

Family Devotion Guide: Growing in Faith Together

Introduction

Welcome to this Family Devotion Guide! These materials are designed to help your family grow closer to God—and to each other—through shared spiritual experiences. Each devotion includes elements that will engage family members of all ages, from young children to teens and adults.

How to Use This Guide

1. **Set a regular time:** Consistency helps build the habit of family devotions. Consider after dinner, before bedtime, or weekend mornings.
 2. **Create a special environment:** Designate a comfortable space free from distractions. You might light a candle, play soft music, or create a “devotion corner” in your home.
 3. **Involve everyone:** Let different family members lead various parts of the devotion. Even young children can participate by holding materials, choosing songs, or repeating simple prayers.
 4. **Be flexible:** Some days will go more smoothly than others. Keep sessions brief (15-20 minutes) with younger children, and don’t worry if you need to adapt activities based on your family’s needs.
 5. **Make it interactive:** Faith grows through experience, not just information. Incorporate movement, creativity, and discussion into your devotion times.
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Week 1: God’s Amazing Creation

Day 1: The Wonder of Creation

Scripture: Genesis 1:1-5 > “In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, ‘Let there be light,’ and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light ‘day,’ and the darkness he called ‘night.’ And there was evening, and there was morning—the first day.”

Family Discussion: * What’s your favorite thing that God created? Why? * How do you feel when you look at beautiful things in nature? * What does creation tell us about what God is like?

Activity Options: * **For Younger Children:** Play a creation scavenger hunt. Go outside and find items that represent different days of creation (something that gives light, something

that flies, etc.). * **For Older Children/Teens:** Create a photo journal of beautiful creations you notice throughout the day. Share these at dinner. * **For the Whole Family:** Take turns being “creator” - give each family member a small ball of clay or playdough and five minutes to create something. Then share what you made and why.

Prayer Time: Hold hands in a circle. Have each person thank God for one thing He created that they enjoyed today.

Day 2: Caring for Creation

Scripture: Genesis 2:15 > “The LORD God took the man and put him in the Garden of Eden to work it and take care of it.”

Family Discussion: * Why do you think God gave humans the job of caring for the earth? * What are some ways our family already helps take care of God’s creation? * What’s one new thing we could do to better care for the world around us?

Activity Options: * **For Younger Children:** Draw pictures of ways kids can help take care of plants, animals, or the environment. * **For Older Children/Teens:** Research an environmental issue affecting your local area and brainstorm how your family might help. * **For the Whole Family:** Choose a family creation care project: plant flowers or vegetables, clean up a local park, start composting, or reduce plastic use.

Prayer Time: Sit in a circle. Place a small globe or picture of Earth in the center. Take turns placing hands on the globe and offering one-sentence prayers for God’s creation.

Day 3: We Are God’s Masterpiece

Scripture: Psalm 139:13-14 > “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Family Discussion: * What makes humans different from the rest of God’s creation? * What are some ways that each person in our family is unique and special? * How does it make you feel to know that God created you exactly as you are?

Activity Options: * **For Younger Children:** Trace each family member’s hand on paper. Inside each hand outline, write or draw special qualities God gave that person. * **For Older Children/Teens:** Create “Fearfully and Wonderfully Made” affirmation cards for each family member, noting their unique God-given traits and talents. * **For the Whole Family:** Make a family “masterpiece” together—a collaborative art project where everyone contributes their unique touch.

Prayer Time: Have family members pair up. Have each person pray for their partner, thanking God for making them so wonderfully unique.

Week 2: Loving Others

Day 1: The Greatest Commandment

Scripture: Matthew 22:37-39 > “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

Family Discussion: * What does it mean to love God with all your heart, soul, and mind? * Who are our “neighbors” that we should love? * Why do you think Jesus said these two commandments are the most important?

Activity Options: * **For Younger Children:** Draw a heart picture and divide it into sections for God, family, friends, and others. Decorate each section with drawings or stickers. * **For Older Children/Teens:** Create a “Love Chart” showing practical ways to show love to God and others throughout the week. * **For the Whole Family:** Play “Secret Servant”—each family member draws another’s name and performs secret acts of love for them throughout the day.

Prayer Time: Write “God” at the top of a piece of paper. Have each family member write or draw one way they can show love to God this week. Place the paper where everyone can see it as a reminder.

Day 2: Loving Our Family

Scripture: 1 Corinthians 13:4-7 > “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

Family Discussion: * Which quality of love mentioned in these verses is easiest for you? Which is hardest? * When have you seen someone in our family show one of these qualities of love? * How might our family look different if we always loved each other this way?

Activity Options: * **For Younger Children:** Create “Love Coupons” to give to family members (e.g., “Good for one extra hug,” “I will help you with a chore”). * **For Older Children/Teens:** Write encouraging notes to place in family members’ lunchboxes, on bathroom mirrors, or under pillows. * **For the Whole Family:** Create a “Family Love Languages” chart showing how each family member prefers to receive love (quality time, words of affirmation, acts of service, gifts, or physical touch).

Prayer Time: Hold hands and pray the “Lord, make me an instrument” prayer together: “Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.”

Day 3: Loving Our Neighbors

Scripture: Luke 10:30-37 (The Good Samaritan) > [Summarize the Good Samaritan story in age-appropriate language for younger children]

Family Discussion: * Who showed love to the hurt man in the story? Why is this surprising? * Who are some people we might find it difficult to love or help? * What are some ways our family can be “Good Samaritans” in our community?

Activity Options: * **For Younger Children:** Role-play the Good Samaritan story with simple costumes or puppets. * **For Older Children/Teens:** Research local community needs and propose a family service project. * **For the Whole Family:** Create care packages for homeless individuals, nursing home residents, or deployed military personnel.

Prayer Time: Sit in a circle with a map of your neighborhood, city, or world. Take turns placing a hand on different areas and praying for the people who live there.

Week 3: Trust and Faith

Day 1: Faith Foundations

Scripture: Hebrews 11:1 > “Now faith is confidence in what we hope for and assurance about what we do not see.”

Family Discussion: * What does it mean to have faith in something you can’t see? * What are some things we believe in even though we can’t see them? (e.g., love, wind, electricity) * How do we know God is real even though we can’t see Him?

Activity Options: * **For Younger Children:** Play a “faith walk” game where one blindfolded family member must trust another’s voice to guide them through an obstacle course. * **For Older Children/Teens:** Create a “Faith Evidence Journal” recording moments when they’ve experienced God’s presence or answered prayers. * **For the Whole Family:** Create a family “Faith Statement” together—what do we believe about God and why?

Prayer Time: Pass around a small, smooth stone. When holding the stone, each person shares one thing they’re trusting God for right now. Close by praying together for faith that grows stronger each day.

Day 2: Trusting God in Hard Times

Scripture: Psalm 56:3-4 > “When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?”

Family Discussion: * What are some things that make you feel afraid or worried? * When have you had to trust God during a difficult time? * How can remembering God’s faithfulness in the past help us trust Him now?

Activity Options: * **For Younger Children:** Draw pictures of stormy clouds with a rainbow breaking through, representing how God's promises shine through our troubles. * **For Older Children/Teens:** Create a "God's Faithfulness Timeline" noting difficult times and how God provided. * **For the Whole Family:** Make worry stones—small stones with crosses painted on them that family members can hold when anxious or afraid, reminding them to trust God.

Prayer Time: Provide small pieces of paper. Have each family member write or draw something they're worried about. Fold the papers and place them in a container labeled "God's Hands." Pray together, symbolically giving these concerns to God.

Day 3: Walking by Faith

Scripture: 2 Corinthians 5:7 > "For we live by faith, not by sight."

Family Discussion: * What does it mean to "walk by faith"? * When have you had to take a "faith step" without knowing exactly how things would turn out? * How can our family get better at walking by faith together?

Activity Options: * **For Younger Children:** Go on a sensory walk outside, taking turns closing eyes and using other senses (hearing, touch, smell) to experience the world—like we sometimes need to use our "faith senses" instead of just our sight. * **For Older Children/Teens:** Interview grandparents or other faith mentors about times they had to walk by faith. * **For the Whole Family:** Create a "Faith Steps" wall chart, where family members can record decisions or actions they're taking based on faith rather than sight.

Prayer Time: Stand in a circle holding hands. Take one step forward together as each person prays: "God, help me to walk by faith when ____."

Week 4: Prayer and Communication with God

Day 1: Why We Pray

Scripture: Philippians 4:6-7 > "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Family Discussion: * Why do you think God wants us to pray? * How does prayer help us when we're worried or anxious? * What are different ways we can pray besides just asking for things?

Activity Options: * **For Younger Children:** Create a "Prayer Hands" craft—trace hands on paper, and on each finger write a different type of prayer (praise, thanks, asking for others, asking for self, listening). * **For Older Children/Teens:** Start a prayer journal where they can record prayers and God's answers. * **For the Whole Family:** Create a "Peace Jar"—whenever someone experiences God's peace after prayer, write it on a slip of paper and add it to the jar.

Prayer Time: Practice the “Five-Finger Prayer” together: - Thumb (closest to you): Pray for those closest to you - Index finger (points): Pray for those who teach and guide you - Middle finger (tallest): Pray for leaders and authorities - Ring finger (weakest): Pray for those who are weak or suffering - Pinky (smallest): Pray for yourself and your own needs

Day 2: Jesus Teaches Us to Pray

Scripture: Matthew 6:9-13 (The Lord’s Prayer) > “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

Family Discussion: * What different parts of prayer do you see in the prayer Jesus taught? * Why do you think Jesus taught us to pray for God’s will to be done? * What does it mean to ask God to forgive us as we forgive others?

Activity Options: * **For Younger Children:** Create motions to go with each line of the Lord’s Prayer to help remember it. * **For Older Children/Teens:** Rewrite the Lord’s Prayer in their own words, expressing what each line means to them personally. * **For the Whole Family:** Create a Lord’s Prayer art project—divide a large paper into sections for each line of the prayer, with family members illustrating different sections.

Prayer Time: Pray the Lord’s Prayer together, pausing after each line for family members to add their own specific prayers that relate to that section.

Day 3: Listening to God

Scripture: 1 Samuel 3:10 > “The LORD came and stood there, calling as at the other times, ‘Samuel! Samuel!’ Then Samuel said, ‘Speak, for your servant is listening.’”

Family Discussion: * How does God speak to us today? * What makes it hard to hear God’s voice sometimes? * How can we become better listeners when God speaks?

Activity Options: * **For Younger Children:** Play “Samuel, Samuel”—a variation of “Simon Says” where children only respond when the leader says, “Samuel, Samuel” (just as God called Samuel). * **For Older Children/Teens:** Practice “Lectio Divina” (divine reading)—slowly reading a short Bible passage several times, listening for what word or phrase stands out to them. * **For the Whole Family:** Have a “Listening Walk”—take a quiet walk together, noting sounds you normally miss, then discuss how this relates to hearing God’s voice among life’s noise.

Prayer Time: Practice silent prayer together. Set a timer for 2-3 minutes (shorter for younger children) and sit quietly, listening for God’s voice. Afterward, share anything you felt God might be saying.

Beyond the Guide: Making Family Devotions Sustainable

Tips for Success:

1. **Start small** — Begin with once or twice a week rather than daily if that feels overwhelming.
2. **Be consistent but flexible** — Try to maintain a regular schedule, but don't worry if you need to adjust timing or activities.
3. **Take turns leading** — Let different family members take ownership of different parts of the devotion time.
4. **Connect to real life** — Look for ways to reference devotion topics throughout the week in everyday situations.
5. **Celebrate growth** — Notice and acknowledge spiritual growth in family members, no matter how small.

Creating Your Own Family Devotions:

Use this simple formula to create your own family devotions:

1. **Choose a Scripture passage** — Select a verse or short passage to focus on.
2. **Develop 2-3 discussion questions** — Create questions that relate to the passage and connect to your family's experience.
3. **Plan a related activity** — Think of a simple way to engage with the truth of the passage.
4. **End with prayer** — Include a creative way to pray together that reinforces the passage.

Additional Family Faith Activities:

- **Family Service Projects** — Find age-appropriate ways to serve together in your community.
- **Faith Celebrations** — Create special family traditions around Christian holidays.
- **Bible Reading Challenge** — Set family goals for Bible reading and celebrate milestones together.
- **Faith Interviews** — Interview grandparents or other faith mentors about their spiritual journeys.
- **Faith Movie Nights** — Watch movies with positive messages and discuss their spiritual themes.

Remember, the goal isn't perfect devotions but consistent connection—with God and with each other. May these resources help your family grow together in faith, hope, and love!

Resources for Continued Growth

Recommended Books:

- **“The Jesus Storybook Bible”** by Sally Lloyd-Jones (for families with younger children)
- **“Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids”** by Kara Powell and Chap Clark
- **“The One Year Book of Family Devotions”** by Children’s Bible Hour

Digital Resources:

- **YouVersion Bible App** — Features family devotional plans
- **RightNow Media** — Streaming video Bible studies for all ages
- **Focus on the Family** — Articles and resources for family spiritual growth

Local Support:

- Connect with other families at your church who are also doing family devotions
- Ask about parent/family resources available through your church
- Consider starting a family devotion group where multiple families meet monthly to share ideas and encourage one another

Customized Prayer Cards:

On the next page, you’ll find printable prayer cards your family can use during devotion times. Feel free to adapt them to suit your family’s needs and interests.

Printable Prayer Cards

Praise Prayers

Thank you, God, for who You are! * You are powerful and created everything * You are loving and care about me * You are wise and know everything * You are faithful and keep Your promises * You are forgiving and give second chances

Thankfulness Prayers

Thank you, God, for what You’ve given! * Thank you for my family * Thank you for my home * Thank you for food to eat * Thank you for friends * Thank you for loving me

Help Prayers

Please help, God, when I need You! * Help me when I’m scared * Help me when I need to forgive * Help me make good choices * Help me be kind to others * Help me remember You’re with me

Sorry Prayers

I'm sorry, God, please forgive me! * I'm sorry for not listening * I'm sorry for hurting others *
I'm sorry for being selfish * I'm sorry for not trusting You * I'm sorry for forgetting to pray

Others Prayers

God, please be with these people! * Be with people who are sick * Be with people who are sad
* Be with people who don't have enough * Be with people who don't know You * Be with
our leaders and helpers

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