2017年将临节属灵操练

“建立家庭祭坛”

教会鼓励每位信徒建立家庭祭坛，是因为晓得家人之间若要和睦、和好，就需要靠上帝的帮助。

圣经有家庭祭坛？

从该隐和亚伯开始，以色列民已透过献祭来表达与上帝的关系。而最早的家庭祭坛记载，是挪亚在出方舟时带领全家筑坛献祭给上帝。此外，亚伯拉罕在他生平所到之处，都带领全家人筑坛敬拜上帝，重新立约。此美好的传统得以将信仰传承给下一代，让蒙恩的使命代代相传，确实值得我们效法与操练。

如何建立家庭祭坛？

1. 从个人开始：积极培养有纪律的灵修
2. 与家人约定时间，从一小步开始：采用教会的资料为内容
3. 若无血缘家庭，可与教会弟兄姐妹一起聚会

**家庭祭坛十字架**

教会分发了十字架手工卡，并鼓励大家尽量与家人约个时间一起制作十字架（若不方便也可自行制作）。在进行家庭祭坛时，将十架摆在家庭祭坛的所在位置，将那地、那时分别为圣，敬拜上帝。

十架制作指南：

1。根据虚线剪出卡中的十架和长方格

2。发挥创意来设计或上色

3。将十架与长方形中间的线相连

**属灵日志**

教会分发新的属灵日志来记录你每日的属灵反思与祷告，也记录你和上帝的相遇经历。这本属灵日志是特别为着直落亚逸的家庭成员所预备，且可使用两年（至2019）。

**贴纸**

在这操练的旅途中，大家将收到配合教会节期的精美贴纸，来记录我们与主耶稣同行的脚步，也纪念属灵的里程碑。

祈盼上帝透过这些属灵操练，帮助我们与家人和好，全体更加亲近、敬爱上帝。倘若还未索取以上的物品，您可向招待员索取。

**Spiritual Practices Advent 2017**

**Establishing Family Altar**

During this Advent, our church encourages you and your family to practice family altar as part of having peace with our family through God’s help.

Is family altar biblical practice?

Since Cain and Abel, Israelites express their relationship with God through sacrifices. The earliest record of family altar is when Noah led his family to sacrifice to God after coming out of the ark. Also their journey, Abraham would build altars and lead his family to worship God in renewal of their covenant with God. Through this practice, the faith is passed to the next generation. For generations, those who are blessed, respond to God’s call in passing on the faith. In the same way, we can follow in their example.

How to establish family altar?

1) Start from yourself: actively cultivate personal spiritual practices

2) Set time with your family through small steps: use church family altar material for content

3) If it’s not possible with your family in blood, consider your family in Christ

**Cross for Family Altar**

We encourage you to prepare a Cross with your family at a common time (alternatively, it can be prepared individually) using the activity card. During family altar, the cross can be placed at your gathering location symbolizing the place and time set aside to worship God.

Instructions for preparing Cross

1) Following the dotted lines, cut out the 2 parts of the cross on the activity insert

2) Design and/or colour these 2 parts of the cross as you wish

3) Join the 2 parts of the cross together by intersecting their centre lines

**Spiritual Journal**

The new spiritual journal distributed is for you to record daily reflections and prayers as well as your experience of God's grace and work in your life. This journal is specially prepared for all members of the TACMC family, and is meant to be used for two years (until 2019).

**Stickers**

As we progress together on this spiritual journey, stickers will be distributed according to the church liturgical seasons. You can add these stickers into your journal to mark spiritual milestones in your walk with the Lord Jesus.

Through these spiritual practices at home, may God help us to grow in peace with ourselves particularly with our family and in love for each other and for God.

If you have not received above items, please obtain them from ushers.