

INLEV Productions

# FAITH AT HOME

HOW TO START AND KEEP  
FAMILY DEVOTIONS



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# INTRODUCTION

## Why You Need to Start Today

In today's fast-moving world, family schedules are packed, distractions are endless, and spiritual moments often get pushed aside. If you've ever felt overwhelmed trying to raise children who truly know and love God, you're not alone. But here's the truth: You don't need to be a Bible scholar. You don't need to have hours of free time. You just need to start—today.

## The Impact Is Real

Study after study confirms what Scripture has said all along: when parents actively lead their children in spiritual practices, it makes a lasting difference.

- According to Barna Group research, 65% of practicing adult Christians who remained strong in their faith said their parents led regular family devotions growing up.
- A recent study by the University of North Carolina found that adults whose parents prioritized Scripture at home were three times more likely to stay involved in their faith communities.
- And God already told us this long ago:

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

— Deuteronomy 6:6-7

## But What's Stopping Us?

Let's be honest: you probably already believe this is important—but life gets in the way. You may have said things like:

- “We’re just too busy right now.”
- “My kids won’t sit still or seem interested.”
- “I don’t feel qualified to teach the Bible.”
- If that sounds familiar, this guide is for you.

## A Simple, Sustainable Path

This isn’t a book about doing more. It’s about doing what matters—consistently, honestly, and in a way that fits your family. You don’t need to be perfect. You just need to show up.

In the pages ahead, you’ll learn:

- How to carve out just 10–15 minutes a day for meaningful spiritual connection
- How to adapt your approach for kids of all ages
- How to make devotions engaging, even for teens
- How to use technology as a tool—not a distraction
- And how to push through the common obstacles that trip up even the most faithful parents

# What You Sow Today Will Grow Tomorrow

Your home is already a place of learning, laughter, and memories.

With just a little intentionality, it can become a place where faith takes root—and where your children experience the presence of God daily.

By the end of this guide, you won't just have a plan. You'll have a vision for what your home can become.

So take a deep breath, open your heart, and let's begin. God will meet you where you are.



# Chapter 1: The Biblical Foundation — God's Design for Family Faith

Have you ever wondered if your efforts to shape your children's faith really matter?

In a world full of competing influences—social media, peer pressure, school, and entertainment—parents often feel like their spiritual impact is minimal. But God's Word tells us something different: your role as a spiritual guide in your children's lives isn't just important—it's irreplaceable.

## God's Instructions for Spiritual Nurture at Home

The Bible couldn't be clearer about parents' responsibility to nurture their children's faith. In Deuteronomy 6:6-7 (NIV), God instructs:

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

This passage reveals that faith formation isn't meant to be confined to church buildings or Sunday school rooms. God designed spiritual nurture to happen naturally within the rhythm of daily family life—during meals, bedtime routines, car rides, and everyday conversations.

Similarly, Psalm 78:5-7 (ESV) emphasizes the generational impact of home-based faith teaching:

"He established a testimony in Jacob and appointed a law in Israel, which he commanded our fathers to teach to their children, that the next generation might know them, the children yet unborn, and arise and tell them to their children, so that they should set their hope in God."

Notice the beautiful chain reaction God envisions: when you teach your children God's ways, you're not just influencing one generation but potentially many to come.



## Jesus's Model of Accessible Teaching and Relationship

Jesus himself demonstrated how to make spiritual truths accessible. He used everyday objects and experiences as teaching tools—seeds, bread, water, and family relationships. Mark 4:33-34 (NIV) tells us: "With many similar parables Jesus spoke the word to them, as much as they could understand. He did not say anything to them without using a parable."

Jesus met people where they were developmentally and spiritually. As parents, we can follow His example by making faith conversations natural, relatable, and suited to our children's current understanding.

## The Covenant Promise for Faithful Families

Perhaps one of the most encouraging Scriptures for parents is Acts 16:31 (NIV), where Paul tells the Philippian jailer:

"Believe in the Lord Jesus, and you will be saved—you and your household."

While this doesn't guarantee automatic faith for everyone in your family, it speaks to God's desire to work through family relationships. He established the family as the primary environment for faith formation, and He promises to honor your faithful efforts.



## Practical Path: Building Your Biblical Foundation

- Recognize your God-given authority. You don't need theological training to lead your family spiritually—you just need willingness and God's Word.
- Start with your own faith. Deuteronomy 6:6 says the commands must be "on your hearts" before you can impress them on your children. Let them see you reading Scripture and praying.
- Look for natural teaching moments. Point out God's character in creation, current events, or family circumstances. These spontaneous moments often make the deepest impression.
- View family devotions as conversations, not lectures. Two-way discussion helps children internalize faith rather than just receive information.
- Trust God's promise. Remember that your consistent efforts, however imperfect, are being used by God to shape eternal destinies.

## Reflection

What one aspect of God's design for family faith encourages you the most right now? How might recognizing your irreplaceable role as a spiritual guide change your approach to parenting this week?

Father, thank you for entrusting these precious children to our care. Help us embrace our role as their primary spiritual guides with both confidence and humility. Give us wisdom to create a home where your presence is welcomed and your Word is treasured. Amen.



## Chapter 2: Finding Your Rhythm — When, Where, and How to Begin

***Does the thought of adding "family devotions" to your already packed schedule feel overwhelming?***

Many parents know family devotions are important but struggle with the practical reality of fitting them into busy lives filled with work commitments, school activities, sports practices, and the general chaos of family life. The good news is that you don't need to completely overhaul your schedule to begin this journey.

## Identifying Your Family's Natural Gathering Times

God's wisdom in Deuteronomy 6:7 provides the perfect starting point: "Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up." This passage suggests four natural times when spiritual conversations can happen:

- When you sit at home (meals and relaxed family time)
- When you walk along the road (car rides, walks, errands)
- When you lie down (bedtime routines)
- When you get up (morning routines)

Rather than forcing a brand new time slot into your schedule, look for existing family rhythms. Proverbs 16:9 (NIV) reminds us: "In their hearts humans plan their course, but the LORD establishes their steps." Ask God to show you the natural connection points He's already established in your family's routine.

### Consider these questions:

- When is your family naturally together without screens or distractions?
- When are your children most receptive and alert?
- What existing routine could accommodate a 10-15 minute faith conversation?

## **Creating a Simple, Inviting "Faith Space" in Your Home**

The physical environment can help signal that something special is happening. In Joshua 4:6-7, God instructed the Israelites to set up memorial stones so that when their children asked, "What do these stones mean?" they could share the story of God's faithfulness.

Your home can similarly contain visual reminders that prompt spiritual conversations. This doesn't require elaborate decoration—simplicity is actually better.

## **Starting Small: The Power of 10-15 Minute Consistency**

Matthew 13:31-32 (NIV) tells us: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree."

Just as the tiny mustard seed grows into something substantial, your brief, consistent family devotions will grow into a strong foundation of faith. Research shows that habits are formed through repetition, not duration. A daily 10-minute devotion will have far more impact than an occasional hour-long session.

## Practical Path: Establishing Your Family Devotion Rhythm

- Schedule an honest family meeting. Gather everyone and explain why growing in faith together matters. Ask for input on when devotions might work best.
- Choose your starting frequency. For most families, 3-4 times per week is a realistic beginning goal. You can increase frequency as the habit develops.
- Select a consistent trigger. Attach devotions to an existing habit: right after dinner, before bedtime routines, or during Saturday morning breakfast. This "habit stacking" increases your chance of success.
- Create a simple faith space. Designate a spot with a Bible, perhaps a candle (for older children), and a small basket of age-appropriate faith resources. Keep it clutter-free and accessible.
- Start with 10 minutes. Set a timer if needed. It's better to leave children wanting more than to create resistance with sessions that are too long.
- Establish simple opening and closing routines. Perhaps light a candle to begin and blow it out to end, or start with the same brief prayer each time. These rituals signal transitions and create anticipation.

## Reflection

Look at your family calendar for this week. Which existing gathering times might work best for introducing a short devotional moment?

What one small change could you make to your home environment to create a more inviting space for spiritual conversations?

Lord, show us the times and spaces You've already provided for our family to grow closer to You. Help us see opportunities rather than obstacles as we establish new rhythms of faith in our home. Give us grace with ourselves and each other as we begin this journey. Amen.





## Chapter 3: Age-Appropriate Approaches — Meeting Children Where They Are

*Have you ever prepared a family devotion only to watch your toddler wander off, your school-age child fidget restlessly, or your teenager roll their eyes?*

*One of the biggest challenges in family devotions is addressing different developmental stages simultaneously. Just as Jesus tailored His teaching to His audience, we need to adapt our approach to meet our children where they are spiritually and developmentally.*

## Engaging Little Hearts (Ages 2-5): Wonder, Movement, and Repetition

Jesus welcomed little children, saying in Mark 10:14 (NIV), "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these." Young children naturally approach faith with wonder, curiosity, and simple trust—qualities Jesus valued highly.

Preschoolers learn best through:

- Concrete experiences rather than abstract concepts
- Repetition that builds security and memory
- Movement that engages their whole bodies
- Story that captures their imagination

At this age, children form their first impressions of God. They understand concepts like love, care, and safety, making this the perfect time to emphasize God's role as loving Father, creator, and protector.

## **Building Strong Foundations (Ages 6-10): Stories, Questions, and Activities**

Elementary-aged children are developing logical thinking and literacy skills. They love to learn facts, solve problems, and master new skills. Jesus often taught through parables—stories with deeper meanings—which perfectly suits this age group's developing ability to find meaning beyond the literal.

Psalm 119:105 (NIV) says, "Your word is a lamp for my feet, a light on my path." Children in this age range are ready to begin navigating Scripture themselves, with guidance.

This is a golden opportunity to:

- Build Bible literacy through stories and memorization
- Encourage questions and exploration
- Connect biblical principles to everyday situations
- Introduce serving others as an expression of faith

## Deepening Roots (Ages 11-18): Discussion, Application, and Ownership

As children enter adolescence, they naturally begin questioning inherited beliefs and developing their own worldview. Rather than seeing this as rebellion, we can view it as a necessary step toward genuine faith ownership.

In 1 Timothy 4:12 (NIV), Paul writes, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity." Teenagers are capable of significant spiritual depth and authentic ministry.

For teens, effective approaches include:

- Open-ended questions that respect their developing opinions
- Real-world application of biblical principles to issues they care about
- Appropriate challenges that stretch their faith
- Leadership opportunities within family devotions
- Authentic sharing of your own faith journey, including doubts and growth

## Practical Path: Tailoring Your Approach to Multiple Ages

- Create a core experience with age-specific extensions. Begin with a Scripture and basic discussion everyone can participate in, then provide differentiated ways for each child to engage more deeply.
- Rotate leadership roles based on age. Even young children can help light a candle, choose a worship song, or select a Bible story. Older children can read Scripture or lead a discussion question.
- Use the "sandwich approach." Start and end together as a family, but include a middle segment where children break into age-appropriate activities.
- Implement the "buddy system." Pair older and younger siblings to help each other during certain parts of your devotion time.
- Provide fidget-friendly options for young children. Simple coloring sheets related to the Bible passage or quiet manipulatives can help little ones stay engaged longer.
- Adjust your expectations. Remember that wiggling preschoolers and questioning teenagers are both showing normal, healthy development—not disrespect or disinterest.
- Look for teachable moments outside formal devotion time. Some of your most meaningful spiritual conversations will happen one-on-one during daily activities.

## Reflection

Which of your children might be struggling with your current approach to family devotions? What one adjustment could you make this week to better meet them at their developmental stage? Heavenly Father, thank You for creating each of our children with unique personalities, learning styles, and developmental needs. Give us wisdom to see them as You do and to nurture their faith in ways that speak to their hearts. Help us to be patient with their questions and responsive to their spiritual curiosity. Amen.



# Chapter 4: The Family Devotion Framework — A Simple 5-Step Model

*Do you ever sit down for family devotions and wonder,  
"What exactly are we supposed to do now?"*

*Many parents feel uncertain about how to structure family devotion time. Without a simple framework, sessions can feel disorganized or drift into either dry lectures or unfocused conversations. The good news is that effective family devotions don't require complex planning or seminary training—just a straightforward approach that keeps God's Word at the center.*



# The 5-Step Family Devotion Framework

Just as the early church had a simple pattern for gathering (Acts 2:42, NIV): "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer," your family can follow a simple, repeatable pattern that includes all the essential elements of spiritual formation.

## 1. Gather: Creating the Right Atmosphere

Begin by intentionally transitioning from regular family life to a special time focused on God. Jesus often withdrew to quiet places for prayer (Luke 5:16), showing us the importance of creating a set-apart space and time.

This gathering step might include:

- A simple opening prayer
- Lighting a candle to symbolize God's presence
- A brief worship song
- A "check-in" question to help everyone transition mentally

The goal is to help family members shift from the day's distractions to an attitude of openness to God's Word. Psalm 46:10 (NIV) reminds us to "Be still, and know that I am God." This first step creates that stillness.

## 2. Encounter: Reading God's Word Together

The centerpiece of family devotions is encountering Scripture together. Hebrews 4:12 (NIV) tells us: "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

When reading Scripture with children:

- Keep passages relatively short
  - Consider using a family-friendly translation
  - Take turns reading when appropriate
  - For younger children, quality Bible storybooks can be helpful
- Remember that hearing God's Word regularly, even when comprehension seems limited, is planting seeds that will grow over time.

## 3. Discuss: Questions That Spark Meaningful Conversation

Jesus frequently used questions to engage His listeners and prompt deeper thinking. Questions transform passive listening into active engagement.

Effective family discussion questions:

- Connect Scripture to everyday life
- Invite personal response rather than "right answers"
- Allow for different perspectives and developmental levels
- Build progressively from observation to application

Proverbs 20:5 (NIV) says, "The purposes of a person's heart are deep waters, but one who has insight draws them out." Good questions draw out what God is already doing in your children's hearts.

## 4. Respond: Prayer and Worship Elements

James 1:22 (NIV) instructs us to "be doers of the word, and not hearers only." This response step helps family members move from understanding to application.

Ways to respond together include:

- Prayers of thanksgiving for what you've learned
- Prayers of commitment to apply Scripture
- Simple acts of worship (singing, artwork, journaling)
- Sharing ways you might live differently because of this passage

This step helps children understand that God's Word requires a response—it's not just information, but an invitation to transformation.

## 5. Apply: Connecting Scripture to Daily Life

End your devotion time by discussing specific ways family members can apply what they've learned in the coming days. Matthew 7:24-27 reminds us that hearing God's words without putting them into practice is like building a house on sand.

Practical application might include:

- A family challenge for the week
- A Scripture verse to memorize together
- A specific action step related to the passage
- A visual reminder to place somewhere in your home

## Practical Path: Implementing the 5-Step Framework

1. Start with a short passage. Begin with just a few verses or a single Bible story that illustrates a clear principle.
2. Prepare simple questions in advance. For each passage, create 3-4 questions that progress from:
  - What does the passage say? (observation)
  - What does it mean? (interpretation)
  - How does it apply to our lives? (application)
3. Create a simple devotion card system. On index cards, write Scripture references, key questions, and application ideas. Keep these in a box for easy access.
4. Time each segment. As a general guide:
  - Gather: 2 minutes
  - Encounter: 3-4 minutes
  - Discuss: 5-7 minutes
  - Respond: 2-3 minutes
  - Apply: 2 minutes
5. Be flexible within the framework. Some days a particular step may take longer or spark special interest. That's okay! The framework provides structure, not rigidity.
6. Involve everyone in leading different steps. Even young children can help with the "Gather" step, while teens might prepare discussion questions.

## Reflection

Which of the five steps do you feel most comfortable with? Which one seems most challenging for your family? How might focusing on this framework simplify your approach to family devotions? Lord, thank You for the gift of Your Word. Help us create a simple rhythm of engaging with Scripture as a family. Give us wisdom to guide conversations and openness to hear Your voice together. May our family devotions nurture authentic faith rather than mere religious habit. Amen.



# Chapter 5: Overcoming Barriers with Grace and Wisdom

**Have you ever started family devotions with enthusiasm, only to find your efforts derailed by resistance, busyness, or feelings of inadequacy?**

You're not alone. Every family faces barriers to consistent spiritual practices. Even the most well-intentioned parents encounter seasons when family devotions seem impossible to maintain. The good news is that God's grace covers our imperfect efforts, and His wisdom helps us navigate these common challenges.

## When Schedules Clash: Flexible Approaches to Consistency

In today's busy world, finding time when everyone is available can feel like an impossible task. Sports practices, homework, work commitments, and various activities pull family members in different directions.

Ecclesiastes 3:1 (NIV) reminds us: "There is a time for everything, and a season for every activity under the heavens." This wisdom applies to family devotions as well. Different seasons of family life may require different approaches.

Remember these principles:

- Consistency matters more than frequency. A weekly devotion that actually happens is better than a daily one that rarely occurs.
- Quality matters more than quantity. A meaningful 10-minute conversation has more impact than a distracted 30-minute session.
- Flexibility preserves sustainability. Being willing to adjust your approach helps maintain the practice long-term.



## When Hearts Resist: Addressing Disinterest Without Creating Division

Few things are more discouraging than preparing a meaningful devotion only to face sighs, eye rolls, or outright complaints. Children, especially as they grow older, may resist family devotions for various reasons: boredom, developmental changes, or simply testing boundaries.

1 Corinthians 13:4 (NIV) tells us, "Love is patient, love is kind." This patience is essential when facing resistance. Remember that spiritual formation is a long-term process, not an immediate transformation.

When facing resistance:

- Avoid power struggles. Making devotions a battleground creates negative associations with faith.
- Invite honest feedback. Ask children what would make devotions more meaningful for them.
- Respect developmental stages. Teenagers naturally question inherited beliefs as part of developing their own faith identity.
- Focus on relationship over rules. The connection you maintain through difficulty may be more important than the content delivered.

## When You Feel Inadequate: Embracing Your Role as Fellow Learner

Many parents feel unqualified to lead devotions because of their own spiritual struggles or limited biblical knowledge. You might worry about answering difficult questions or feel hypocritical addressing areas where you yourself struggle.

2 Corinthians 12:9 (NIV) offers tremendous encouragement: "My grace is sufficient for you, for my power is made perfect in weakness." God doesn't call us to be perfect spiritual guides but faithful companions on the journey.

Your vulnerability can actually strengthen your effectiveness:

- Authenticity creates safety. When you acknowledge your own questions, you give children permission to express theirs.
- Modeling curiosity teaches lifelong learning. Saying "I don't know, let's find out together" is more valuable than having all the answers.
- Shared learning builds connection. Discovering biblical truths alongside your children creates a powerful bond.

## Practical Path: Strategies for Common Barriers

1. For schedule conflicts: Create a "devotion on the go" format for busy seasons. Keep a set of discussion cards in the car for unexpected moments together. Remember that a thoughtful spiritual conversation during a car ride "counts" as much as a formal sitting.
2. For attention span challenges: Break devotions into smaller segments throughout the day. Perhaps read Scripture at breakfast, discuss application at dinner, and pray together at bedtime.
3. For age-related resistance:
  - With young children who are restless: Incorporate movement, use visual aids, and keep sessions brief.
  - With pre-teens who seem bored: Give them leadership roles and technology responsibilities (finding videos, researching topics).
  - With teenagers who question everything: Create space for honest dialogue without judgment and connect Scripture to issues they care about.
4. For your own feelings of inadequacy:
  - Start with a family devotional guide that provides structure and content.
  - Focus on asking good questions rather than providing all the answers.
  - Share your own journey of growth, including past doubts and current learning.
  - Remember that your consistent presence matters more than your perfect performance.
5. For inconsistency: Rather than feeling guilty about missed days, create a simple way to restart. A special "reset prayer" or tradition can help everyone begin again without shame.

## Reflection

What is the most significant barrier to consistent family devotions in your home right now? How might viewing this challenge through the lens of God's grace change your approach? What one small adjustment could help you navigate this barrier more effectively? Heavenly Father, thank You for Your patience with our imperfect efforts. Help us extend that same grace to ourselves and our children as we navigate the challenges of family devotions. Give us wisdom to adapt without abandoning, flexibility without forsaking consistency, and perseverance powered by Your Spirit rather than our own strength. Amen.



# Chapter 6: Your 7-Day Jumpstart Plan

## **Are you ready to move from good intentions to actual implementation?**

Many parents understand the importance of family devotions but struggle with the practical first steps. The gap between knowing what to do and actually doing it can feel overwhelming. This 7-day jumpstart plan bridges that gap, giving you everything you need to begin immediately.

As Joshua 1:9 (NIV) encourages us: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." With God's presence and this simple plan, you can begin your family devotion journey today.

# Day-by-Day Scripture Passages, Discussion Prompts, and Activities

## Day 1: God's Love

Scripture: John 3:16 (NIV) - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Discussion Prompts:

- What does this verse tell us about how much God loves us?
- How does it feel to know God loves you this much?
- What's the most valuable thing you've ever been given? How does that compare to God's gift?

Activity: Create a family "Love List." Have each person write or draw something they love about each family member. Share your lists and discuss how God's love is even greater than family love.

Quick Prayer: "Thank you, God, for loving us so much that you gave us Jesus. Help us remember your love every day. Amen."

## Day 2: Trusting God

Scripture: Proverbs 3:5-6 (NIV) - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Discussion Prompts:

- What does it mean to trust someone "with all your heart"?
- When is it hard to trust God instead of figuring things out ourselves?
- Can you share a time when you had to trust God with something difficult?

Activity: Take a "trust walk." Have family members take turns being blindfolded while another family member guides them safely through a room or yard. Discuss how this relates to trusting God when we can't see the path ahead.

Quick Prayer: "Lord, sometimes it's hard to trust when we can't see what's ahead. Help us trust you with all our hearts today. Amen."



### **Day 3: Kindness**

Scripture: Ephesians 4:32 (NIV) - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Discussion Prompts:

- What's one kind thing someone did for you recently?
- How does it feel when someone forgives you?
- What makes forgiveness difficult sometimes?

Activity: Create "Kindness Coupons" that family members can give to each other throughout the week. Examples: "Good for one special snack," "Good for 15 minutes of my time," "Good for help with a chore."

Quick Prayer: "Jesus, thank you for forgiving us. Help us to be kind and forgive others the way you forgive us. Amen."

## Day 4: God's Word

Scripture: Psalm 119:105 (NIV) - "Your word is a lamp for my feet, a light on my path."

Discussion Prompts:

- Why do we need light when it's dark?
- How is the Bible like a lamp or light for our lives?
- What's one thing you've learned from the Bible that helps you?

Activity: If it's dark enough, turn out the lights and try to navigate a room. Then use a flashlight to find your way. Talk about how God's Word helps us navigate life's challenges and decisions.

Quick Prayer: "God, thank you for giving us your Word to guide us. Help us read it and follow its light every day. Amen."

## Day 5: Prayer

Scripture: Philippians 4:6-7 (NIV) - "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."

Discussion Prompts:

- What are some things that make you worried or anxious?
- How does prayer help with worry?
- Why is it important to include "thanksgiving" when we pray?

Activity: Create a simple family prayer jar. Decorate a jar and keep small slips of paper nearby. Family members can write prayer requests and place them in the jar. Each day, pull out one request to pray for together.

Quick Prayer: "Father, we bring our worries to you today. Thank you for listening to our prayers and giving us your peace. Amen."

## Day 6: God's Creation

Scripture: Psalm 19:1 (NIV) - "The heavens declare the glory of God; the skies proclaim the work of his hands."

Discussion Prompts:

- What's your favorite thing God created?
- How does looking at nature help us know what God is like?
- What does creation tell us about God's creativity and power?

Activity: Take a "creation walk" around your yard or neighborhood. Collect small items (leaves, rocks, etc.) or take photos of interesting things you see. Create a simple "God's Creation" collage or photo gallery.

Quick Prayer: "Creator God, thank you for making such an amazing world. Help us see your glory in everything you've made. Amen."

## Day 7: Serving Others

Scripture: Matthew 25:40 (NIV) - "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

Discussion Prompts:

- Who are some people who might need our help?
- How does helping others show God's love?
- What's one way our family could serve someone this week?

Activity: Brainstorm a simple service project your family could do together. Ideas: collect items for a food bank, write cards for nursing home residents, help a neighbor with yard work, or bake cookies for a community helper.

Quick Prayer: "Jesus, open our eyes to see the needs around us. Use our hands and hearts to serve others as a way of serving you. Amen."

## Simple Prayer Formats Even Young Children Can Follow

For each day of the jumpstart plan, introduce a simple prayer format that builds children's prayer vocabulary and confidence:

1. Day 1: "Thank You" Prayers - Each person shares one thing they're thankful for.
2. Day 2: "Help Us" Prayers - Each person asks God for help with something.
3. Day 3: "Sorry" Prayers - Each person offers a simple confession.
4. Day 4: "I Love You Because" Prayers - Each person tells God one reason they love Him.
5. Day 5: "Please Bless" Prayers - Each person prays for someone else's need.
6. Day 6: "Wow!" Prayers - Each person praises God for something amazing He's done.
7. Day 7: "ACTS" Prayer - Combine all elements: Adoration, Confession, Thanksgiving, Supplication.

## Quick Preparation Steps for Busy Parents

Each day's devotion requires minimal preparation:

1. Morning prep (2 minutes): Read the day's Scripture and scan the discussion questions.
2. Afternoon reminder: Set a phone alert for your planned devotion time.
3. Gather supplies (if needed): Most activities use items you already have at home.
4. Create the space: Clear the table, turn off screens, and gather family members.
5. Begin with expectation: Use a consistent opening phrase like "It's time to hear from God together!"

## Reflection

As you review this 7-day plan, which day's theme resonates most with your family's current needs? What specific time of day do you think would work best for implementing this plan? What one thing could you do today to prepare your family to begin?

Lord, thank You for providing us with Your Word to guide our family. As we prepare to begin this 7-day journey, please give us determination, joy, and Your presence each step of the way. Help us establish patterns now that will shape our family's faith for years to come. Amen.





# Chapter 7: Growing Together — Signs of Spiritual Fruit

## **Have you ever wondered if your family devotions are really making a difference?**

It's natural to question whether the time and effort you invest in family devotions is actually bearing fruit. Unlike academic progress or athletic skill development, spiritual growth can be difficult to measure. You might ask yourself: Are my children really growing spiritually? Is this making any difference at all?

The good news is that God promises His Word will accomplish its purpose. Isaiah 55:10-11 (NIV) assures us:

"As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."

This chapter will help you recognize the sometimes subtle signs of spiritual growth and establish healthy ways to nurture that growth without creating performance pressure.

## Recognizing Heart Transformation Beyond Behavior

As parents, we often look first to our children's behavior as evidence of spiritual growth. While changed behavior is important, Jesus reminds us in Matthew 23:25-26 (NIV) that true transformation begins internally:

"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean."

External conformity without heart change creates the very legalism Jesus condemned. Instead, look for these signs of genuine spiritual growth:

- Increasing spiritual curiosity. Children who ask thoughtful questions about God, faith, and the Bible are showing signs of engagement, even if those questions sometimes feel challenging.
- Growing empathy and compassion. Jesus taught that love for others is a primary evidence of discipleship (John 13:35). Notice when your children show concern for others' needs or feelings.
- Spontaneous spiritual conversations. When children initiate conversations about God outside formal devotion times, it shows they're internalizing what they're learning.
- Developing personal prayer life. Children who begin praying on their own are demonstrating spiritual autonomy—a crucial step toward mature faith.
- Application of Scripture to daily situations. Listen for children connecting biblical principles to everyday decisions and challenges.

## Creating a Culture of Grace-Filled Accountability

Hebrews 10:24-25 (NIV) encourages us to "consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another."

This balance of accountability and encouragement creates the ideal environment for spiritual growth:

1. Celebrate progress, not perfection. Point out growth you observe: "I noticed how patient you were with your brother today—that reminds me of how God is patient with us."
2. Ask open-ended reflection questions. Rather than "Did you read your Bible today?" try "What has God been teaching you lately?"
3. Share your own growth journey. Let children see you working through challenges and growing in your faith.
4. Establish family spiritual goals. Create shared objectives that foster mutual encouragement rather than comparison or competition.
5. Pray specifically for each family member's growth. This demonstrates that spiritual development matters and invites God's work in each heart.

# Celebrating Faith Milestones as a Family

Throughout Scripture, God's people marked significant spiritual moments with tangible celebrations and memorials. Joshua 4:6-7 describes the stones of remembrance set up after crossing the Jordan River "to serve as a sign among you... These stones are to be a memorial to the people of Israel forever."

Creating your own family faith milestones helps children visualize their spiritual journey and recognize God's faithfulness over time:

## **Milestones to consider celebrating:**

- First personal prayer
- Scripture memorization achievements
- Baptism or dedication
- Acts of service or missions participation
- Faith professions or commitments
- Answered prayers
- Overcoming spiritual challenges

Ways to mark these moments:

- Special family meals
- Symbolic gifts (age-appropriate Bible, journal, etc.)
- Photos or scrapbook entries
- Written affirmations from family members
- Adding stones to a family "Ebenezer jar"
- Annual reflection on growth during holidays or birthdays

## Practical Path: Nurturing Sustainable Spiritual Growth

- Create a family growth journal. Keep a simple record of observations, questions, and significant spiritual moments. Review it periodically to see patterns of growth that might otherwise go unnoticed.
- Implement seasonal family evaluations. Every few months, have a relaxed conversation about what's working well in your family devotions and what might need adjustment.
- Use the "two-verse challenge." Periodically ask family members to share which verse from recent devotions has meant the most to them and why.
- Practice "spiritual affirmations." Regularly share specific observations about spiritual qualities you see developing in each family member.
- Take spiritual "before and after" snapshots. At the beginning of each year, have family members write answers to simple faith questions. Save these and review them together the following year.
- Normalize spiritual setbacks. Help children understand that spiritual growth isn't linear—even biblical heroes like David and Peter experienced failures and renewed commitment.
- Release the pressure of immediate results. Remember the parable of the growing seed in Mark 4:26-29, where the farmer plants the seed but cannot make it grow—that's God's mysterious work.

## Reflection

What signs of spiritual growth have you already noticed in your children that you may have overlooked? How might shifting your focus from external behavior to heart transformation change your approach to family discipleship?

Gracious Father, thank You for the privilege of watching our children grow spiritually. Give us eyes to see the subtle signs of Your work in their hearts. Help us create an atmosphere of grace that nurtures genuine faith rather than mere religious performance. May we celebrate Your faithfulness even when growth seems slow, trusting that You will complete the good work You have begun in each of us. Amen.



# Conclusion: The Legacy You're Building Today

**What if the fifteen minutes you spend in family devotions today impact not just your children, but your grandchildren and great-grandchildren?**

As we conclude our journey through this guide, it's important to step back and recognize the generational significance of what you're building through consistent family devotions.

# The Generational Impact of Faithful Discipleship

Psalm 145:4 (NIV) beautifully captures the multi-generational nature of faith transmission: "One generation commends your works to another; they tell of your mighty acts."

The family devotions you establish today are creating more than memories—they're laying spiritual foundations that can stand firm through life's inevitable challenges. While you may not always see immediate results, Scripture promises that God's Word never returns void (Isaiah 55:11).

## **Consider these encouraging truths:**

- You're creating a spiritual vocabulary. The Bible stories, concepts, and principles you share become the language through which your children will understand God, themselves, and the world.
- You're modeling spiritual disciplines. By prioritizing God's Word in your busy schedule, you demonstrate that a relationship with God deserves our best attention.
- You're establishing spiritual landmarks. Family devotions create reference points your children will return to throughout their lives, especially in moments of crisis or decision.
- You're building protective boundaries. Research consistently shows that children with strong family faith practices are more resilient against harmful cultural influences and high-risk behaviors.

The prophet Malachi describes the ultimate aim of family discipleship as "turning the hearts of the parents to their children, and the hearts of the children to their parents" (Malachi 4:6, NIV). Family devotions create this heart connection by centering relationships around shared spiritual truth rather than merely shared activities or interests.



## Your Next Steps for Sustainable Family Faith Practices

As you implement the principles in this guide, remember that sustainable practices are more valuable than sporadic perfection. Here are your essential next steps:

1. Start with the 7-day plan. Begin tomorrow with Day 1 of the jumpstart plan in Chapter 6. Don't worry about perfection—just start.
2. Calendar your commitment. Schedule family devotion times for the next month. Treat these appointments as non-negotiable, just like important medical appointments.
3. Create accountability. Share your commitment with a trusted friend, small group, or pastor who can check in on your progress and encourage you.
4. Gather your resources. Set aside a special place for your family Bible, devotional materials, and any supplies you'll need for the activities you've chosen.
5. Anticipate and plan for obstacles. Using what you learned in Chapter 5, identify your family's most likely barriers and create specific strategies to overcome them.
6. Commit to a quarterly review. Set a reminder to evaluate your family devotion practice every three months, making adjustments as your children grow and family circumstances change.
7. Extend grace—to yourself and your family. Remember that God's grace covers your imperfect efforts. When you miss days or face resistance, begin again without shame or discouragement.

# Prayer of Dedication for Your Family's Journey

Heavenly Father,

We come before You as a family, acknowledging our need for Your guidance as we begin this journey of intentional spiritual growth together.

Thank You for entrusting these precious children to our care and for the privilege of introducing them to You. We recognize that they ultimately belong to You, and we are simply stewards of their spiritual formation for this season.

Lord, we ask for Your wisdom as we implement family devotions. Help us create meaningful experiences that draw each family member closer to You. Give us creativity for engaging young hearts, patience with wiggly bodies, and grace for imperfect efforts.

When we face busy schedules, resistance, or our own inadequacies, remind us that You are present in our gatherings. Your Spirit works beyond our limitations.

May our home become a place where Your Word is treasured, where honest questions are welcomed, where faith is lived authentically, and where Your love is experienced daily.

We dedicate our family devotion times to You. Use these moments to shape us individually and as a family for Your glory and the advancement of Your kingdom—not just in our generation, but in generations to come.

In Jesus' name, Amen.

As you close this book and begin your family devotion journey, remember the encouraging words of Galatians 6:9 (NIV): "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

The seeds you plant today in family devotions will yield a harvest of faith that extends far beyond what you can currently see. Be faithful in the planting, and trust God with the growth.

# **APPENDIX: Family Faith Resource Library**

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### **Pre-readers (Ages 2-5)**

Focus: God's love and character (short verses with simple concepts)

- Genesis 1:1 - "In the beginning God created the heavens and the earth."
- Psalm 118:1 - "Give thanks to the LORD, for he is good."
- Psalm 136:1 - "Give thanks to the LORD, for he is good. His love endures forever."
- Matthew 22:37 - "Love the Lord your God with all your heart."
- Ephesians 4:32 - "Be kind to one another."
- 1 John 4:19 - "We love because he first loved us."

Memory Method: Use hand motions for key words and repeat verses daily during transition times.

## Early Readers (Ages 6-8)

Focus: Obedience and wisdom

- Exodus 20:12 - "Honor your father and your mother."
- Psalm 119:105 - "Your word is a lamp for my feet, a light on my path."
- Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- John 3:16 - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
- Colossians 3:20 - "Children, obey your parents in everything, for this pleases the Lord."

Memory Method: Create simple melody or rhythm patterns; post verses on bathroom mirrors.

## Middle Elementary (Ages 9-12)

Focus: Identity in Christ and foundations of faith

- Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
- Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
- Matthew 5:14-16 - "You are the light of the world... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
- Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
- Philippians 4:13 - "I can do all this through him who gives me strength."

Memory Method: Scripture journaling with illustrations; create verse cards for review games.

## Teens (Ages 13-18)

### Focus: Apologetics and life application

- Jeremiah 29:11-13 - "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."
- Matthew 28:19-20 - "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."
- Romans 12:1-2 - "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- 1 Peter 3:15 - "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."

Memory Method: Topical memory systems; accountability partners; multimedia presentations.

# 15 Ready-to-Use Devotion Activities

## For Ages 2-5

1. Bible Story Cube: Create a simple paper cube with different Bible story images on each side. Let your child roll the cube and tell/read the story that lands face up.
2. Prayer Hand: Trace your child's hand on paper. Assign each finger something to pray for: Family (thumb), Leaders (pointer), World (middle), Friends (ring), Self (pinky).
3. God's Creation Scavenger Hunt: Take a walk outside and find things God created that start with each letter of your child's name or simple word like "LOVE."

## For Ages 6-10

1. Scripture Pictionary: Write Bible stories or verses on cards. Take turns drawing while others guess the story or verse.
2. Verse Puzzle: Write a Bible verse on cardstock and cut into puzzle pieces. Have children put it together and then memorize it.
3. Character Study: Choose a Bible character and create a simple profile: name, one good choice, one mistake, what they teach us about God.
4. Gratitude Jar: Decorate a jar together. Each evening, write one thing you're thankful for on a slip of paper and add it to the jar. Read them together at the end of the month.

## **For Ages 11-18**

1. Chapter Summary Challenge: Read a Bible chapter together, then challenge each person to summarize it in exactly six words.
2. Real-World Connection: Choose a current event from the news. Discuss: What would Jesus say about this? Which Bible principles apply?
3. Faith Playlist: Create a family playlist of worship songs that connect to what you're studying. Discuss the lyrics and their biblical connections.
4. Scripture & Service: Choose a verse about serving others, then plan and complete a service project that applies that verse.

## **For All Ages**

1. Family Faith Timeline: Create an ongoing timeline where you mark significant spiritual moments in your family's life alongside Bible stories you're learning.
2. Name Acrostic Prayers: Use each letter of a family member's name to pray for something specific for them.
3. God Sightings Journal: Keep a family journal where each person can record ways they saw God working during the week.
4. Bible Verse Art: Choose a key verse your family is memorizing and create art based on it. Display your creations where you'll see them regularly.



## Recommended Resources for Continued Growth

### Family Devotional Resources

- The Jesus Storybook Bible by Sally Lloyd-Jones (ages 4-8)
- Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids by Kara Powell and Chap Clark
- Exploring the Bible Together: A 52-Week Family Devotional by David Murray
- The Family Bible Devotional by Sarah Wells
- Faith Conversations for Families by Jim Burns

### Digital Resources

- YouVersion Bible App (has family devotional plans)
- Keys for Kids devotional app
- RightNow Media (subscription-based Christian content for all ages)
- The Bible Project (animated videos explaining books and themes of the Bible)
- Minno Kids (Christian streaming content for children)

### Music & Audio

- Seeds Family Worship (Scripture set to music)
- The Chronicles of Narnia audio dramas
- Adventures in Odyssey (radio drama with biblical values)
- Getty Kids Hymnal series

### Helpful Websites

- [FocusOnTheFamily.com/parenting](https://FocusOnTheFamily.com/parenting)
- [IntentionalParenting.com](https://IntentionalParenting.com)
- [KidzMatter.com](https://KidzMatter.com)
- [ThrivingFamily.com](https://ThrivingFamily.com)

Remember that resources should supplement, not replace, your personal engagement with Scripture and your children. The most valuable resource is your faithful presence and authentic faith lived out daily before your family.

# Thank You

Dear Reader,

Thank you for taking the time to read Faith at Home: How to Start and Keep Family Devotions. We pray this guide has equipped and encouraged you to lead your family with love, intention, and faith — right where you are, with what you have.

Building a spiritual legacy doesn't require perfection — just presence, grace, and a heart turned toward God. As you begin (or continue) this journey, remember: every prayer, every Scripture, every conversation matters more than you know.

We'd love to hear how this resource has impacted your home.

If you'd like to share your story, ask a question, or connect further, reach out to us through:

 Email: [contact@inlevdigital.com](mailto:contact@inlevdigital.com)

 Website: [www.inlev.online](http://www.inlev.online)

May your home be filled with joy, truth, and the presence of God.  
With gratitude and faith,

— INLEV Productions Team