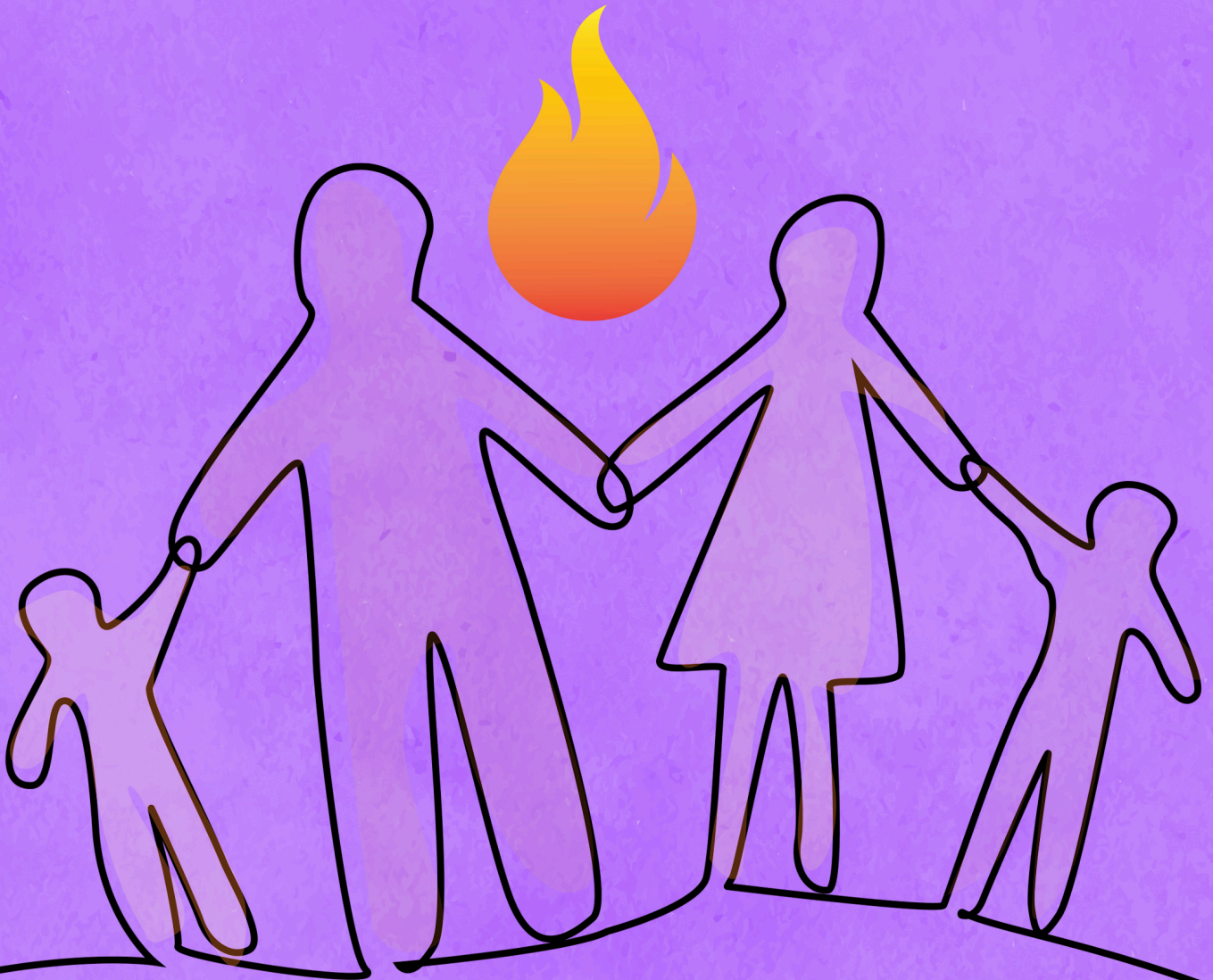


FAMILY ALTAR TIME



“AND THE PRIEST SHALL BURN THEM ON THE ALTAR AS FOOD, AN OFFERING MADE BY FIRE
FOR A SWEET AROMA; ALL THE FAT IS THE LORD’S.”

LEVITICUS 3:16 (NKJV)

“THOU CROWNEST THE YEAR WITH THY GOODNESS; AND THY PATHS DROP FATNESS.”

PSALM 65:11 (KJV)

“The Lord wraps himself in light as with a garment; He stretches out the heavens like a tent.” Psalm 104:2 (NIV)

“He wraps you in goodness—beauty eternal. He renews your youth—you’re always young in his presence.” Psalms 103:5 (The Message)

HOW TO USE

This material is to be used by families on a weekly basis.

Choose a time and a place where you can meet for at least 30 minutes each week (e.g. 7pm on Friday night around your meal table after the meal). Each meeting will follow an outline using the acronym, WRAPS - through following this pattern every week the Lord will wrap You in His light and goodness and push away the darkness to transform your family. As You give your best to the Lord (fat of the offering), He will pour out His best over your family (fatness of abundance).

GUIDELINES

Ideally Fathers should call for and lead these meetings. If the father is not able to do this the mother can lead. The leader should ideally be reading the 10 chapters a day as part of a 10x10 group as each week takes a reading from that week's 10x10. This will give the wider context.

Guidelines for the leader of the Family Altar Time:

It is a time to build up and not tear down.

It is a time to encourage and not to lecture.

It is a blessing time not a blaming time.

It is a time to seek God's presence together and not to solve problems.

It is a time to read and talk about the Bible together and not gossip together!

It should be a fun time and not boring or too serious that family members are put off.

If a family member does not want to be there do not force them to join in. Pray for them with identificational repentance (see point 4).

(1) Worshipping (7 Minutes*)

Use the YouTube links provided to sing along with the worship videos (if you can it is best to project onto a big TV screen for all to see, hear and sing along with). Sing in faith and with passion, with a grateful heart. Proclaiming praises into your house like this causes evil spirits to flee and His presence to come.

(2) Reading (5 Minutes*)

Read aloud together as a family the scripture passage included for that week (you can print out sheets or read from mobile devices using the e-booklet). Read with faith and feeling, putting your whole heart into it. Doing this you are declaring the Word of God into your house and you are building yourselves up and filling your heart with His Word by reading big chunks of the Bible in context.

(3) Applying (10 Minutes*)

Ask family members to answer the questions honestly and briefly. The leader should do some quick preparation beforehand to understand the passage of Scripture and its context. This is not meant to be a heavy Bible Study but a devotional time where the Word is applied into lives to bring transformation. Make it short and sweet.

(4) Praying (5 Minutes*)

Take turns to pray for each other and for your extended family (Pray by using the things you learned from the passage of Scripture). Pray short arrow prayers rather than long-winded prayers. Especially pray using identificational repentance (e.g.

“Forgive us Lord that we have broken Your covenant by _____, have mercy on us Lord, forgive us and cleanse us from all darkness by Your precious blood. Help us move in the opposite spirit by _____ . In the name of Jesus, Amen”.)

(5) Speaking Blessing (3 minutes*)

Parents (especially the father) take time to bless your children first. Children can bless parents and each other too. You can use the Aaronic prayer from Numbers 6:24-26 ("The Lord bless you and keep you; The Lord make His face shine upon you, and be gracious to you; The Lord lift up His countenance upon you, and give you peace.") and add on other specific blessings affirming value, picturing a special future, and affirming your personal commitment. Use the structure, "I bless You in the name of Jesus that the Father may....".

An example blessing is: "I bless you in the name of Jesus, that the Father may bless you. I bless you that the peace and joy of God may come upon you and wash through every part of your being, physically, mentally, socially and spiritually. Amen."

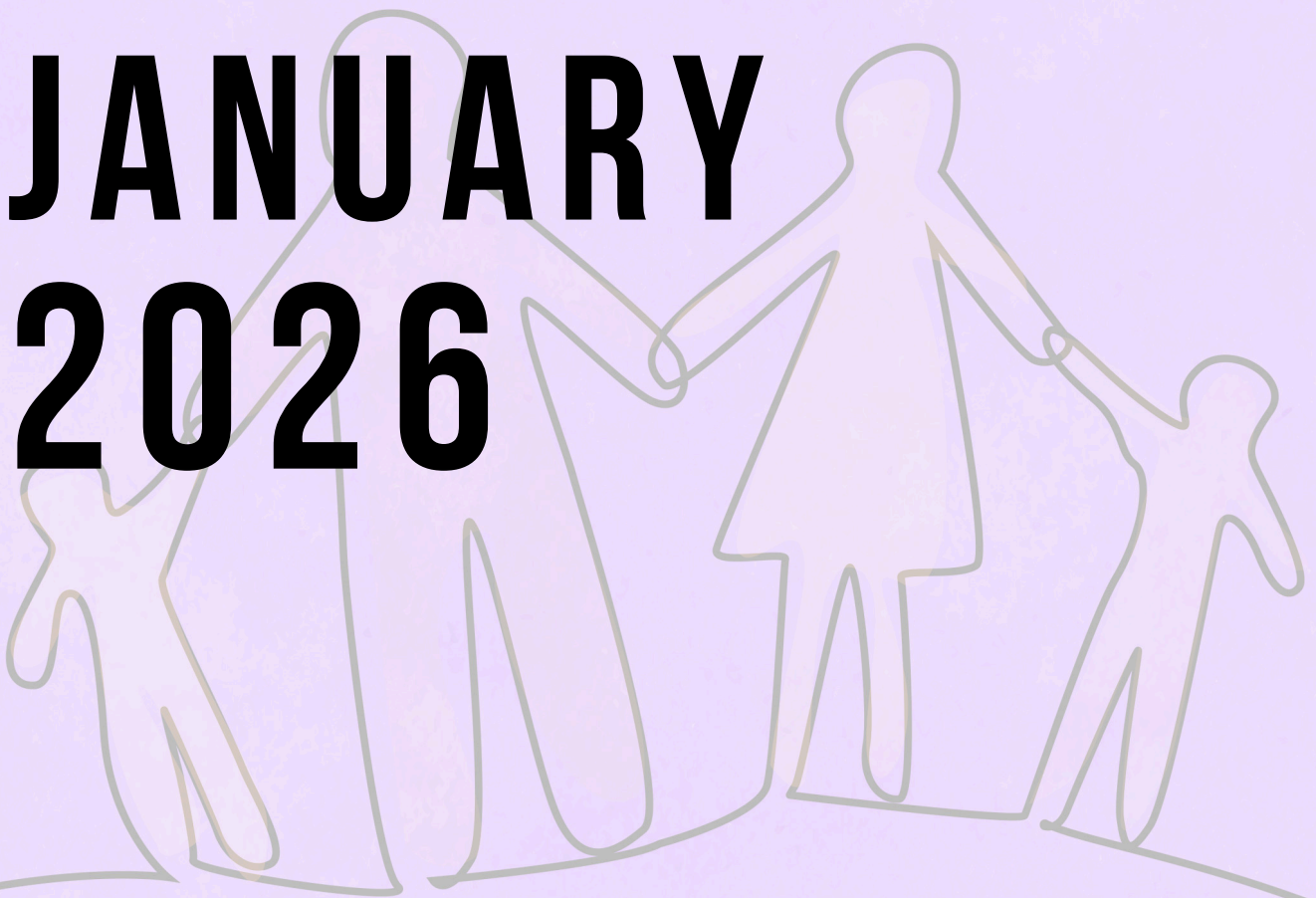
Remember to look eye to eye when blessing. If the family member cannot look you in the eye say, "Is there anything I have done to hurt you that you cannot look me in the eye?". If you have offended them in any way ask forgiveness ("forgive me for hurting you by -----").

If they release forgiveness then you can bless them, if not they are not ready to receive the blessing.

**Suggested timing. Make it according to what is best for your family).*

FAT WRAPS

FOR JANUARY 2026



WORSHIPPING

(January 1st – 11th 2026) Genesis 1 – Leviticus 20

I Heard the Voice of Jesus Say

<https://youtu.be/wuFEDPfgbmE?si=ICJuLw68J0q9GXJN>

Still

https://www.youtube.com/watch?v=_n6dfB2Z-Ko

Peace Like A River (For kids)

<https://youtu.be/7it5W1FVtTs?si=EoolddZQjjh0F6ii>

Exodus 31:12 - 18 (NKJV)

Reading for young kids

https://www.youtube.com/shorts/0uz2COST_ol

¹² *And the Lord spoke to Moses, saying,*

¹³ *“Speak also to the children of Israel, saying: ‘Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.*

¹⁴ *You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.*

¹⁵ *Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death.*

WEEK 1

Exodus 31:12 - 18 (NKJV)

¹⁶ *Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant.*

¹⁷ *It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.”*

¹⁸ *And when He had made an end of speaking with him on Mount Sinai, He gave Moses two tablets of the Testimony, tablets of stone, written with the finger of God.”*

APPLYING

1)

- **Why do you think God chose rest as a sign of His covenant with His people?**
- How can our family practice Sabbath rest in a way that honours God and strengthens our relationship with Him and each other?

2)

- **What does it mean to treat something as “holy” in our daily lives?**
- Are there habits or routines we can set apart as sacred to remind us of God’s presence and purpose?

3)

- **How does resting help us trust God more deeply?**
- Can you think of a time when stopping work or activity helped you see God’s provision or hear His voice more clearly?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be living in the rest of the Lord. (e.g., “Forgive us Lord for many times living under stress rather than living in Your place of rest. Help us seek Your sanctuary daily and find rest in You that will last through the day. Amen!”)

Declare by faith that your family are a family that lives in the place of resting in the Lord. (e.g., “We declare by faith, in the name of Jesus, that we the _____ family will nestle under the wings of the Almighty and daily find rest under His protection and nourishment. Amen!”)

SPEAKING BLESSING

BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.

WEEK 2

WORSHIPPING

(January 12th - 18th 2026) Leviticus 21 – Deuteronomy 27

Faith

<https://youtu.be/f9yddyu-ZDs?si=2viaMqQlsA5vxfeK>

By Faith

<https://youtu.be/LcSmJdhMzSQ?si=jhCLdaloHyUJVCP>

12 Men Went to Spy (For children)

https://youtu.be/THtS_OkyJik?si=szTy1kGECCWqpdLL

Numbers 13:26 - 33 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=dppUD2JIUZc>

²⁶ Now they departed and came back to Moses and Aaron and all the congregation of the children of Israel in the Wilderness of Paran, at Kadesh; they brought back word to them and to all the congregation and showed them the fruit of the land.

²⁷ Then they told him and said: "We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit.

²⁸ Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover, we saw the descendants of Anak there.

²⁹ The Amalekites dwell in the land of the South; the Hittites, the Jebusites, and the Amorites dwell in the mountains; and the Canaanites dwell by the sea and along the banks of the Jordan."

WEEK 2

Numbers 13:26 - 33 (NKJV)

³⁰ Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it."

³¹ But the men who had gone up with him said, "We are not able to go up against the people, for they are stronger than we."

³² And they gave the children of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature.

³³ There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight."

APPLYING

1)

- **What fears or challenges sometimes make us feel “like grasshoppers” in our own lives?**
- How can we remind each other of God’s promises when we feel small or overwhelmed?

2)

- **Why do you think the Israelites focused more on the giants than on the fruit of the land?**
- How can our family learn to focus on God’s blessings even when things seem difficult or uncertain?

3)

- **What does it look like to respond with faith instead of fear?**
- Can you think of a time when someone in our family showed courage by trusting God in a hard situation?
- Share it.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to see things through the eyes of faith and claim God's promises. (e.g., "Forgive us Lord for often seeing ourselves as grasshoppers in the presence of giants that are sent by the enemy to block us from entering Your promises. Help us have the faith of Joshua and Caleb and enter Your promises in Your strength. Amen.")

Declare that Your family members will be people of faith and not fear. (e.g., "We declare that we, the _____ Family will rise up in faith to claim all God's promises and not cower in fear before giants of the enemy that are nothing in His sight. Amen!")

SPEAKING BLESSING

BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.

WEEK 3

WORSHIPPING

(January 19th – 25th 2026) Deuteronomy 28 – 1 Samuel 16

As For Me and my House

<https://youtu.be/cIUcAFMCDnY?si=SI5Qu5xtCzqgCjna>

Heart of a Servant

<https://youtu.be/5xvrifCPLQc?si=D8wQixVZaJDhItWz>

Me and my House (For Kids)

https://youtu.be/o3d7Qmn7__U?si=W2IpWtaeiAvmdE6x

Joshua 24:13 - 18 (NKJV)

Reading for young kids

<https://www.youtube.com/shorts/Rv4DGqmQbrQ>

¹³ I have given you a land for which you did not labor, and cities which you did not build, and you dwell in them; you eat of the vineyards and olive groves which you did not plant.'

¹⁴ "Now therefore, fear the Lord, serve Him in sincerity and in truth, and put away the gods which your fathers served on the other side of the River and in Egypt. Serve the Lord!

¹⁵ And if it seems evil to you to serve the Lord, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord."

¹⁶ So the people answered and said: "Far be it from us that we should forsake the Lord to serve other gods;

WEEK 3

Joshua 24:13 - 18 (NKJV)

¹⁷ for the Lord our God is He who brought us and our fathers up out of the land of Egypt, from the house of bondage, who did those great signs in our sight, and preserved us in all the way that we went and among all the people through whom we passed.

¹⁸ And the Lord drove out from before us all the people, including the Amorites who dwelt in the land. We also will serve the Lord, for He is our God.”

APPLYING

1)

- **What are some blessings we enjoy today that we didn't work for or earn ourselves?**
- How can we show gratitude to God for the ways He's provided for our family?

2)

- **Joshua challenged the people to choose whom they would serve.**
- What does it look like for our family to choose God daily?
- Are there specific habits or decisions that help us stay faithful to Him together?

3)

- **Why is it important to remember what God has done in the past?**
- Share a story from your lives where you saw God's help or guidance clearly

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to daily be grateful to the Lord and serve Him only. (e.g., “Forgive us Lord that we often start our day with complaints and moaning rather than thanksgiving to You for who You are what You have done. Help us live daily for Your glory as servants of the Most High God. Amen!”)

Declare by faith that your family will live in the attitude of gratitude and choose to daily serve Him. (e.g., “We declare that we, the _____ family will be people of thanksgiving and praise, serving the Lord faithfully with joy. Amen!”)

BLESS YOUR CHILDREN

Bless your children eye to eye in the name of Jesus. Refer to point 5 in the guidelines for help.

WEEK 4

WORSHIPPING

(January 26th – 31st 2026) 1 Samuel 17 – 1 Kings 20

Come to the Cross

<https://youtu.be/2nqkiGVJtZk?si=NOA39c81IfIU8TmX>

Living Hope

<https://youtu.be/9f2FXxDVO6w?si=mnD3NDFbLQArmKD5>

Forgive Like Jesus (For kids)

<https://youtu.be/v-2dNYqPQwg?si=o39N8OvTSLg7nxhc>

2 Samuel 14:28 - 33 (NKJV)

Reading for young kids

https://www.youtube.com/watch?v=7vKB44bR_HQ

²⁸ And Absalom dwelt two full years in Jerusalem but did not see the king's face.

²⁹ Therefore Absalom sent for Joab, to send him to the king, but he would not come to him. And when he sent again the second time, he would not come.

³⁰ So he said to his servants, "See, Joab's field is near mine, and he has barley there; go and set it on fire." And Absalom's servants set the field on fire.

³¹ Then Joab arose and came to Absalom's house, and said to him, "Why have your servants set my field on fire?"

WEEK 4

2 Samuel 14:28 - 33 (NKJV)

³² And Absalom answered Joab, “Look, I sent to you, saying, ‘Come here, so that I may send you to the king, to say, “Why have I come from Geshur? It would be better for me to be there still.”’ Now therefore, let me see the king’s face; but if there is iniquity in me, let him execute me.”

³³ So Joab went to the king and told him. And when he had called for Absalom, he came to the king and bowed himself on his face to the ground before the king. Then the king kissed Absalom.”

APPLYING

1)

- **What do you notice about how Absalom handled being ignored?**
- Have you ever felt unheard or overlooked in our family?
- How can we make sure everyone feels seen and valued?

2)

- **Why do you think Absalom set Joab's field on fire to get a response?**
- Are there healthier ways we can express frustration or ask for help when communication breaks down?

3)

- **What does this story teach us about reconciliation and taking the first step?**
- Is there someone we need to reach out to—even if it's hard—to restore peace or connection?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to recognise those who feel looked over and unappreciated. (e.g. “Forgive us Lord for seeking our own needs without recognising the needs of those around us. Help us constantly to be on the lookout for those we can put before ourselves and bless them in word and deed. Amen!”)

We declare by faith in the name of Jesus that we, the _____ family be a loving family that looks out for each other’s needs and the need of those God puts before us on a daily basis. Amen!

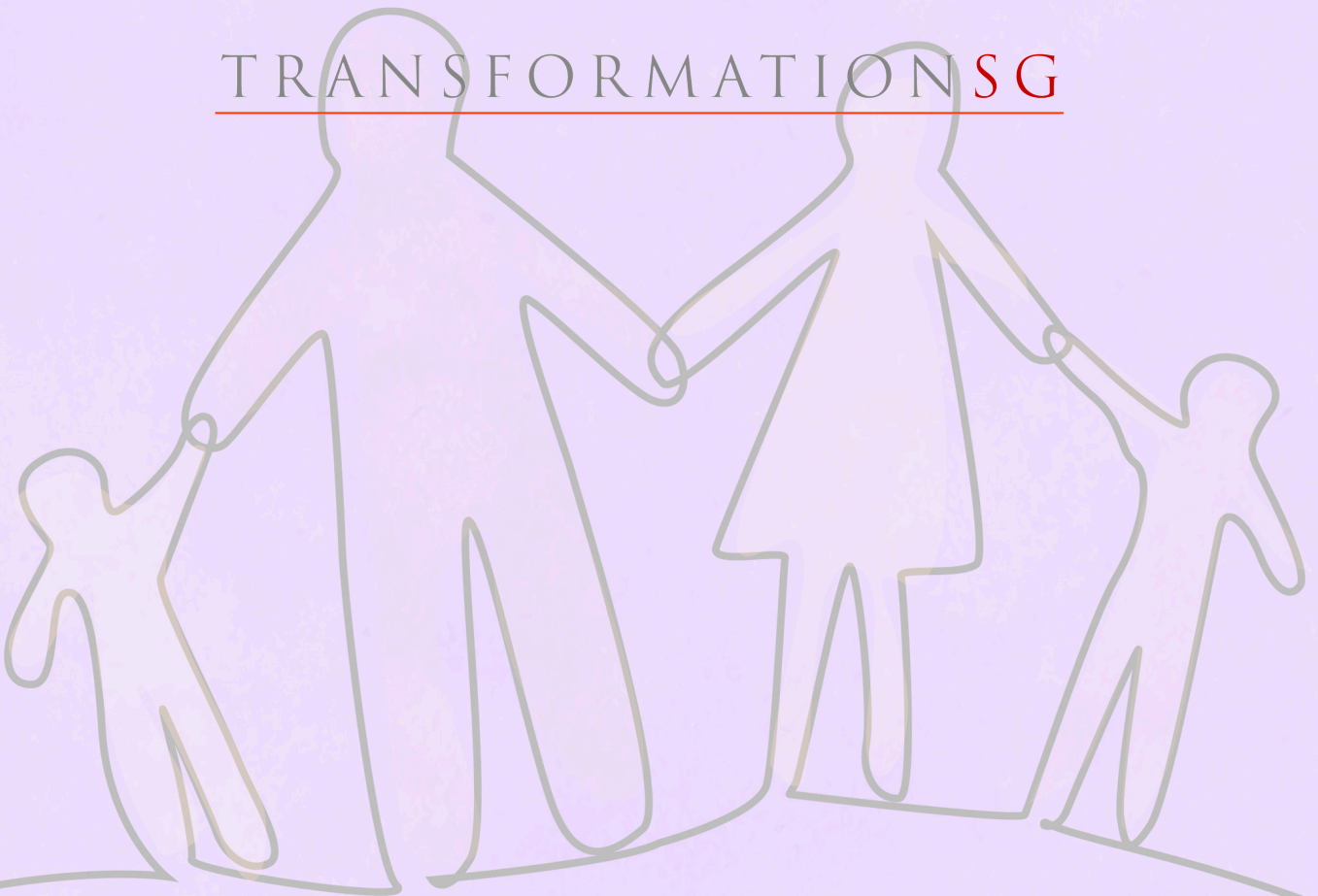
SPEAKING BLESSING

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TRANSFORMATIONSSG



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