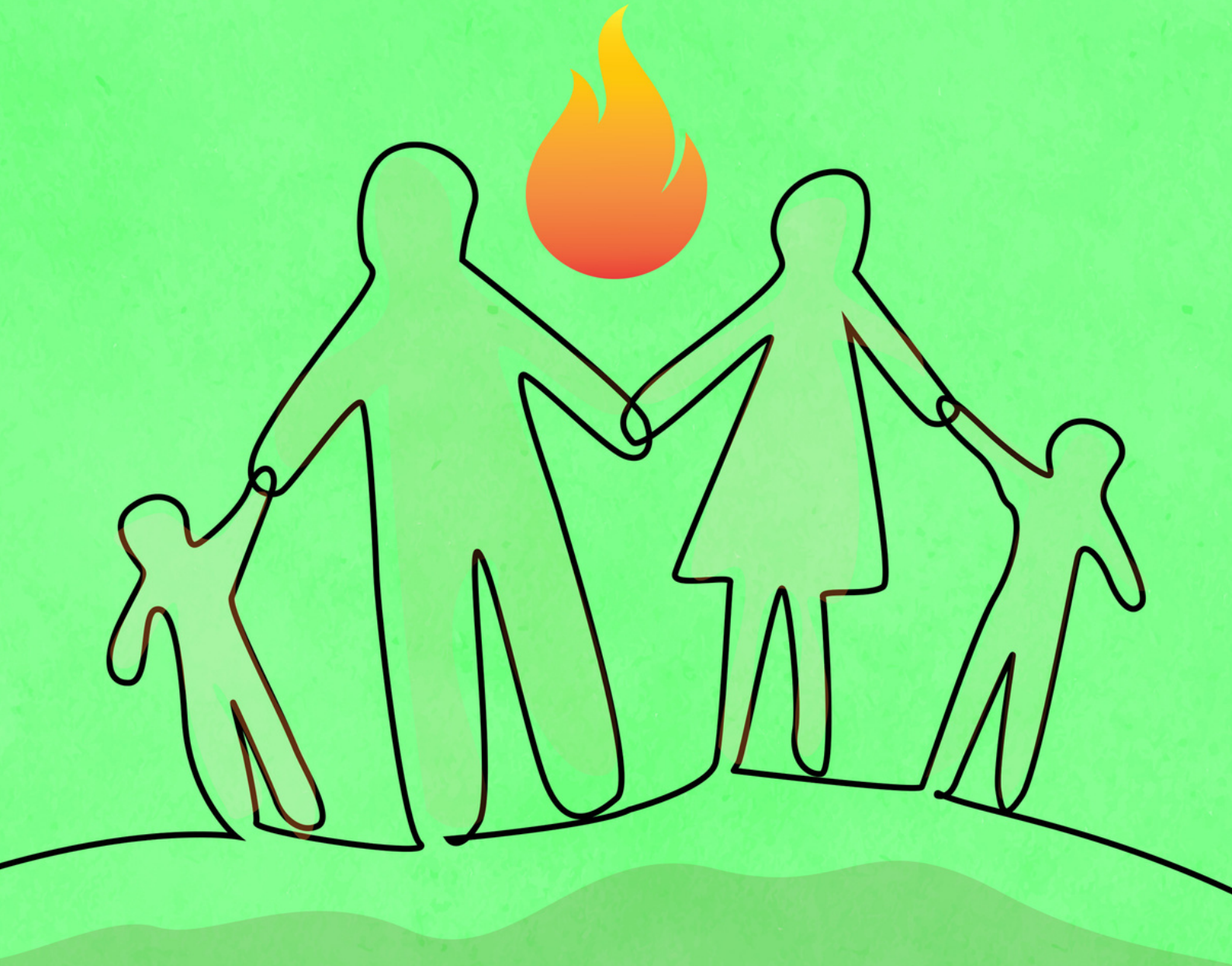


FAMILY ALTAR TIME



"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 SEPTEMBER 2026



WORSHIPPING

(September 1st – 6th 2026) Genesis 1 – Exodus 10

Holy Ground

<https://youtu.be/SZJkichYhC0?si=8o-Osd43CRdDHs3I>

We are Standing on Holy Ground

<https://youtu.be/d44cmUIL5bk?si=-4jMbO4vXGAtG45T>

Moses and the Burning Bush (For kids)

<https://youtu.be/O8sVcvBJ4sQ?si=WaqchwTTjjmPfJvE>

Exodus 3:1 - 10 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=YfpTTp2BliY>

1 “ Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert, and came to Horeb, the mountain of God.

2 And the Angel of the Lord appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was burning with fire, but the bush was not consumed.

3 Then Moses said, “I will now turn aside and see this great sight, why the bush does not burn.”

4 So when the Lord saw that he turned aside to look, God called to him from the midst of the bush and said, “Moses, Moses!” And he said, “Here I am.”

5 Then He said, “Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.”

6 Moreover He said, “I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look upon God.

WEEK 1

Exodus 3:1 - 10 (NKJV)

⁷ And the Lord said: "I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows.

⁸ So I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey, to the place of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites.

⁹ Now therefore, behold, the cry of the children of Israel has come to Me, and I have also seen the oppression with which the Egyptians oppress them.

¹⁰ Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt."

APPLYING

1)

- Where might God be trying to get our attention in the “ordinary” parts of our week?
- Explore how God often speaks through everyday routines—school, work, meals, conversations—and identify one small habit they can practice this week to stay attentive.

2)

- What fears or excuses keep us from obeying God’s call, and how can we support each other in overcoming them?
- Moses felt inadequate and hesitant.
- Families can discuss personal fears—whether spiritual, relational, or practical—and commit to one way they will encourage each other to step forward in faith.

3)

- Who in our lives needs God’s freedom, hope, or compassion, and what is one concrete action we can take together to help?
- God sent Moses because His people were suffering.
- Families can identify someone who needs care.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to live in God's calling. (e.g., "Forgive us Lord for many times living in our own little world and not hearing Your call in 'burning bush' moments. Help us to be alert and watchful as to Your call to help others. Amen!")

Declare by faith that your family will live in the call of God to help others (e.g., "We declare by faith, in the name of Jesus, that we the _____ family will always be in readiness to respond to the call to help others. 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

(September 7th - 13th 2026) Exodus 11 – Numbers 13

Shine Jesus Shine

https://youtu.be/J3iB30gCqAc?si=A1AlISwmSIaZ_V1E

Open the eyes of my Heart

<https://youtu.be/iwqpKD-gBt4?si=DGylMyGbsN22zD9W>

Shine Jesus Shine AfroBeat (For children)

https://youtu.be/-nvzg5y_CdI?si=XfRKrmQ4R64BogHi

Exodus 34:29 - 35 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=oUt9hTO5BLY>

²⁹ Now it was so, when Moses came down from Mount Sinai (and the two tablets of the Testimony were in Moses' hand when he came down from the mountain), that Moses did not know that the skin of his face shone while he talked with Him.

³⁰ So when Aaron and all the children of Israel saw Moses, behold, the skin of his face shone, and they were afraid to come near him.

³¹ Then Moses called to them, and Aaron and all the rulers of the congregation returned to him; and Moses talked with them.

³² Afterward all the children of Israel came near, and he gave them as commandments all that the Lord had spoken with him on Mount Sinai.

WEEK 2

Exodus 34:29 - 35 (NKJV)

³³ And when Moses had finished speaking with them, he put a veil on his face.

³⁴ But whenever Moses went in before the Lord to speak with Him, he would take the veil off until he came out; and he would come out and speak to the children of Israel whatever he had been commanded.

³⁵ And whenever the children of Israel saw the face of Moses, that the skin of Moses' face shone, then Moses would put the veil on his face again, until he went in to speak with Him."

APPLYING

1)

- What changes does God want to make in our attitudes, words, or habits so that His presence becomes visible in our home?
- Moses' face shone because he had been with God.
- Your Family can explore one specific area—speech, patience, gratitude, forgiveness—where God may be inviting transformation this week.

2)

- How can we create regular “meeting moments” with God as a family so that His influence shapes us more than the pressures around us?
- Moses' radiance came from consistent time with God.
- Families can choose one simple rhythm (shared prayer, reading a short passage, worship together) to practice daily or weekly.

3)

- When people interact with us—neighbours, classmates, colleagues—do they sense peace, kindness, or hope?
- What is one intentional way we can reflect Christ to someone this week?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to shine forth the presence of God through your lives. (e.g., “Forgive us Lord for often giving a bad testimony through wrong attitudes, words or habits. Help us to shine forth a Christlike character in our thoughts, words and deeds. Amen.”)

Declare that Your family will live shine for Jesus (e.g., “We declare that we, the _____ Family will shine forth the character of Christ in all we think, say and do. 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

(September 14th – 20th 2026) Numbers 14 – Joshua 13

The Lord Has Given

https://youtu.be/gk1g34YN3T8?si=pGFxrsPyZfr8rA_t

Seek Ye First

https://youtu.be/EsBpM9lcBts?si=41jXSRZaEgTSqW_L

Obedience (For Kids)

https://youtu.be/NUycMKaCsy8?si=zC8APa_zX7OMavEK

Deuteronomy 8:1 - 10 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=j2iyoS7ymRo> – to 1:37

¹ “Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the Lord swore to your fathers.

² And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not.

³ So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.

⁴ Your garments did not wear out on you, nor did your foot swell these forty years.

WEEK 3

Deuteronomy 8:1 - 10 (NKJV)

⁵ You should know in your heart that as a man chastens his son, so the Lord your God chastens you.

⁶ “Therefore, you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him.

⁷ For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills;

⁸ a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;

⁹ a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper.

¹⁰ When you have eaten and are full, then you shall bless the Lord your God for the good land which He has given you.”

APPLYING

1)

- How can our family practice remembering God's past faithfulness, so we stay grateful rather than forgetful?
- Israel was commanded to remember how God led, fed, and formed them.

2)

- What “wilderness lessons” has God taught our family, and how can we carry those lessons into seasons of comfort or abundance?
- God used hardship to shape Israel’s character.

3)

- In what ways can we guard our hearts from pride and intentionally acknowledge God as the source of every good thing we enjoy?
- The danger of the Promised Land was forgetting the Giver.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to live in faithfulness and obedience to God. (e.g., “Forgive us Lord that we often forget Your ways and walk in our own. Help us to walk in faithfulness and obedience to Your word. Amen!”)

Declare by faith that your family will walk in faithfulness and obedience. (e.g., “We declare that we, the _____ family will guard our hearts from pride and walk humbly in God’s word, ways and works. 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

(September 21st – 30th 2026) Joshua 14 – 1 Kings 10

Heal our Land

https://youtu.be/XIShxi3PkYQ?si=x__i0tzm3NEX0fzo

Mighty to Save

https://youtu.be/-HLVnPjbSal?si=K_u7Kh4c2Pe16L3l

Call the Judges (For kids)

https://youtu.be/9fr9OQl8ZmE?si=J3TFwf67_justpSE

Judges 2:16 - 23 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=ou3cjinQzZZE> – From 2:02

¹⁶ Nevertheless, the Lord raised up judges who delivered them out of the hand of those who plundered them.

¹⁷ Yet they would not listen to their judges, but they played the harlot with other gods, and bowed down to them. They turned quickly from the way in which their fathers walked, in obeying the commandments of the Lord; they did not do so.

¹⁸ And when the Lord raised up judges for them, the Lord was with the judge and delivered them out of the hand of their enemies all the days of the judge; for the Lord was moved to pity by their groaning because of those who oppressed them and harassed them.

WEEK 4

Judges 2:16 - 23 (NKJV)

¹⁹ And it came to pass, when the judge was dead, that they reverted and behaved more corruptly than their fathers, by following other gods, to serve them and bow down to them. They did not cease from their own doings nor from their stubborn way.

²⁰ Then the anger of the Lord was hot against Israel; and He said, "Because this nation has transgressed My covenant which I commanded their fathers, and has not heeded My voice,

²¹ I also will no longer drive out before them any of the nations which Joshua left when he died,

²² so that through them I may test Israel, whether they will keep the ways of the Lord, to walk in them as their fathers kept them, or not."

²³ Therefore the Lord left those nations, without driving them out immediately; nor did He deliver them into the hand of Joshua."

APPLYING

1)

- What patterns or habits in our family tend to pull us away from God, and what intentional steps can we take to break those cycles?
- Israel repeatedly turned away even after God rescued them.

2)

- How can we help each other remember God's faithfulness, so we don't repeat the mistakes of forgetting Him?
- Israel forgot what God had done.
- Families can discuss one way to build remembrance.

3)

- When God corrects us or allows consequences to teach us, how can we respond with humility rather than frustration?
- God's discipline was meant to turn Israel's hearts back.
- Families can reflect on recent challenges and ask: What might God be teaching us, and how can we support each other in responding with trust and humility?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to break the cycle of sin by trusting Him more. (e.g. “Forgive us Lord for often allowing the cycle of sin to continue in our lives. Help us trust in You and live in victory. Amen!”)

We declare by faith in the name of Jesus that we, the _____ family are mighty warriors for the Lord and will arise to fight against spiritual powers and principalities in the strength of the Lord to see His Kingdom come, His will be done on earth as it is in heaven. Amen!

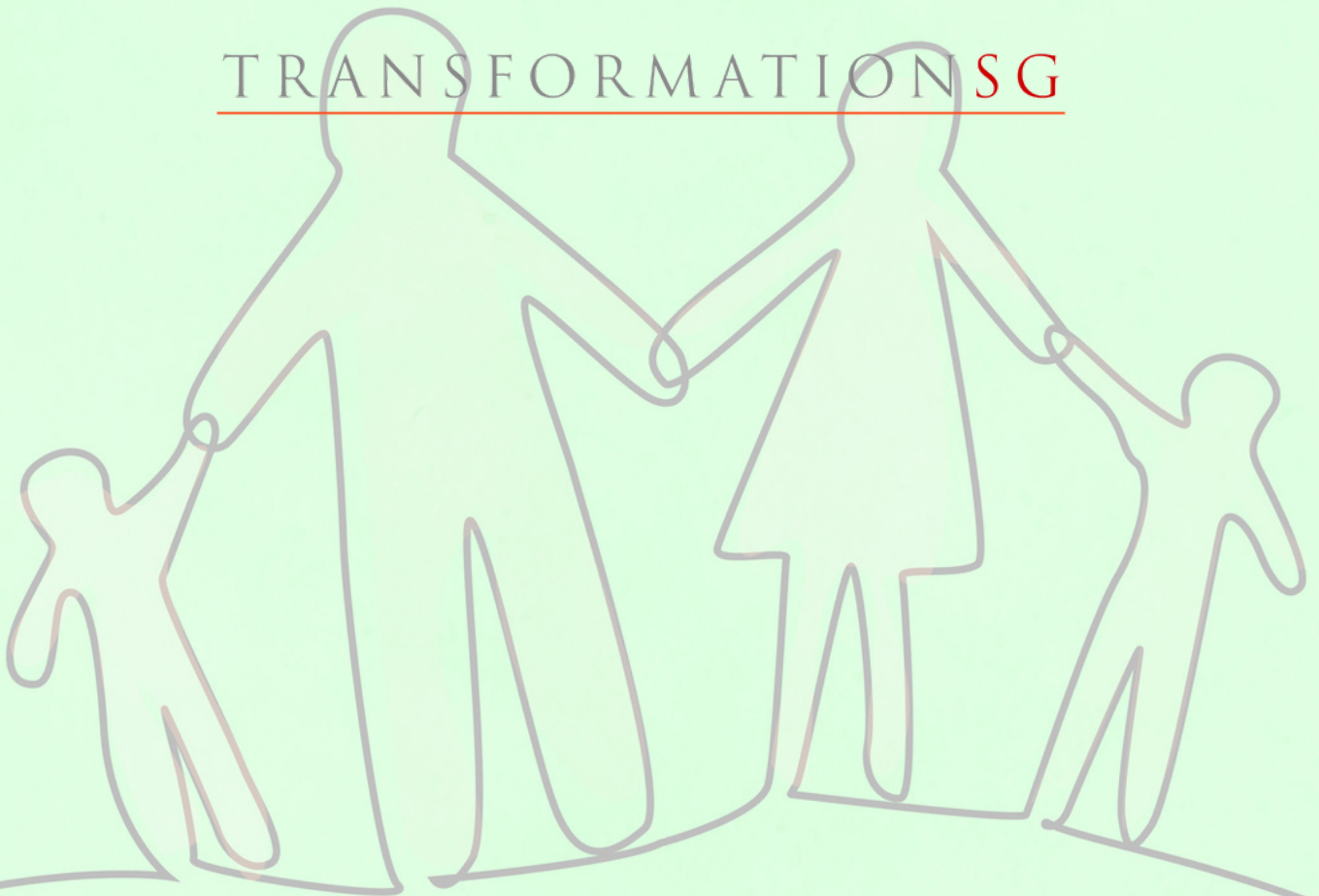
SPEAKING BLESSING

BLESS YOUR CHILDREN

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TRANSFORMATIONSG



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