

MADE FOR MORE

EXERCISE: SHAPING THE CULTURE OF YOUR HOME EXERCISE

Each of us are created in the image of God, but we all exist in the context of different relationships, responsibilities, and roles (i.e. wife, father, daughter, son, sibling, friend, teacher, disciple-maker, etc.).

Whether we realize it or not, these roles are not neutral. The way we show up in them - what we prioritize, what gets our time and attention, and what we model - shapes the culture of our home. Something is always forming the people closest to us.

Often, we allow our roles to be shaped by urgency, habit, or the expectations of others rather than by an intentional decision to serve the Lord. But as Joshua 24:14-15 reminds us, there are moments when we must choose who and what will shape our homes.

In one way or another, we are called to shape our homes and the people in them. Take the following steps to intentionally use your God-given SHAPE to establish rhythms in your home that serve, cultivate, and protect the kingdom of God.

Step 1: Name Your Roles

Begin by listing all the roles you currently hold. Don't overthink this—just write them out (parent, spouse, child, friend, coworker, student, caregiver, disciple of Jesus, etc.).

Step 2: Discern What Is Shaping Each Role

For each of your 7 roles, ask:

- What currently shapes how I live this role? (Pressure? Convenience? Success? Comfort? Jesus?)
- Does this role reflect a home that is serving the Lord?

Step 3: Review Your SHAPE

Next, consider the results of your SHAPE assessment from last week or take a few minutes to take the SHAPE assessment. clearcreekresources.org/shape

Step 4: Choose One Intentional Rhythm

For each role, write one simple, intentional rhythm for the coming week that reflects your desire to serve the Lord in that role. These should be small, realistic, and relational – it doesn't have to be perfect.



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Examples:

- Family: One device-free meal where we pray and talk.
- Marriage: One intentional conversation or act of service.
- Parenting: Pray with or for my child by name each day.
- Friendship: Initiate one encouraging conversation.
- Sibling: Check in with your sibling and ask how you can pray for them this week.
- Personal walk with God: Set aside 10 minutes of daily Scripture and prayer.

Role:	Rhythm:

