take a break from seeking approval or protecting an image.

HOW'S IT GOING?

CHALLENGE

This exercise is meant to help you tie together everything you've been thinking about for the past few weeks, and put together a plan for moving forward.

A MAP HOME

PART 1 / PLAN

Use your answers from earlier in the guide to complete this section.

HOW I'VE BEEN KNOWN:

(you answered this on page 17)

A STATEMENT THAT DESCRIBES ME:

(the first box on page 22)

HOW I VIEW GOD: *(from page 29)*

*NEED HELP? TURN THE PAGE FOR AN EXAMPLE.



PART 2 / CONNECT

Do you see a pattern emerging?

BASED ON YOUR PART 1 ANSWERS, WHAT DO YOU BELIEVE ABOUT YOURSELF AND/OR GOD?

IN WHAT SITUATIONS DOES THIS BELIEF MANIFEST ITSELF THE MOST?



PART 3 / PLAN

Explore ways that you can let go of this belief.

WRITE DOWN YOUR GOD STATEMENT FROM PAGE 38.

WHAT ARE SOME WAYS YOU CAN LIVE AS IF YOU BELIEVE THIS STATEMENT?

WRITE DOWN WHAT YOU'RE GOING TO TAKE A BREAK FROM.
(listed on page 48).

WHAT ARE SOME WAYS THAT YOU CAN DO THIS?

THIS BEGINS A RETURN HOME.

This exercise is meant to help you tie together everything you've been thinking about for the past few weeks, and put together a plan for moving forward.

A MAP HOME

SAMPLE

PART 1 / PLAN

Use your answers from earlier in the guide to complete this section.

HOW I'VE BEEN KNOWN:

(you answered this on page 17)

*The successful guy
"Most Talented"*

A STATEMENT THAT DESCRIBES ME:

(the first box on page 22)

I'm often stressed.

HOW I VIEW GOD: (from page 29)

*Someone I don't
want to disappoint.*



PART 2 / CONNECT

Do you see a pattern emerging?

BASED ON YOUR PART 1 ANSWERS, WHAT DO YOU BELIEVE ABOUT YOURSELF AND/OR GOD?

That I need to earn everyone's approval.

God, family, friends

IN WHAT SITUATIONS DOES THIS BELIEF MANIFEST ITSELF THE MOST?

- when work is slow

- when my wife and I talk about finances



PART 3 / PLAN

Explore ways that you can let go of this belief.

WRITE DOWN YOUR GOD STATEMENT FROM PAGE 38.

He wants you to take a break

WHAT ARE SOME WAYS YOU CAN LIVE AS IF YOU BELIEVE THIS STATEMENT?

- Rest every weekend

- Trust my wife with our bills

WRITE DOWN WHAT YOU'RE GOING TO TAKE A BREAK FROM.

(listed on page 48).

My image as the "Busy Guy"

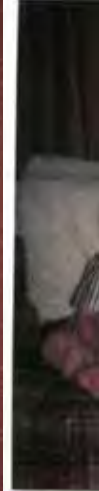
WHAT ARE SOME WAYS THAT YOU CAN DO THIS?

- say "no" more often

- delegate

- spend an hour each day being unproductive

THIS BEGINS A RETURN HOME.



Mari
r



BLESSING AT HOME

Read this over each of your kids— out loud, so they can hear you. If this is the first time you’ve done something like this, you may find it kind of awkward at the beginning (and your kids may think you’re a little crazy). But your words have incredible weight, so push through the awkwardness:

Thank you God for making _____ and for giving him/her to our family. May _____ really believe that you love him/her no matter what and that he/she can do absolutely nothing to earn your love—or anything to make you stop loving him/her. You give your love freely. May _____ know he/she is your child. May _____ have the power to understand how wide, how long, how high, and how deep God’s love is. May _____ experience the love of God, and be made complete with all the fullness of life and power that comes from God.



K, Benj, Andy + Curtis
Mar. 10, 81





The background is a dark blue, textured surface. A vertical line runs down the center. On the left side, there is a dark, shadowed area that appears to be a person's shoulder or arm. Below the main text, there are four horizontal stripes in orange, yellow, light blue, and teal, each with a distressed, paint-like texture.

week 04

RETURN HOME

What does it look like to return home?

[Blank white box for date entry]

Date

WEEKEND

[Lined writing area for notes]

A STORY ABOUT A
A SON
WHO GOES
HOME
AS TOLD BY JESUS

There was once a man who had two sons. The younger said to his father, "Father, I want right now what's coming to me." So the father divided the property between them. It wasn't long before the younger son packed his bags and left for a distant country. There, undisciplined and dissipated, he wasted everything he had. After he had gone through all his money, there was a bad famine all through that country and he began to hurt. He signed on with a citizen there who assigned him to his fields to slop the pigs. He

was so hungry he would have eaten the corncobs in the pig slop, but no one would give him any. That brought him to his senses. He said, "All those farmhands working for my father sit down to three meals a day, and here I am starving to death. I'm going back to my father. I'll say to him, Father, I've sinned against God, I've sinned before you; I don't deserve to be called your son. Take me on as a hired hand." He got right up and went home to his father. When he was still a long way off, his father saw him. His heart pounding, he ran out, embraced him, and kissed him. The son started his speech: "Father, I've sinned against God, I've sinned before you; I don't deserve to be called your son ever again." But the father wasn't listening. He was calling to the servants, "Quick. Bring a clean set of clothes and dress him. Put the family ring on

his finger and sandals on his feet. Then get a grain-fed heifer and roast it. We're going to feast! We're going to have a wonderful time! My son is here—given up for dead and now alive! Given up for lost and now found!" And they began to have a wonderful time.

All this time his older son was out in the field. When the day's work was done he came in. As he approached the house, he heard the music and dancing. Calling over one of the houseboys, he asked what was going on. He told him, "Your brother came home. Your father has ordered a feast—barbecued beef!—because he has him home safe and sound." The older brother stalked off in an angry sulk and refused to join in. His father came out and tried

to talk to him, but he wouldn't listen. The son said, "Look how many years I've stayed here serving you, never giving you one moment of grief, but have you ever thrown a party for me and my friends? Then this son of yours who has thrown away your money on whores shows up and you go all out with a feast!" His father said, "Son, you don't understand. You're with me all the time, and everything that is mine is yours—but this is a wonderful time, and we had to celebrate. This brother of yours was dead, and he's alive! He was lost, and he's found!"

LUKE 15/11-32
THE MESSAGE

You'll answer these in small group, but come back to them later if you want.

From whose viewpoint do you see the story? Circle.

YOUNGER
SON'S

OLDER
SON'S

BYSTANDER

DAD

Because of the viewpoint you see the story, what might it reveal about what you feel toward God?

EXAMPLES

YOUNGER SON
I feel like God is really forgiving but I don't want to deal with my mistake.

OLDER SON
I think God is unfair and that I deserve more for being a good Christian.

BYSTANDER
God's not a big part of my life.

DAD
I want to offer the grace I have received from God to others in my life.

If you're the younger son, what do you need to believe about the father in order to run into his arms?

If you're the older son, what do you need to believe in order to be excited that your younger brother came home / gets grace?

If you're watching as a bystander, what would you need to believe in order to see yourself as the younger son?

If you're the dad, how can you follow God's example in your posture toward others?

WEEK FOUR

MY WEEKLY CHALLENGE

This week, your challenge is to complete the Journey Home Prayer Experience. It's an opportunity for you to try experiencing time with God. And it's designed to be done individually—no awkward hand-holding circles, we promise.

Find out where and when here:



crosspointweb.org/homejourney-prayerexperience

After you try the Journey Home Prayer Experience, use this space to write down any thoughts or ideas that came out of it.

JOURNEY HOME PRAYER EXPERIENCE:



A SON'S STORY

As a family, watch the Prodigal Son video together or look it up in the Bible: Luke, chapter 15.



Adult Version
(Length 5:39)



Kid Version
(Length 4:06)



Next, take some time to discuss the video. You can use these questions if they are helpful:

What was the father thinking when he let his son go?

What was the father feeling when his younger son was gone?

If you were the father, how would you feel when you saw the younger son coming home?

At the moment the younger son and the father reunite, what do you imagine the dad feeling?

How is the dad in the story like God?





week 05
PLACE AT THE TABLE

How are you living at home?

An activity for the weekend service.

On a scale from 1-5, how good are you at receiving:

A Present

5

I LOVE IT!

4

3

AH, YOU REALLY SHOULD'N'T HAVE.

2

1

I DON'T WANT ANYTHING

A Compliment

5

THANKS FOR SAYING SO.

4

3

I'M NOT REALLY THAT GREAT, BUT THANKS.

2

1

WHO ME?

Compassion

5

YEAH, I'M HAVING A HARD TIME.

4

3

IT'LL TURN OUT OK.

2

1

THANKS, BUT IT'S NO BIG DEAL.

Help

5

SURE, I'D LOVE YOUR HELP.

4

3

ONLY IF YOU HAVE TIME.

2

1

THANKS ANYWAY.

Advice

5

THANKS, I'LL WORK ON THAT.

4

3

I'LL THINK ABOUT IT. (OR NOT.)

2

1

YOU DON'T UNDERSTAND.

If you ended up in any 3's, 2's or 1's, make a thoughtful list of why you have a hard time letting other people give to you.

A large white rectangular area intended for the user to write a list of reasons why they have a hard time letting other people give to them.

Date

WEEKEND

In your small group, you watched
a video about receiving from God.
Want to watch it again?



NOOMA - Rain

Something I heard about God:

Something I want to receive:

Something I heard about myself:

WEEK FIVE

MY WEEKLY CHALLENGE

This week, your challenge is to do something that fills you.

What are you going to do?

When will you do it?

CALL AN OLD FRIEND OUT OF THE BLUE

TAKE THIS CHALLENGE LITERALLY BY EATING THREE SACKFULS OF SLIDERS

GO FOR AN EVENING RUN

INVITE A FRIEND OVER ON A WHIM

CANCEL AFTERNOON PLANS AND WATCH A MOVIE

RIDE A MOTORCYCLE

ORGANIZE A PICKUP FOOTBALL GAME

HOST A EUCHERE TOURNAMENT

WRITE A LOVE NOTE TO YOUR SPOUSE

PAY FOR A STRANGER'S MEAL

HAVE A FIRST CONVERSATION WITH A NEIGHBOR

GIVE SOMEONE A SINCERE COMPLIMENT

PLAY WITH A CHILD HELP YOUR NEIGHBOR WITH A YARD PROJECT

BUILD SOMETHING

FORGIVE SOMEONE

GO KAYAKING

HAVE A REAL CONVERSATION WITH A CASHIER OR SERVER

TAKE THE DAY OFF WORK

TREAT YOURSELF TO THAT TAYLOR SWIFT MERCH YOU'VE BEEN DYING TO GET

DELEGATE SOMETHING

CREATE A REALLY SPECIAL MEAL FOR SOMEONE

HIRE A BABYSITTER ON A WEEKNIGHT

WHAT IS THIS CHALLENGE TEACHING YOU
ABOUT WHAT GOD WANTS FOR YOU?

CHALLENGE



A NEW HOME MEMORY

We all have dreams of perfect family memories, but they rarely happen without some intentionality, and they are rarely perfect. This week, turn off your phone, don't schedule any errands, and have fun! Do something as an entire family that you enjoy.

Here are some ideas: make s'mores, cook a surprise fancy breakfast before school, make pizzas together, have a picnic inside, go fishing, take a hike, have a pumpkin chuckin' contest, make a home movie, have a family fun night (complete with favorite snacks and games), design a family tattoo and draw it on each other, or choreograph a family dance.





week 06
REMAIN AT HOME



How is God moving you?

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Date

WEEKEND

[Lined writing area for notes]

*This resurrection life you
received from God is not a
timid, grave-tending life. It's*

**ADVENTUROUSLY
EXPECTANT,**

*greeting God with a childlike
"What's next, Papa?"*

**GOD'S SPIRIT
TOUCHES OURS**

and confirms who we really are.

We know who he is, and we know who we are:

FATHER AND CHILDREN.

And we know we are going to get what's coming to us—

AN UNBELIEVABLE INHERITANCE!

We go through exactly what Christ goes through. If we go through the hard times with him, then we're certainly going to go through the good times with him!

ROMANS 8/15-17
THE MESSAGE

Some daily ways for remaining in your identity as a treasured child.

Do these any time, as much as you want, whenever you want.

ASK GOD TO TELL
YOU WHY HE'S IN
LOVE WITH YOU.
WRITE IT DOWN.

WRITE OUT 50 THINGS
YOU'RE THANKFUL
FOR AS A PRAYER.

GO OUT OF YOUR
WAY TO ENCOURAGE
ONE PERSON THIS
WEEK.

"BE STILL AND KNOW
THAT I AM GOD." LET
THIS PHRASE SOAK IN
ALL DAY—REPEAT IT,
STUDY IT.

FOR ONE WHOLE DAY,
ALWAYS PUT THE
PERSON ABOVE THE
TASK. (INCLUDING
YOURSELF.)

FOR AN ENTIRE
DAY, DO SOMETHING
YOU LOVE.

CONFESS SOMETHING
TO SOMEONE AND
ASK THEM TO
FORGIVE YOU.

TAKE A STAB AT
SOMETHING YOU'VE
ALWAYS WANTED TO
TRY BUT KNOW YOU
WON'T BE GOOD AT.

FOR AN ENTIRE DAY,
TRY AND ENCOURAGE
EVERYONE YOU SEE.

SERVE SOMEONE
WHO CAN'T DO
ANYTHING FOR YOU
IN RETURN.

AS AN ACT OF
WORSHIP, DO
SOMETHING THAT
FILLS YOUR SOUL.

MEMORIZE PSALM
139:14.

FOR ONE DAY, SIMPLY SAY "THANK YOU" TO GOD FOR ANYTHING SMALL IN YOUR LIFE THAT GIVES YOU JOY.

MEMORIZE ROMANS 8:1 AND REPEAT IT DAILY.

ASK GOD TO SHOW YOU ONE AREA WHERE YOU NEED TO BREAK A ROUTINE. THEN DO IT.

ACCEPT SOMEONE'S FEEDBACK AND ACT ON IT.

"HE IS BEFORE ALL THINGS, AND IN HIM ALL THINGS HOLD TOGETHER." FOCUS ON THIS PHRASE ALL DAY.

GIVE SOMETHING AWAY.

THANK SOMEONE IN AUTHORITY OVER YOU FOR THE WORK THEY DO.

LOOK FOR FIVE WAYS TO BE GENEROUS IN ONE DAY.

CONFESS AN AREA OF SIN TO A PERSON OR GROUP YOU TRUST.

SHARE SOMETHING GOOD GOD HAS DONE IN YOUR LIFE.

START EACH DAY THIS WEEK BY READING MATTHEW 6:25-34

PURPOSEFULLY COMPLIMENT SOMEONE'S WORK TO THAT PERSON'S BOSS.

CHOOSE TRUST OVER SUSPICION.

TALK TO GOD DURING A TIME OF DAY WHEN YOU NORMALLY WOULDN'T.

JOURNAL WITH GOD (AND YOU CAN USE THE REST OF THIS GUIDE TO DO THAT).



A THANKFUL HOME

Open the photos app on your phone and look at some old pictures, and as you look at them, identify things for which your family is thankful. Then, come up with one way to give another family a treasured memory. That could mean a surprise serenade, fun mail, a s'mores kit, or your favorite board game. Take some pictures to document the fun—this may become a family tradition.



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Date

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[Redacted]

Date

Lined writing area with horizontal lines.

[Redacted]

Date

Lined writing area with horizontal lines.

God's treasured children are...

...valuable.

Suppose a woman has ten silver coins and loses one. Won't she light a lamp and sweep the entire house and search carefully until she finds it? And when she finds it, she will call in her friends and neighbors and say, 'Rejoice with me because I have found my lost coin.' In the same way, there is joy in the presence of God's angels when even one sinner repents.

Luke 15/8-10

...protected.

Every word of God proves true. He is a shield to all who come to him for protection.

Proverbs 30/5

...loved.

Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

Isaiah 54/10

...given rest.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11/28-29

...given courage and hope.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Deuteronomy 31/6

...able to experience this daily.

And be sure of this: I am with you always, even to the end of the age.

Matthew 28/20
