

## Training Your Family for the Great Expedition

[Deuteronomy 6:4-9 ESV](#) "Hear, O Israel: The LORD our God, the LORD is one. (5) You shall love the LORD your God with all your heart and with all your soul and with all your might. (6) And these words that I command you today shall be on your heart. (7) You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. (8) You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. (9) You shall write them on the doorposts of your house and on your gates.

### 1. A Biblical TRAINING REGIMEN for the Great Expedition

[1 Timothy 4:8 ESV](#) for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

- **TALK** – Be deliberate to have Spiritual conversations.
- **SIT** – Develop Family Worship in your home.  
*How to begin - For the next 4 weeks read 1 chapter of John and 8 verses of Psalm 119 each weekday together as a family.*
- **WALK** – Look and listen for opportunities to teach spiritual truth.
- **LIE DOWN** – End the day with prayer.
- **RISE UP** – Begin the day with God's Word.
- **BIND** - Every thought and action to Christ.
- **WRITE** – Establish spiritual disciplines to help you stay on course.

## 2. A Biblical EXAMPLE of exercising the Great Expedition.

**Proverbs 3:1-12 ESV** My son, do not forget my teaching, but let your heart keep my commandments, (2) for length of days and years of life and peace they will add to you. (3) Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. (4) So you will find favor and good success in the sight of God and man. (5) Trust in the LORD with all your heart, and do not lean on your own understanding. (6) In all your ways acknowledge him, and he will make straight your paths. (7) Be not wise in your own eyes; fear the LORD, and turn away from evil. (8) It will be healing to your flesh and refreshment to your bones. (9) Honor the LORD with your wealth and with the firstfruits of all your produce; (10) then your barns will be filled with plenty, and your vats will be bursting with wine. (11) My son, do not despise the LORD's discipline or be weary of his reproof, (12) for the LORD reproves him whom he loves, as a father the son in whom he delights.

Solomon taught his son to...

- REMEMBER – the blessings of obedience (Prov. 3:1-2)
- HOLD – God's love and faithfulness in your heart (Prov. 3:3)
- TRUST – The Lord completely in every situation (Prov. 3:4-5)
- RESIST - Pride (Prov. 3:7)
- RESPECT – God's position and power. (Prov. 3:7-10)
- REST – In God's sovereignty (Prov. 3:11-12)