

PHASE

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Partnering *with parents*

STARTING DEVOTIONALS WITH YOUR KIDS!

What's it About?

And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates. - Deuteronomy 6:6-9

As your kid gets older and starts to understand more, now is a great time to think about doing family devotionals if you have not already!

Family devotions are a time for us to dig into God's Word with our kids from the oldest to the youngest and also to teach them that they can pray to God any-time about anything!

Some basic steps to starting a devotional time with your children:

1. **Choose a time of day.** Morning, evening or at the dinner table, whatever works best for you. Try to find a time that can stay consistent. If you know that you have evening activities several times a week, night time probably isn't the best option.
2. **Make it a relaxing atmosphere.** Some families like to sit on a couch or like to include family singing time or a fun video on YouTube that goes along with what they are talking about. Whatever you do make it fun and enjoyable, not a chore.

3. **Pick a devotional book** that is age-appropriate for your children. This can be easy or challenging, depending on the age-range of your kids. Of course your Bible is the most important book for devotions but there are many biblical devotionals that can serve as go-alongs.

4. **Encourage prayer.** Praying with your children strengthens their faith and encourages them, especially when you pray over them.

If you are looking for some practical resources we have a great devotional book called "The Bible App for Kids Storybook Bible" that you are free to borrow at the Phase Station by the Welcome Center. You can also buy them online and there is a link on our Phase website for the book. We like this book because it goes over the main stories of the Bible and there is a free app that goes along with the book (you don't have to buy the book to get the app) that makes learning the Bible stories really fun, almost all the stories also have Youtube videos that illustrate the story which can be a great way to review.

Whatever you do, we encourage you to get into the Habit of studying God's words as a family. If there is anything we can do to help out, don't hesitate to ask!