

ROCK OF REFUGE CHURCH

# FAMILY ALTAR

SPIRITUAL AUTONOMY

WEEK THREE



# FAMILY ALTAR

## Order on the Family Altar

### **Aim:**

Guide families to establish devotional time at home in an orderly and meaningful way, encouraging the participation of all members.

### **Introduction:**

The Family Altar is an opportunity for families to come together in worship and spiritual reflection, strengthening their bonds and relationship with God. Here are some tips to make this time effective:

**Choose a suitable place:** It should be a comfortable space without distractions.

**Respect the schedule:** If the time is one hour, try to be punctual so that everyone can get ready.

**Participation of all:** It is important that each member of the family participates actively.

Respect for each role: When someone is praying, reading or reflecting, the rest should listen carefully.

**Encourage dialogue:** At the end of the time, allow each person to share how they felt or what they learned.

## **WEEK THREE:**

### **TOPIC: The Importance of Spiritual Autonomy**

#### **Bible Reading**

Assign a person to read aloud a passage related to personal responsibility and autonomy in faith.

**Romans 14:12** "So then each of us will give an account of himself to God."s."

#### **Family Prayer (10 minutes)**

**Recommendation:** One person may lead the prayer, focusing on the importance of taking responsibility for our personal relationship with God. Ask for spiritual strength, discernment, and a greater personal connection with God for each family member.

#### **Reflection: The Importance of Spiritual Autonomy (15 minutes)**

**Personal Relationship with God:** Reflect on how spiritual autonomy is key to developing a deeper, more personal relationship with God. Each individual is responsible for his or her own spiritual growth.

**Growing in Faith:** Talk about how spiritual autonomy allows us to grow beyond dependence on others, such as our leaders or parents. How does this strengthen our relationship with God?

**Responding in Times of Trial:** Discuss how autonomy in faith equips us to face challenges without relying on the faith of others. How can we learn to trust God directly during difficult times?

#### **Comments and Farewell**

At the end, each member can share how they have experienced the importance of developing their own faith. What steps are they taking to deepen their personal relationship with God?