

SPF50

SCRIPTURE ■ PRAYER ■ FAMILY



WHAT IS SPF50?

SPF50 is a resource to help families read Scripture and pray together for 50 minutes each month. This publication gives recommendations for prayer and reading the Holy Scriptures with the aim of strengthening these two pillars of a Christ-centered Orthodox Christian home.

HOW TO USE SPF50

Using SPF50 is simple. The one-page SPF publication (available in digital form at acrod.org) and a Bible are all you need to get started. In the publication, you will find suggested prayers and Scripture references to read as a family. Using SPF can be as simple as sitting in your living room and passing the Bible to one another as each takes a turn reading. It can be as simple as standing before an icon in your home and saying a prayer together.

The aim of this ministry is to help families learn to love praying and reading the Word of God together, and to create the atmosphere for the Lord to inspire and work in the family's life. This is not a classroom, so parents do not have to assume the role of teacher—Christ is the Teacher. Parents and children alike read the Bible and learn from it. If family members have questions or want to engage in discussion after reading together, this is encouraged, but not required. For those who wish to delve deeper, the SPF publication and website may include explanations of the Scripture passages, questions to help your family think about what it just read together, and other helpful resources.

SUPPORT IN SPF50

As easy as SPF50 may seem, families can still face challenges. An essential component of SPF50 is the support network within your parish and throughout the Diocese. Families supporting other families in this endeavor is important. Parishes supporting their families in this endeavor is important. We are asking families and parishes to do four things to help:

- Each family is asked to fill out a Commitment Card and return it to their priest. This is an essential part of securing and maintaining support, and helping your family remain faithful to its promise. The Commitment Card will be included in the first publication of SPF50.
- Every parish Priest is asked to make the SPF50 publication available to all families with children in the parish. The publication will be sent in a printed form to each parish and will be available digitally on the Diocesan website acrod.org. (Look for the SPF logo.)
- Every parish is asked to set time aside each month during which the families committed to SPF50 can meet for fellowship and support. That support may come in the form of sharing stories about what they are reading; by asking each other questions; through a prayer service; socializing; and even a brief monthly "check in" after Sunday Liturgy. Every parish's circumstances are different. The essential part is rendering support by meeting together. We draw strength from being together with one another and we are encouraged when others are involved in the same struggle as we are.
- Each family and parish is asked to submit pictures to spf@acrod.org of their family and parish engaged in SPF50. These pictures will be posted on the Diocesan Website as a show of support for one another around the Diocese. The pictures might be of a parish monthly get-together or they might be of a family reading Scripture together. The pictures are not meant to show-off, but are meant to offer encouragement to one another.