

Equipping Families During COVID-19

A Daily Practice of
The Colossian Way

THE
COLOSSIAN
FORUM™
Hope in Practice



Getting Started

The Colossian Way offers a simple practice you and your family can rely on to navigate conflicts you might be experiencing during this crisis. In this daily family practice, we do three things:

Gather in the name of Jesus.

Practice loving God and one another as we wrestle with the difficulties and conflicts emerging from life during COVID-19.

Witness to what God is doing in our midst.

Using this basic scaffolding, you can help your family not only tackle tensions but create space for God to build you up together. Feel free to adapt these elements to the age and ability of those present.

L = Family/Group Leader (consistent or rotating)

P = Participants

All = Group recites together

Remember, this practice won't resolve all the challenges and conflicts that you and your family might be feeling. Many of these problems will persist in this world, even as we seek God and his kingdom. So, you won't come out of this practice with all of the answers. But as you lean into these practices—remembering and reactivating the basics of the Christian faith—you will be more equipped to engage conflicts in a more Christlike way. These practices reorient us to seek the good of our family and unity in the body of Christ. As you shift your focus back to love of God and love of neighbor, rather than simply winning or getting your way, better ways of engaging conflict together will follow.

Col 1:17: He is before all things, and in him all things hold together.

Gather

L: The Lord be with you.

P: And also with you.

L: Lift up your hearts.

P: We lift them up to the Lord.

Opening Song

Holy, Holy, Holy!

(optional source: <https://www.youtube.com/watch?v=AgHrNNM23p8>)

All: (Sing or speak together)

Holy, holy, holy!

Lord God Almighty

Early in the morning

Our song shall rise to Thee

Holy, holy, holy!

Merciful and mighty

God in three persons

Blessed Trinity!

Prayer of Invocation

L: Lord Jesus, you promise us that when two or three are gathered together in your name, you are present. We trust this promise today and ask that you would pour out your Holy Spirit upon us. Make us sensitive to your presence with us, responsive to your call within us, and attentive to discovering you in one another. We ask this in your name.

All: Amen.

Practice

L: Gathered in your name, Jesus, we listen to the Good News of your Word...

Have each family member read a few verses of the following passage:

Col. 3:1-4, 12-18.

Brief silence.

L: Hearing your words, Jesus, we listen to our hearts:

Offer everyone a moment to name a particularly difficult challenge/conflict that has surfaced because of the coronavirus situation. Quickly brainstorm challenges, and identify one to consider together (e.g., "I want to spend time with my friends, but you won't let me go out of the house!").

Each person then journals or makes notes about that challenge/conflict, naming things that fall into each of the following categories:

- 1) **Praises** to God for providing what we need to be faithful to God and one another in this moment, along with other blessings we can see.
- 2) **Laments** to God about what we hate about this situation. Describe what challenges we face (frustrations, complaints, hurts, feelings of loneliness and anger). We give all of those things to God.
- 3) **Hopes** for what God might do through us and others during this crisis. These are longings for God's love and kingdom to come to us and the world.

Witness

Invite each person to share one thought they journaled or what they have experienced during your time together.

*The key here is to invite **any** reflections that we brought before God, without offering criticism of those reflections. It is critical to demonstrate that we can bring everything before God—even our failures and laments.*

Hint

If the kids are distracted, ask them what they are thinking about, and tell them how much God loves them and cares about those distractions, too.

If they are looking out the window, ask them what they see, and let them know that God loves them and sees it too.

If they don't feel like doing anything, let them know that God is with them, even when they don't feel like doing anything, and he loves them. Follow up by asking, "How can you recognize God's love today?"

Closing Question

L: Is there anything we are called to do right now to love Jesus and one another more deeply?

Reflect and discuss throughout the day as the occasions arise.

Closing Prayer

L: Lord Jesus, we praise you for your presence with us today. We thank you that we can give our praises, our hurts, and our hopes to you at any time, but especially now. Lord, thank you for being Lord over the coronavirus and over all sickness, sin, hurt, and death. Be with us as we follow you to victory, knowing you are with us always, even through the valley of the shadow of death. Lead us to still waters this day, that we might live out your peace. We thank you for teaching us to pray . . .

Pray the Lord's Prayer together - Matthew 6:9-13.

All: Amen.



Witness

EQUIPPING FAMILIES DURING COVID-19

Closing Song

Doxology

(optional source: <https://www.youtube.com/watch?v=twYruxiGYlo>)

All: (Sing or speak together)

Praise God from whom all blessings flow,

Praise him all creatures here below,

Praise him above ye heavenly hosts,

Praise Father, Son, and Holy Ghost.

Amen.

Sending

L: Go in peace to love and serve the Lord.

All: Amen.

Our Vision:

A Christian community that acts Christian,
especially in the face of conflict.

Our Mission:

To equip leaders to transform
cultural conflicts into opportunities for
spiritual growth and witness.



The Colossian Way equips Christians to experience the transforming power of conflict. An innovative method based upon traditional Christian practices, The Colossian Way helps Christians practice loving each other and God while engaging difficult problems. Set in an intimate worship context, each small group session follows a five-phase structure that creates space for the Holy Spirit and an authentic formation experience.

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