

# Family Rhythms Workbook

**Aligning Your Home with God's Purpose**

By Bobby McGraw

Building a healthy family isn't about perfection but about intentional rhythms. Inspired by Bobby McGraw's message *A Life That Works*, this workbook offers practical ways to align your home life with God's purpose.

We've included templates, exercises, and prompts for family worship, communication, and serving others. Implement these rhythms, and over time, watch your home flourish with purpose and peace. Print out the sections as needed—this is a resource for your journey.





# DAILY RHYTHMS: ROOTED IN PRAYER AND SCRIPTURE

Daily rhythms are essential for anchoring your family in faith. Small, consistent actions build a foundation for spiritual growth over time. Whether it's a moment of prayer in the morning, reading Scripture together, or offering words of encouragement at bedtime, these routines foster connection with God and with each other.

- Deuteronomy 6:6-7: “These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”
- This passage reminds us that spiritual formation happens throughout the day—in the ordinary, everyday moments.

## Ideas & Prompts:

- Morning Devotion Template: Start the day by reflecting on a verse and asking God for guidance.
  - Verse & Prayer Focus Ideas:
    - Philippians 4:6-7 / Ask God to bring peace to your heart and mind today. Pray that your family learns to trust Him in every situation.
    - Colossians 3:23-24 / Pray that each family member approaches their tasks and responsibilities today with a joyful heart, working as if for the Lord.
    - Proverbs 3:5-6 / Ask God for guidance and clarity in decisions. Pray for hearts that trust Him even when things are unclear or difficult.
    - Psalm 46:1-2 / Pray for courage and strength, knowing that God is always near. Ask for His help when facing fear or challenges today.
    - Ephesians 4:32 / Pray for kindness and forgiveness to flow through your home today. Ask God to help each family member reflect His love and grace toward one another.
  - Gratitude Check: What is one thing we are thankful for today?
- **Bedtime Blessing:** End the day by praying together and offering a blessing over each family member.
  - Example: “May the Lord bless you and keep you. May His face shine upon you and give you peace.” (Numbers 6:24-26)

“Spiritual growth is about progress, not perfection.” — John Ortberg





# WEEKLY RHYTHMS: WORSHIP AND REST TOGETHER

Setting aside time each week to worship as a family creates space to reconnect with God and each other. Weekly rhythms—such as attending church, observing Sabbath, or having family worship nights—give everyone a chance to rest, reflect, and recharge.

- Exodus 20:8-10: “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.”
- Weekly rest isn’t just about relaxation—it’s about intentionally pausing to focus on God and His provision.

## **Ideas & Prompts:**

- Sabbath Planning: Create a family Sabbath schedule.
  - Morning Worship: Attend church together or stream a service online.
  - Family Meal: Enjoy a shared meal and talk about what God is doing in your lives.
  - Afternoon Rest: Go for a nature walk, nap, or spend time journaling.
- Worship Playlist: Curate a playlist of uplifting worship songs for your family. Listen together on Sunday mornings or play it during family devotion times.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” — Wayne Muller





# SEASONAL RHYTHMS: FAMILY PROJECTS & ACTS OF SERVICE

Service to others cultivates empathy, teamwork, and joy. When families serve together, they not only make an impact in their communities but also grow closer to one another and to God. These shared experiences create lasting memories and help children develop a heart for others.

- Galatians 5:13: “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”
- Serving others reflects the heart of Jesus, who came not to be served but to serve.

Ideas & Prompts:

- Monthly Service Challenge: Choose a project to complete as a family.
  - Project Ideas: Help at a local shelter, clean up a park, or prepare care packages for those in need.
  - Reflection Questions: How did serving impact our family? How did we see God at work?
- Family Meeting Template: Once a month, hold a meeting to reflect on your family's growth and set new service goals.
  - This Month's Service Focus: \_\_\_\_\_
  - What We Learned from Serving: \_\_\_\_\_
  - Next Steps: \_\_\_\_\_

“Only a life lived for others is a life worthwhile.” — Albert Schweitzer



# NEXT STEPS

Intentional family rhythms can create a life filled with peace, purpose, and connection. As you take steps to align your home with God's purpose, remember that small, consistent actions lead to meaningful change. Here's how you can continue the journey:

## Share This Workbook with a Friend

Found this guide helpful? Share it with a friend or family member who could benefit from building intentional rhythms. Sometimes, one small resource can spark transformation in someone else's life. Forward this PDF or send them the download link!

## Explore More Messages from Bobby McGraw

Take a deeper dive into practical ways to align your life with God's will by listening to these messages from Bobby McGraw at Sugar Hill Church:

- **A Life That Works** – Discover practical ways to build a life rooted in God's purpose.
- **Re-Thinking Monday** – Shift your mindset and see every day as an opportunity to live intentionally.
- **Heart Beat** – Align your life with the heartbeat of God by embracing rhythms of rest and connection.

## Visit Sugar Hill Church

We'd love to meet you in person or connect online! Whether you're new to faith, returning to church, or looking for a community to grow with, Sugar Hill Church is a place for everyone. You'll find friendly people, inspiring worship, and practical teaching to help you live with purpose.

### Service Times:

- Sundays: 9:15 AM & 11:00 AM
- Spanish Service: 11:00 AM

### Location:

5091 Nelson Brogdon Blvd., Sugar Hill, GA 30518

### Online Services:

Join us live at [sugarhill.church](https://sugarhill.church)

Wherever you are on your journey, we'd love to walk alongside you as you discover God's plan for your life!

# ABOUT BOBBY MCGRAW

Bobby McGraw serves as the Teaching Pastor at Sugar Hill Church, where he is passionate about helping people grow spiritually through practical teaching. Known for his clear and engaging communication style, Bobby connects timeless biblical truths with everyday life. Whether he's speaking to a small group of students or a large audience, his goal is to make the Gospel accessible and actionable.

Bobby and his wife, Laura, live just outside of Atlanta with their 10-pound guard dog, Ollie. When he's not teaching or leading, Bobby enjoys golf, camping, and reading—though these days, you might catch him watching his favorite sports teams or cheering on his fantasy football roster.

# ABOUT SUGAR HILL CHURCH

Sugar Hill Church is a welcoming community committed to helping people find and follow Jesus. With a passion for practical faith, we offer engaging worship services, vibrant children's and student ministries, and opportunities for adults to grow in their relationship with God.

Our mission is simple: Help people discover God's purpose for their lives and empower them to live it out. Whether you join us in person or online, you'll find a place where faith meets everyday life, and everyone is welcome just as they are.

Join us and experience a life filled with purpose, connection, and hope! We can't wait to meet you.