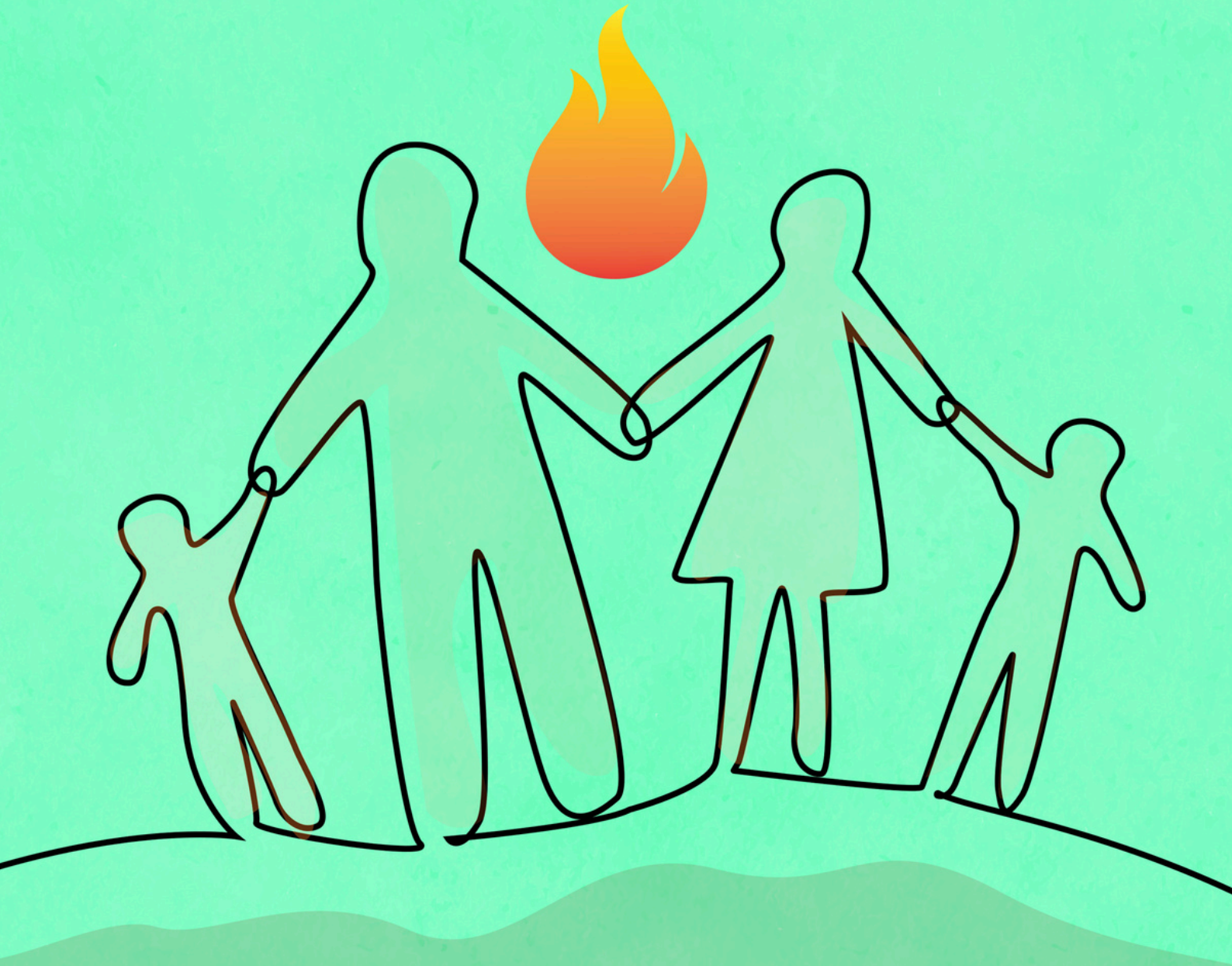


FAMILY ALTAR TIME



"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
OCTOBER
2026



WORSHIPPING

(October 1st – 11th 2026) 1 Kings 11 – Ezra 8

If My People

<https://youtu.be/0Mma3P6FKXQ?si=dxNkYy96l-5wBqSo>

O Lord the Clouds are Gathering

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

If My People (For kids)

<https://youtu.be/Dg9XrkUckIE?si=Q4V17Gon6oiSdzQe>

2 Kings 25:1 - 7 (NKJV)

Reading for young kids

https://www.youtube.com/watch?v=efn2O_AEibQ – until 1.00

1 “Now it came to pass in the ninth year of his reign, in the tenth month, on the tenth day of the month, that Nebuchadnezzar king of Babylon and all his army came against Jerusalem and encamped against it; and they built a siege wall against it all around.

2 So the city was besieged until the eleventh year of King Zedekiah.

3 By the ninth day of the fourth month the famine had become so severe in the city that there was no food for the people of the land.

4 Then the city wall was broken through, and all the men of war fled at night by way of the gate between two walls, which was by the king’s garden, even though the Chaldeans were still encamped all around against the city. And the king went by way of the plain.

5 But the army of the Chaldeans pursued the king, and they overtook him in the plains of Jericho. All his army was scattered from him.

WEEK 1

2 Kings 25:1 - 7 (NKJV)

⁶ *So they took the king and brought him up to the king of Babylon at Riblah, and they pronounced judgment on him.*

⁷ *Then they killed the sons of Zedekiah before his eyes, put out the eyes of Zedekiah, bound him with bronze fetters, and took him to Babylon.”*

APPLYING

1)

- Where are we ignoring small warnings that could become big consequences later?
- Zedekiah repeatedly dismissed God's warnings, and the slow drift eventually became a devastating collapse.
- Invite each family member to consider one area—habits, attitudes, relationships—where gentle warnings have been surfacing.

2)

- How can we respond with humility instead of stubbornness when correction comes?
- Zedekiah's refusal to listen hardened his heart and harmed the whole nation.
- Talk about moments when pride makes it hard to admit mistakes at home.

3)

- When life feels like “siege conditions”, how can we turn to God together rather than isolate?
- Jerusalem's siege created fear, hunger, and hopelessness — but families today also face emotional or relational “sieges.”
- Ask each person: What pressures feel heavy right now?
- Then decide one simple way your family can support each other — prayer, encouragement, shared responsibility — so no one carries burdens alone.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to be humble and make corrections. (e.g., “Forgive us Lord for many times proudly living a life that is not pleasing to You. Help us humble ourselves and turn from all ways that displease You. Amen!”)

Declare by faith that your family will live in humility and the correction of the Lord (e.g., “We declare by faith, in the name of Jesus, that we the _____ family will always come humbly before the Lord in repentance and live in holiness. 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

(October 12th - 18th 2026) Ezra 9 - Psalm 3

I Will Build My Church

https://youtu.be/wbhBqJvX6JE?si=S4_uEJfGQp8QE-O1

Cornerstone

<https://youtu.be/ZvotrMIdTQw?si=SQRTk7nKuw6-tVDi>

I Will Build (For children)

<https://youtu.be/sMzrHxVvqUY?si=vZ0u4IPXmmzoPW3w>

Nehemiah 2:11 - 18 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=0REVdYQmvS8>

¹¹ So I came to Jerusalem and was there three days.

¹² Then I arose in the night, I and a few men with me; I told no one what my God had put in my heart to do at Jerusalem; nor was there any animal with me, except the one on which I rode.

¹³ And I went out by night through the Valley Gate to the Serpent Well and the Refuse Gate, and viewed the walls of Jerusalem which were broken down and its gates which were burned with fire.

¹⁴ Then I went on to the Fountain Gate and to the King's Pool, but there was no room for the animal under me to pass.

WEEK 2

Nehemiah 2:11 - 18 (NKJV)

¹⁵ So I went up in the night by the valley, and viewed the wall; then I turned back and entered by the Valley Gate, and so returned.

¹⁶ And the officials did not know where I had gone or what I had done; I had not yet told the Jews, the priests, the nobles, the officials, or the others who did the work.

¹⁷ Then I said to them, "You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach."

¹⁸ And I told them of the hand of my God which had been good upon me, and also of the king's words that he had spoken to me."

APPLYING

1)

- What “broken walls” in our family or personal lives need honest inspection before they can be rebuilt?
- Nehemiah didn’t rush; he looked carefully at what was damaged.
- Invite each family member to name one area — communication, routines, spiritual habits, relationships — that might need gentle, truthful attention.
- Discuss one small step of “inspection” you can take together this week.

2)

- How can we cultivate the courage to face difficult realities instead of avoiding them?
- Nehemiah saw the ruins clearly, yet he didn’t despair; he acted with God-given courage.
- Share moments when fear or discouragement makes it hard to deal with problems at home.
- Talk about one way your family can encourage each other — prayer, affirmation, or shared responsibility.

3)

- What rebuilding work is God inviting us to do together rather than alone?
- Nehemiah rallied the people with a hopeful vision: “Let us rise up and build.”
- What is one area where our family needs to rebuild unity, trust, or spiritual strength?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to inspect and rebuild broken walls. (e.g., “Forgive us Lord for often allowing walls in our lives and family relationships to remain broken. Help us arise and build for Your Kingdom purposes, comforting and building up one another. Amen.”)

Declare that Your family will have the spirit of Nehemiah to arise and build up each other and others (e.g., “We declare that we, the _____ Family live in the spirit of Nehemiah, edifying one another in faith and building up the lives of others we interact with. 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

(October 19th – 25th 2026) Psalms 4 -78

Shine Jesus Shine

<https://www.youtube.com/watch?v=J3iB30gCqAc&t=2s>

O Come to the Altar

https://youtu.be/OpfuKKH_SCE?si=FppPaBYkjJvtwnzt

Send Your Light and Truth (For Kids)

https://youtu.be/7LljNin_gkl?si=Fa5JS79JZJjoe15__

Psalm 43:1 - 5 (NKJV)

Reading for young kids

https://youtu.be/hLXUKJUo21I?si=MufKx16MQX8mrvW__

¹ “Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man!

² For You are the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy?

³ Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle.

⁴ Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God.

⁵ Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

APPLYING

1)

- When we feel misunderstood or treated unfairly, how can we bring our emotions to God instead of bottling them up?
- The psalmist cries, “Vindicate me,” showing that God welcomes honest, raw prayer.
- Invite each family member to share one situation where they felt unheard or misjudged.

2)

- What helps us remember God’s light and truth when our hearts feel heavy or discouraged?
- The psalmist asks God to “send out Your light and Your truth.”
- Talk about what lifts your family’s spiritual focus — Scripture, worship, godly conversations, gratitude.

3)

- How can we encourage one another to hope in God even when emotions pull us downward?
- The psalmist speaks to his own soul: “Why are you cast down... hope in God.”
- Ask each person: What makes it hard to hope right now?
- Then decide one practical way your family can strengthen each other.

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to live in openness and transparency with each other. (e.g., “Forgive us Lord that we often bottle-up our emotions rather than sharing openly as a family. Help us be open and honest to each other and help encourage one another. Amen!”)

Declare by faith that your family will walk in openness and transparency. (e.g., “We declare that we, the _____ family will be open and transparent to one another in love, building up each other. 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

(October 26th – 31st 2026) Psalms 79 – 129

The Lord Reigns

<https://youtu.be/xfVZpx3zBgA?si=ZZBDbh1SIFo7bgiG>

Psalm 93

https://youtu.be/_BfJ41pTX9Q?si=MrZduHSb1Giz91Xc

The Lord Reigns (For kids)

<https://youtu.be/UyMwR0zYQAQ?si=i6ejxRRFyzGHFnog>

Psalm 93:1 - 5 (NKJV)

Reading for young kids

<https://www.youtube.com/watch?v=Fa148KqFsaE>

1 “The Lord reigns, He is clothed with majesty; The Lord is clothed, He has girded Himself with strength. Surely the world is established, so that it cannot be moved.

² Your throne is established from of old; You are from everlasting.

³ The floods have lifted up, O Lord, The floods have lifted up their voice; The floods lift up their waves.

⁴ The Lord on high is mightier Than the noise of many waters, Than the mighty waves of the sea.

⁵ Your testimonies are very sure; Holiness adorns Your house, O Lord, forever.”

APPLYING

1)

- What helps our family remember that God is still in control when life feels chaotic or uncertain?
- Psalm 93 describes God as firmly established and unmovable even when “the floods lift up their voice.”
- Invite each person to share one situation that feels overwhelming.

2)

- How can we respond with peace instead of panic when pressures rise?
- The psalm contrasts loud, crashing waters with God’s might that is “mightier than the waves.”
- Talk about moments this week when emotions felt like rising waters.

3)

- What habits can we build to anchor our home in God’s trustworthy word?
- Psalm 93 ends with “Your testimonies are very sure,” pointing to Scripture as a stabilizing foundation.
- Ask each family member: What is one way we can bring God’s word into our daily rhythm?

PRAYING

PRAY FOR YOUR FAMILY TO ENCOUNTER GOD.

Pray for your family to live in the knowledge and reality that God is in control. (e.g. "Forgive us Lord for often being overcome by overwhelming situations and circumstances. Help us look to You always and know that You are in control. Amen!")

We declare by faith in the name of Jesus that we, the _____ family will live in the conviction that God is in full control in all situations, always trusting Him and anchoring our faith in His Word. Amen!

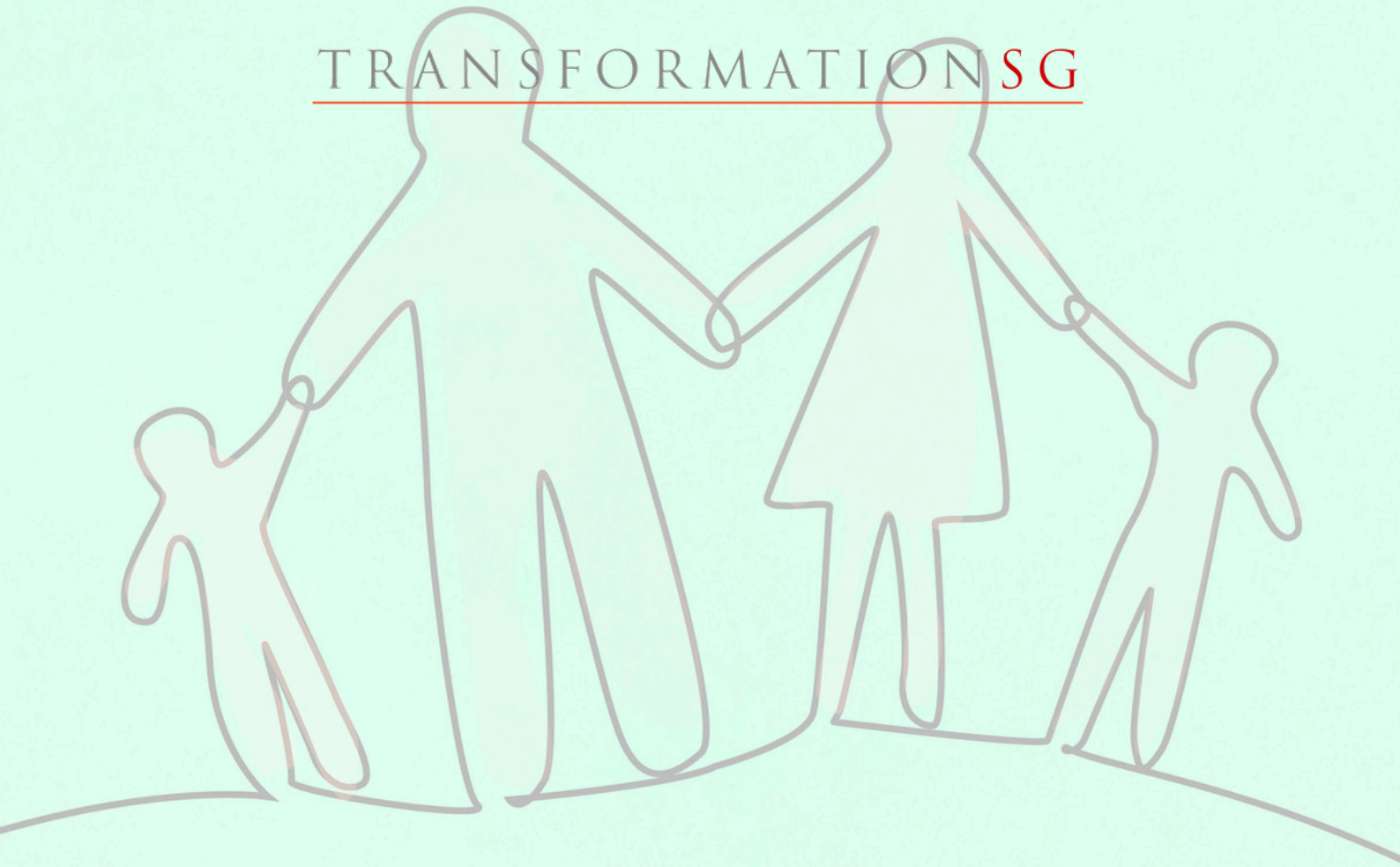
SPEAKING BLESSING

BLESS YOUR CHILDREN

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TRANSFORMATIONSG



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