



GOSPEL FAMILY MINISTRIES

20  
24

# FAMILY WORSHIP ASSESSMENT

A Research Project

# Table of Contents

Introduction: Family Worship	_____	<b>01</b>
Message from Our Team	_____	<b>02</b>
Project Demographics	_____	<b>03</b>
Encouraging Trends	_____	<b>04</b>
A Family's Church Family	_____	<b>05</b>
Prayer & Praise in the Home	_____	<b>06-07</b>
Most Common Prayers/Needs	_____	<b>08</b>
A Biblical Response	_____	<b>09</b>
Conclusion	_____	<b>10</b>

# Introduction: Family Worship

Family worship takes place when a Christian household gathers to pray, teach the Word of God, and praise the Lord. Many families today seek to cultivate regular rhythms of family worship. In these homes, family worship becomes an intentional and joyful response to a biblical call, biblical commands, and biblical examples. Blessings await any family seeking to bring the Gospel into the home through family worship.

Family worship is a spiritual discipline encouraged, commanded, and modeled throughout Scripture and yet, in our busy, distracted culture today, it is far too often a lost discipline. After seeing family worship fade in importance over the course of generations, it is time to consider how we can begin to cultivate family worship in our homes today. How do we rediscover the joy of family worship?

Gospel Family Ministries exists to strengthen family ministry in the local church and to cultivate family worship in the home. Our ministry seeks to equip families with a biblical vision of family ministry, a biblical passion for family ministry, and biblical resources for family ministry.

Our hope is to see churches equipping families in such a way that the Gospel is brought into the home (Deut. 6:4-9; Eph. 6:4).

This Research Project, The Family Worship Assessment, takes a qualitative approach, adopting a brief survey in order to sample a small group of families. Our team then analyzed the results and common trends. **This report examines where we are, where we need to be, and how to get there. Our research provides insight into hearts and homes as we seek to offer a biblical response to these results, as well as biblical resources for families today.**

# Message from our Team

With a prayer for revival in the home and a Gospel Family Movement, we aim to provide families research, results, biblical responses, and biblical resources.

Williams is the Executive Director of Gospel Family Ministries. He is the author of *A Practical Theology of Family Worship* and *Gospel Family*. Williams also teaches as an adjunct professor at Southwestern Baptist Theological Seminary in Fort Worth, TX, and is the managing editor of the *Southwestern D6 Family Ministry Journal*. Previously, Jonathan served for 10 years as the senior pastor of Wilcrest Baptist Church in Houston, TX, a multi-ethnic church of more than 50 nations. He lives in North Texas with his wife and three children.



**Dr. Jonathan Williams**  
Executive Director

Fuget is the Ministry Assistant and Lead Researcher for Gospel Family Ministries. Fuget contributed to the 2024 research project, *The State of Manhood*, a joint effort produced by BetterMan Ministries & Gospel Family Ministries. He is a passionate ministry leader and a committed member of his local church, FBC Irving, TX. Malex is a graduate of Dallas Baptist University. He has served in preschool ministry, children's ministry, family ministry, men's ministry, and more.

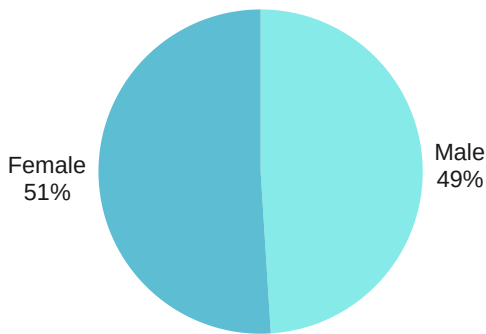


**Malex Fuget**  
Lead Researcher

# Research Project Demographics

## Who Participated in this Project?

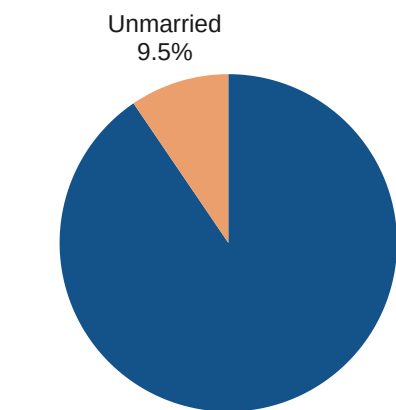
Throughout 2023, our team was able to hear from 200 men and women representing many different cities, states, and churches. This group includes singles, married couples, parents, single parents, divorced individuals, widows, empty-nesters, and grandparents.



### MEN & WOMEN

Out of 200 responses, 102 came from women while men contributed 98 responses. This presents valuable representation as 51% of all respondents were female and 49% were male.

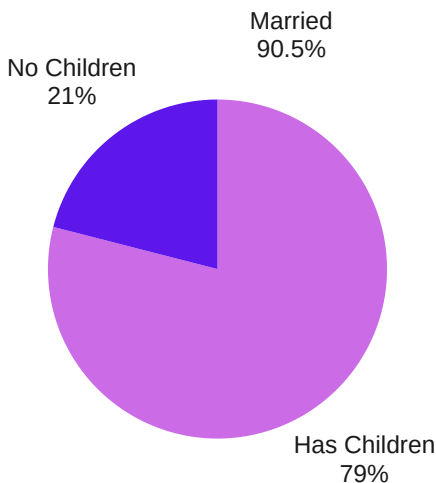
---



### PRIMARILY MARRIED COUPLES

Out of 200 respondents, 181 reported being married at the time of the survey. While there were 19 who were either single/never married, divorced, or widowed, the majority, 90%, were married.

---



### PARENTS & GRANDPARENTS

Just as the majority were married, most of the respondents reported being parents. 79% of the participants were parents while 10% were also grandparents.

---

# Encouraging Trends

As we heard from these families, many of the research results proved encouraging for the church today.

Encouraging trends were observed in responses to questions regarding their relationship with the Lord, some of their rhythms of spiritual disciplines, their understanding of family discipleship, and their knowledge of what they are biblically called to obey,

## Spiritually Vibrant

---

82% self-identified as spiritually vibrant when reflecting on their relationship with the Lord

## Strong Prayer Life

---

59% described their prayer life as either “growing,” “intimate,” “strong,” or “powerful.”

## Family Discipleship Vision

---

76% agreed with the statement, “I have a strong understanding of family discipleship.”

## Current Practices

---

58% reported that they currently practice family discipleship in their home.

## Family Devotions

---

While these rhythms were not always consistent, 84% of the families have had a family devotion in the home before.

## Desire for Family Worship

---

96% agreed with the statement: “I strongly desire to see family worship in my home.”

## Hope for their Children

---

94% of respondents expressed a belief that a regular time of family worship would bless their children.

## Hope for Marriage

---

93% of married couples said their marriage would be blessed by a regular time of prayer with their spouse.

## Family Dinner Together

---

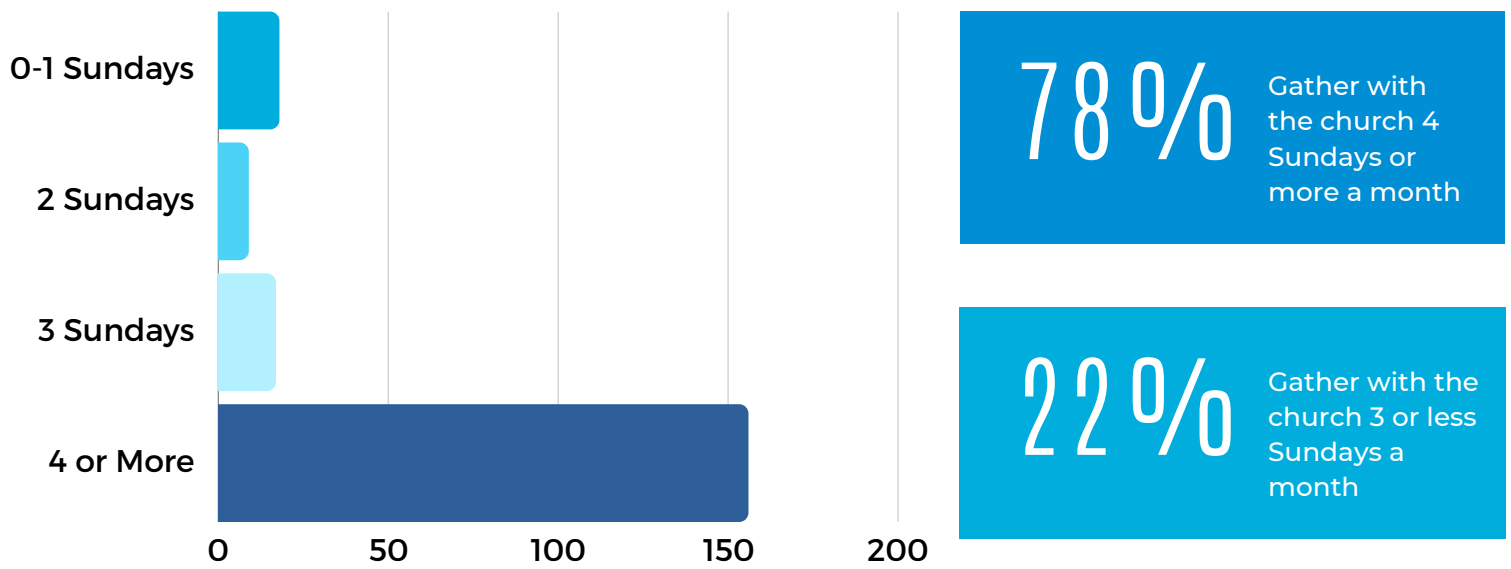
81% of those surveyed noted that they have family dinner together in the home at least three times a week.

# A Family's Church Family

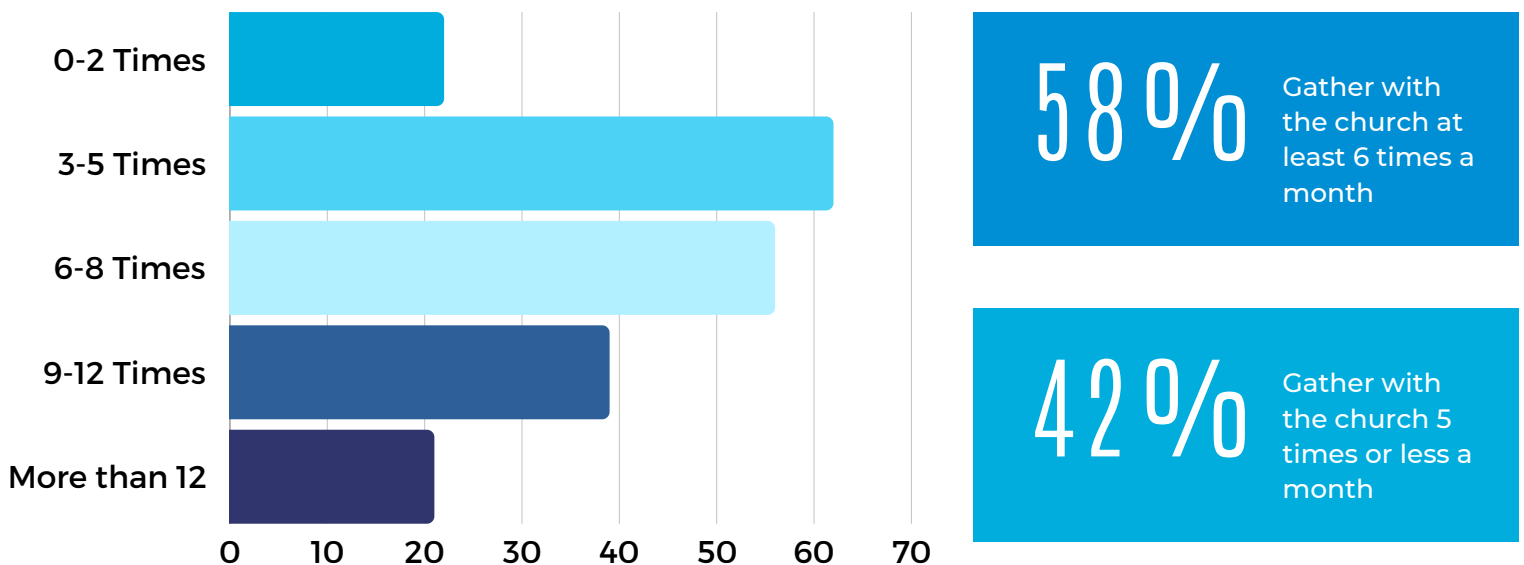
At a time when many families seem to be minimizing the priority of gathering with a church family, our research engaged families who continue to faithfully meet with brothers and sisters in Christ. The majority of the families surveyed reported gathering with their church at least four Sundays a month.

## Cultivating Consistent Rhythms of Gathering with a Community of Faith

How many times a month does your family gather with your church family on Sunday mornings?



How many times a month do you gather with your church members (including Sunday mornings **and any additional gatherings**)?



# Prayer & Praise in the Home

Puritan pastor, Thomas Doolittle exhorted families to spend time in prayer together. He wrote, "You should not quietly sleep till you have been together on your knees." Another Puritan pastor, Richard Baxter, also found a biblical basis for joint prayers in the home. He likewise emphasized practical reasons, noting that since families share burdens, they ought to share prayers for these burdens as well. As James 5:16 reads, "Confess your sins to one another and pray for one another."

## Praying With Your Children



**39%** Parents who pray with their children 0-3 times a week



**27%** Parents who pray with their children 4-6 times a week



**25%** Parents who pray with their children 7-10 times a week



**7%** Parents who pray with their children more than 10 times a week

## Praying With Your Spouse

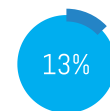
**Married Couples who pray together 0-3 times a week**



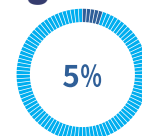
**Married Couples who pray together 4-6 times a week**



**Married Couples who pray together 7-10 times a week**

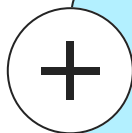


**Married Couples who pray together more than 10 times a week**



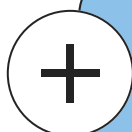
**93%**

Believe a regular time of prayer with their spouse would strengthen their marriage



**4%**

Responded that a regular time of prayer with their spouse "might" strengthen their marriage



**3%**

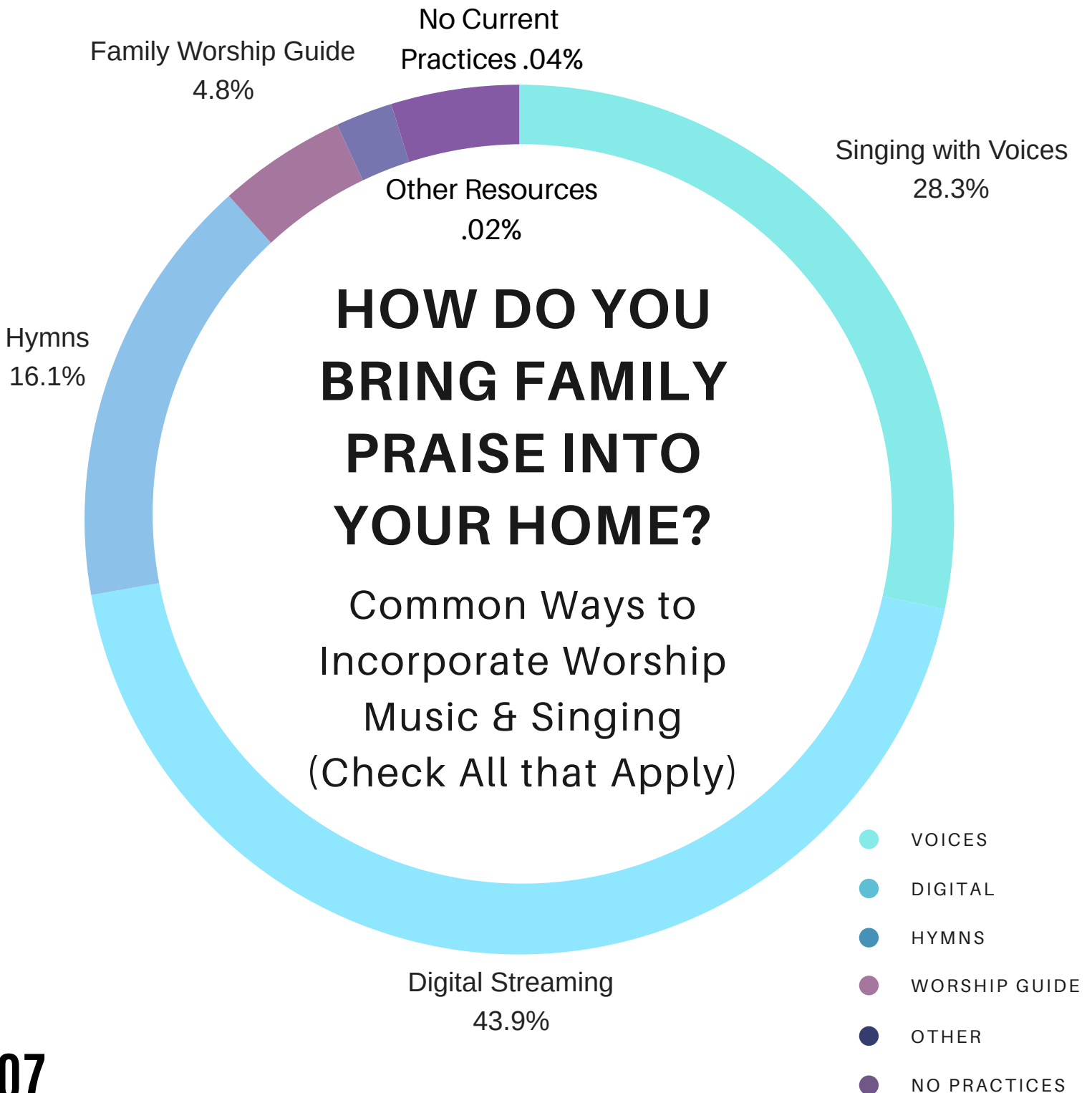
Responded that a regular time of prayer with their spouse would NOT strengthen their marriage



# Prayer & Praise in the Home (continued...)

What would happen if families enjoyed the biblical “One Anothers” together in the home? Colossians 3:16 alone would transform most homes, filling them with praise music: “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God” (Col. 3:16). With digital streaming, bluetooth speakers, and online worship videos, it has never been easier to bring praise into the home. The families we surveyed find many ways to do this.

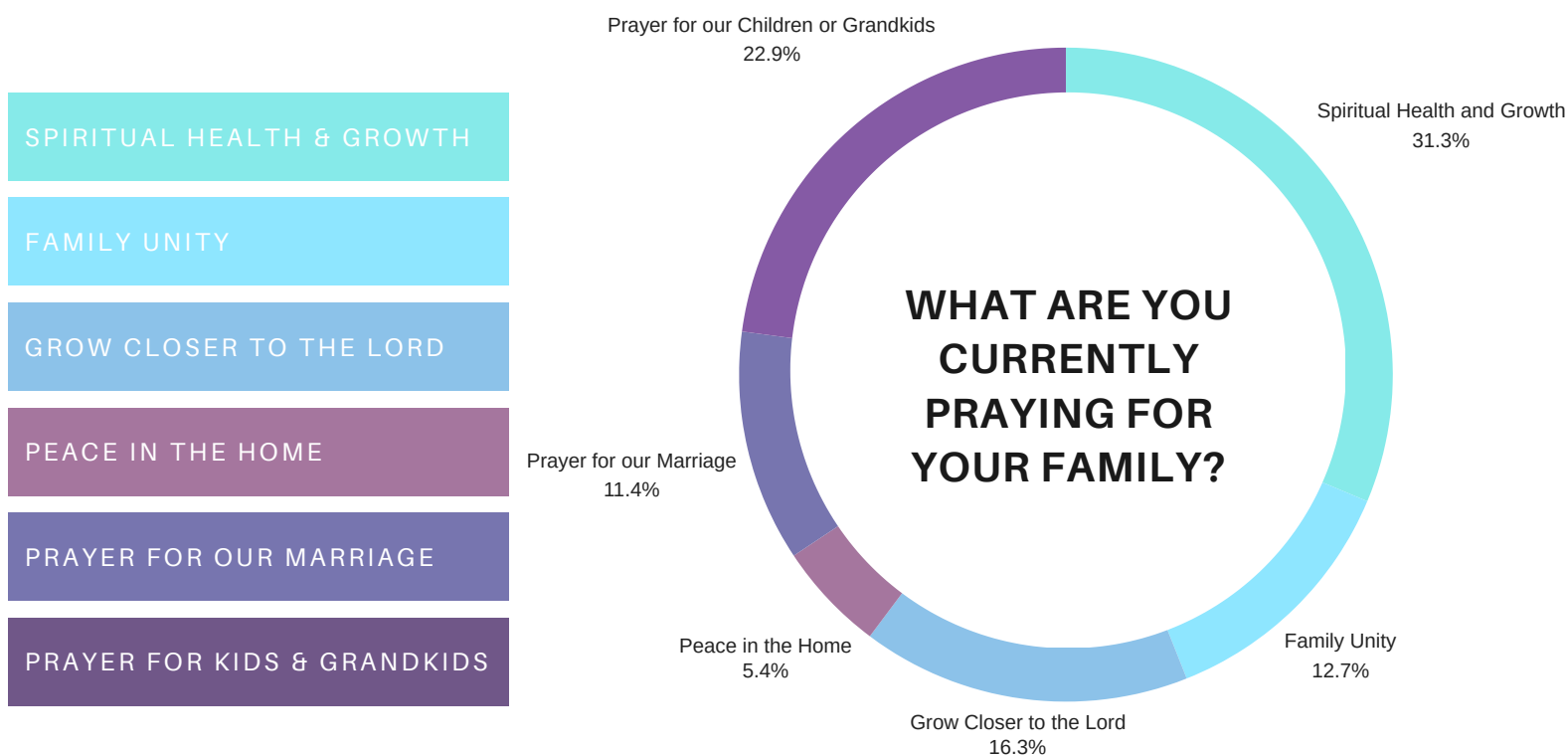
## Singing Worship Music as a Family in the Home



# Most Common Prayers & Needs

Galatians 6:2 calls Christians to “bear one another's burdens.” The families we surveyed reported many and various burdens, and yet, there was an underlying hope as they shared these needs. They shared them as prayers, seemingly believing that the Lord is able to answer these prayers and meet these needs. We remember, “with God all things are possible” (Matthew 19:26).

## What is one thing that you desire to see God to do in your family? (out of 200 surveys, 174 answered this question)



Galatians 6:2 calls Christians to “bear one another's burdens.” The families we surveyed reported many and various burdens, and yet, there was an underlying hope as they shared these needs. They shared them as prayers, seemingly believing that the Lord is able to answer these prayers and meet these needs. We remember, “with God all things are possible” (Matthew 19:26).

Puritan pastor, Richard Baxter once wrote four points of motivation for families to pray together. First, he suggested that as family members may often sin together, they should confess in prayer together while sharing in the lamentation over such sin. Second, since families receive mercies and blessings from God together, praising him together is best suited for family prayer rather than corporate prayer. Third, as families often work together, their prayers seeking the Lord’s help with this work is best suited for the home. Finally, when families confess in front of one another, there is accountability and an increased encouragement to flee from sin.

# Biblical Response

We've caught a glimpse into the hearts and homes of 200 families, a snapshot of what we may expect in other Christian households. If this is where we are, where do we need to be, and how do we get there?

Family prayers, shared praises, and a faithful teaching of the Word of God remain some of the hallmarks of family worship. These bring countless blessings to the home. When we read the famous words of Deuteronomy 6:4-9, we see a beautiful picture of family worship. This passage describes a family that engages in family discipleship while sitting in the house together, walking together, in the evenings before going to sleep, and in the mornings when first waking up.

We need to bring family worship through the front doors of our homes. We need to welcome this natural rhythm of family time and overcome the challenges we face while living in a culture that finds family meals uncommon and family conversations just as rare.

Family worship invites everyone in the home to push aside all distractions, take a break from all media, and just be still in the presence of God and one another for a few minutes every day. It simultaneously strengthens our relationship with the Lord and our relationships with our spouse and children.

After examining the research, we offer the following **three recommendations for families today**:

01

## Married Couples Praying Together

The majority of the couples we surveyed said they believed prayer would strengthen their marriage, and yet the majority said they pray with their spouse 0-3 times a week. (Matthew 18:19-20)

02

## Consistency in Family Worship

Again, there was a disparity between belief and behavior in our research. Most of the parents said they understand the vision of family worship and the value of praying with their children, and yet most reported great inconsistency in family worship. (Deut. 6:4-9)

03

## Cultivating Homes of Peace

Many of the respondents expressed a prayer request for more peace or self-control in the home in place of the tension, anger, arguments, and yelling they were experiencing.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. **(Phil 4:6-7)**

# Conclusion

Family worship is one of the most powerful ways we can seek to usher the Gospel of Christ into our homes, and one of the greatest opportunities to enjoy the transforming power of Christ in our homes.

Family worship is rewarding. It brings blessings that will find your family sharing your hearts with one another. It will afford you opportunities to hear your children talk about Jesus while growing in their love for the Lord. It will allow you space to speak words of confession, forgiveness, and grace to one another. Family worship opens up the door to prayers for daily bread, prayers of thanksgiving, and prayers for restoration.

When we drift from rhythms of family worship or when we find ourselves in seasons of spiritual apathy, we encourage families to RENEW their passion, RECAST a vision, RESTART rhythms, and REDISCOVER the joy of Family Worship.

**RENEW**  
**RECAST**  
**RESTART**  
**REDISCOVER**

**Follow Gospel Family Ministries  
for more research projects,  
family devotions, family  
worship resources, church  
partnerships, conferences,  
workshops, retreats, podcasts,  
and publishing opportunities.**



---

**Gospel Family Ministries**

**[www.gospelfamily.org](http://www.gospelfamily.org)**

