

## FAMILY DEVOTIONAL GUIDE

Welcome to our family prayer devotional guide. With younger children, choose one or two of the activities and aim for one to two minutes of prayer or reflection. For older children encourage longer periods of reflection of up to three to five minutes. Remember, this is a guide to help you get started, trying it together matters much more than getting it just right, so allow your children's attention spans to be your guide as you dive into today's practice.

### SUPPLIES

**You will need:** bowl of water, small object like a coin, paper, pencil crayons, markers or crayons, a glass, a pitcher of water.

### INSTRUCTIONS

**1. Introduction:** Pray for God to open your eyes and heart to what He wants to say through His word today. Read through Psalm 23 aloud together as a family. If children are able, take turns reading the verses.

#### 2. Re -Read Verses 1-3a:

1 The Lord is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul.

Activity: Fill a bowl with water and set in front of you. Drop a small object like a coin into it. As you watch the water go from rippling to calm, reflect on how God takes care of you.

Pray: Ask God to show you areas of your life you need His peace and then pray and ask Him to help you with those areas. Thank Him for leading you be quiet waters and bringing you peace.

#### 3. Re - Read verses 3b-4:

He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, [a] I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Activity: On a sheet of paper draw a path, along the path draw or write things that might be in a dark valley your life. (examples: sickness, a fight with friends, stress at school). At the end of the path write or draw where you think God is guiding you as he guides your path. Discuss how God guides and protects us, even during tough times as you work.

Pray: Thank God for always being with us, guiding and protecting us. Ask for God's help in areas that you need it.

#### 4. Re - Read verse 5 & 6

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Activity: Place a cup on a tray. Have each family member pours a little bit of water into the cup as they say something they are grateful to God for until the cup overflows.

Pray: Thank God for all the ways He has blessed your family.