

## The Household Culture Map

*What will become normal under this roof?*

Weeks 1–3 helped us see the script, stop the cycle, and begin healing the wound. This week we build. Culture is not what we intend. Culture is what we repeat. You will pass on what you practice, not merely what you prefer.

**Instructions:** Do not try to change everything. Choose **ONE** thing you want to become normal in your household (or among the people closest to you). Then choose **ONE** simple practice that will make it normal. Do that practice for the next seven days.

### 1. What is normal now?

Be honest. What already happens repeatedly in your house / relationships? (Speech, conflict, prayer, screens, apology, gratitude, Sunday, bedtime...)

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### 2. What do we want to become normal?

In light of Jesus' lordship, what do you want to be true of this household? (Examples: We tell the truth. We repair after conflict. We pray. We express gratitude. We make room for others. Jesus is named here.)

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### 3. What ONE practice will we begin?

Keep it small enough to repeat. (60-second prayer before bed · phones away at dinner · one thing we're thankful for · "I'm sorry" the same day · short Scripture at breakfast · thank God when something good happens...)

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### 4. When will we practice it?

Attach it to an existing rhythm: dinner, bedtime, leaving the house, Sunday, after conflict...

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**You will pass on what you practice,  
not merely what you prefer.**

**As for me and my house, we will serve the Lord.**

**You cannot choose what you inherited,  
but in Christ you can choose what you will pass on.**