

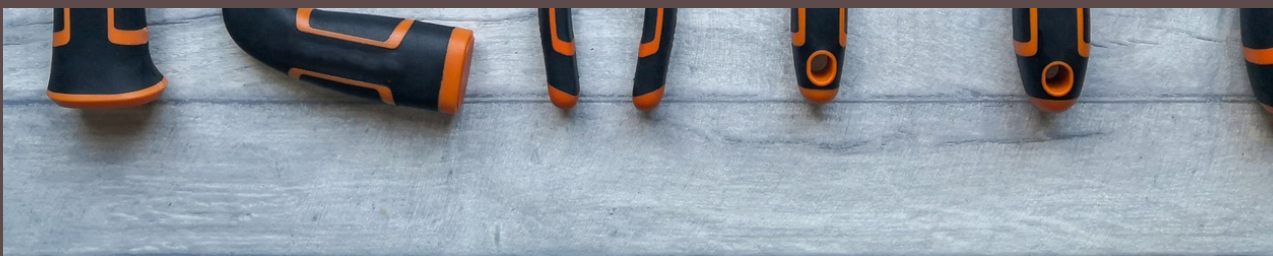
THE BIBLE CHURCH, SINGAPORE

GRIP

SPIRITUAL GROWTH INVENTORY AND PLAN



**5. LIVES OUT LIFE'S
VOCATION FAITHFULLY**



TOOLBOX

EVALUATION KEY

Score: 28-35

We are so glad that you have taken God's calling for you seriously. Continue to depend on God as you seek to fulfil God's purpose for your life, especially in your family and vocation

Score: 21-27

You are beginning to enjoy God's calling for you in your roles. Persevere in growing in your roles as spouse, parent, child and/ or employer/ employee or student.

Score: 0-20

Perhaps you need to re-assess your commitment to your family and your work. Are there any issues in the home or the vocation that are bothering or you? Please feel free to seek help from your spiritual friends or any staff or leaders.

TOOLBOX

1. **Read and meditate** on [Deuteronomy 6.5-9](#). What is the Lord teaching you through this passage regarding the parenting?

2. **Examine** how much time you spent per week on work, family and personal. Schedule/set aside time with your spouse and children at least once a week. e.g. having meals together, having a date night with your spouse, visiting the park for a walk/cycling, bringing your parents out for dinner, attending church together. This should be quality time to be spent together where you are fully present with them (not checking on emails or handphone when together).ng the parenting?

3. Start the day by committing your family to God and set aside 10 minutes to pray for the family. Set aside time to pray with your family. Have a weekly hour where you have family worship, devotions and sharing. You may also want to consider serving on projects together or go on a mission trip as a family.

4. Devotions with kids. For those with young children, set aside 10-15 minutes to read the Bible with your children and share your ongoing experience with God. Some parents find the best timing is before bedtime. Below are some tips on how to do devotions with your kids:

1. Choose a regular place in your home with as few distractions as possible (put away all electronic devices).
2. Begin your time with prayer or a worship song.
3. Use an age-appropriate devotion guide. (To find out more about devotional materials, please contact any of our KFC or Family Life pastoral staffs)
4. Read the bible verses or story and devotion guide together.
5. Spend some time to share with one another.
6. End the time in prayer (or the Lord's prayer) together as a family. You may want to pray a short sentence and ask your child to repeat after you.

5. Commit your day of work/school/home, every morning, to God. Ask Him to guide and lead you in whatever you do and say. Start reading Proverbs one chapter a day.

6. Seek out more mature disciples who are in your field of work to learn how they integrate their faith into their work.

7. Seek out other Christians in your workplace to encourage each other in your Christian testimony and witness. When appropriate, ask for honest feedback how you are making a difference in your workplace.

8. Read to deepen your conviction in the area of family and workplace. Here are some recommended articles and books:

1. Raising The Next Generation: Meditations on Parenting by Robert M. Solomon
2. 12 Huge Mistakes Parents Can Avoid by Tim Elmore
3. How to Impart Family Values to Children:
<https://www.family.org.sg/FOTFS/Blog/Parenting/how-do-i-impair-my-family-values-to-my-children.aspx>
4. God at Work: Live Each Day with Purpose by Ken Costa
5. Every Good Endeavor by Timothy Keller

