



# We Hunger for a Calmer Life

Six Week Family Devotional

by Priscilla Stapleton



For more resources and information go to [www.happyheartministry.com](http://www.happyheartministry.com)

# Introduction

Welcome to this six week family devotional on “We Hunger for a Calmer Life.” The goal of this weekly family devotional series is to help you grow in your faithful walk with Jesus through calming and reassuring Bible truths about creating a calmer, more meaningful life for you and your family. Each week you will focus on a different attribute for the word CALMER with Biblical references. Below is a list the weekly devotions:

## Week 1: Community

Matthew 14:13–21 Feeding of the 5,000 people

## Week 2: Assurance

(Matthew 6:25-27)

## Week 3: Life

(John 6:28-35)

## Week 4: Mission

(Matthew 4:19)

## Week 5: Equality

(Romans 2:11, Galatians 3:28, Acts 10:34)

## Week 6: Righteousness

(Matthew 5:1-12)

Thank you for taking the time to invest in the spiritual growth of your family. Please know that wherever you are in your own spiritual walk with the Lord, your family will benefit from spending time together each week learning more about God’s word. Allow God to draw you closer to Him each week as you discover His will for your family.





# We Hunger for a Calmer Life

## HOW TO USE THIS GUIDE

This devotional time is dedicated to finding calm in the midst of the storms of life. Perhaps right now you feel the “storms” are becoming too much to handle. God knows where you are, He cares for you and He will see you through any rough patch that you may be experiencing. Believe me, I’ve been through a few and the one thing that I have been able to hold on to is the knowledge that God is with me, He will never leave me. Repeat the following verse when you feel the storms getting the best of you, it will calm your soul.

Peace I leave you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

(John 14:27)

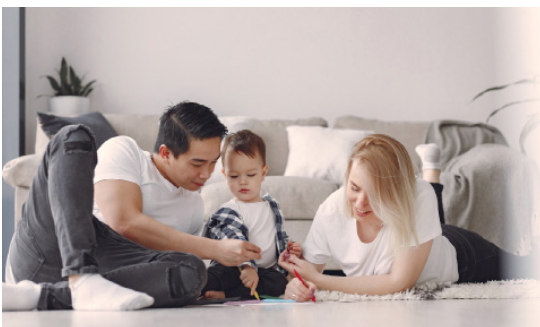
Now let's talk about how to prepare for the weekly family devotions. To begin, first choose a place in your home where everyone will feel comfortable, this will be called your Family Devotion area. Set the tone by lighting a candle or using a non flammable candle as your centerpiece.

## Tradition



You will begin at the "Tradition" section of the devotion. The Tradition will be a time of prayer and quiet centering. A time of gathering and a time to check in to see how everyone is doing. A tradition is a "belief or behavior" passed along from generation to generation. By dedicating this special family time each week you are saying to your children that our family time is important. You will notice that each week the "Tradition" section will be consistent, that in itself will create a tradition. We start the same way each week therefore making it a "tradition."

## Share



Next you will have an opportunity to "Share" your highs and lows for the week. The Share section includes a time for each member of the family to write or even draw their thoughts or ideas regarding the weekly devotion. There is also an area in the back of the devotion for notes or any other ideas that you might have. You may also want to write down questions that you have about a particular topic, whatever you choose to do is wonderful. This Family Devotion will be unique to your family.

## Reading/Reflecting



"A wise man's heart guides his mouth,  
and his lips promote instruction.

Pleasant words are a honeycomb, sweet  
to the soul and healing to the bones."

(Proverbs 16 23-24)

After Share, there will be a time for "Reading/Reflecting" on the Biblical reference for the weekly topic. As you read through the Biblical reference for the week, you will notice that there will be questions to discuss. These are just thoughtful questions to get your family thinking. As you discuss the questions and share your thoughts you will have an opportunity to learn what your family values are and how they are impacting your children's decision making and other areas of their lives. Be aware that your children may not think the same way in which you do, (remember you have years of experience and they don't) allow them to share their thoughts in a graceful manner. Understand too that you may disagree and that's ok, but the foundation of your thoughts should be Biblically based.



The next part of the weekly devotion is the “Activity”. There is a family activity that will correspond to the lesson for the week and you will be able to decide how best to incorporate the Activity into your family dynamics.

These activities can be adjusted based on your family’s needs or you may come up with your own ideas which would be great to incorporate as well. Feel free to make changes or add your own touches to each activity. Have fun, be creative, and enjoy being with your children.

Next we will have time for a “Prayer”. Please feel free to include your own personal thoughts to the prayer that has been provided for you. Encourage your children to pray as well. There is nothing sweeter than the innocent prayers of a child. There is no right or wrong way to pray, just think of praying as having a conversation with God, say what’s on your heart and He will guide you.

Finally you will leave your weekly Family Devotional time with a “Blessing.” This blessing is a way to close out your time together but also it can be a reminder that God will be with you throughout the week until we meet together again. It is important that children feel loved, valued and that they belong not only to their earthly family but to God’s heavenly kingdom as well. I pray that your family will grow closer together as they spend time learning more about the word of God. Peace be with you and your family.

## Activity



## Prayer



## ‘Blessing



Now may the Lord of peace himself  
give you peace at all times and in every  
way. The Lord be with you all. (2  
Thessalonians 3:16)

The memories that you will be making together as a family will last a lifetime. These are the family moments that you will never be able to capture again but will leave a lasting impression on your children and perhaps they will in turn share your Family Journal with their future families. There is no greater joy than to know that your children are walking with the Lord. Your legacy of faith, family and friends will lead the next generation of faithful followers of Jesus Christ.

“You shall love the Lord your God with all your heart and with all your soul and with all your might. 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.” (Deuteronomy 6:5-7)

Praying that you and your family will find a place of calm each day to focus on the word of God and learn how to apply His word to your daily lives. The peace of Christ be with you now and always. Amen



Week 1

## We Hunger for Community



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
Forever. Amen

### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ / REFLECTION

Matthew 14:13–21 Feeding of the 5,000 people

It is interesting to note that the feeding of the 5,000 people is told in all four of the New Testament gospels. (Mark 6:30–44, Luke 9:10–17, John 6:1–14) There is an important lesson here to be learned, God will provide. If you could, take time to read all four accounts and then compare each account. One saying that you will find in each of the passages is the following, “...he gave thanks...” When there didn’t seem to be enough food to handle feeding the thousands of people who had followed Jesus, something miraculous happened. God provided for all their needs. I love the fact that there were left overs! Don’t you just love how God works things out.

Here are some questions that you might discuss after your reading.

- Why did the disciples want to disperse the crowd of people from Jesus?
- What do you think the disciples were feeling when Jesus said to tell the crowds to sit down on the grass?
- Why was it important for Jesus to give thanks before eating?
- How could two fish and five loaves of bread feed that many people?
- Would this story be as impactful if there were only a handful of people that were in the crowd?
- Have you ever doubted that God could provide something in your own life?

## ACTIVITY

Our topic this week is, “We hunger for community.” Being part of a church community means a sense of belonging to a faithful group of believers. Perhaps your family can extend this sense of “community” to other relatives, friends and neighbors that do not belong to a church. Here is a list of ideas you might want to do:

- You may want to invite some neighbors over for a potluck dinner, have each family bring a different food to share. Getting to know your neighbors is a bit of a lost art. Spending time together, learning about each other is an important step in creating community within your neighborhood.
- Host a popcorn/movie night with your children’s friends and families. Getting to know your children’s friends shows that you want your children to feel comfortable bringing their friends to your home.
- Have a game night and dessert bar. Invite families to join in a family game night and bring a dessert to share. You may also want to create a Zoom Family Game night and invite family and friends to share recipes and game ideas)
- Invite a group of families and friends to take a hike or ride the bike trails.

\*(These are just some suggestions, but as our current social distancing practices may have an impact on your abilities to interact face to face with your neighbors, remember to be safe and follow all safety guidelines for your community).

These are just a few ideas, perhaps your family can come up with their own idea. Whatever you decide is great, just be open to doing your activity on a weekly, bi-weekly or monthly basis. The more you are together, the greater opportunities to form a lasting bond and a sense of “community.” We were created to be in fellowship with one another.

1 John 1:7 “But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.”

# We Hunger for Community

## PRAYER

Dear Heavenly Father, we thank you for this time together. We ask that you forgive us for not treating others as you would want us to. At this time we offer prayers for the following. . . . (include any personal prayers at this time) We pray that you will bless this family this week that we may be a light for you. Please guide our thoughts, and words, may we speak kindly to one another. Help us to reach out and share our faith with others in our community. Amen

We hunger for community, “a feeling of fellowship with others.” The family is our first community where we care about each other, we belong together and we love each other. Amen!

## BLESSING

We have been blessed to be a blessing to others. May God give you peace.

## Week 1

# We Hunger for Community

"But if we walk in the light, as his is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin."  
1 John 1:7

## Journal Entry

**Date:**

## Thoughts and Prayers from this week's reading

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

# We Hunger for Community

**Other Favorite Memory Bible Verse**

**Key Family Focus  
for the Week**

**Kids Draw Picture from Week's Learning**





Week 2

## We Hunger for Assurance



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
Forever. Amen

### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ/REFLECTION

Matthew 6 25–27 Do not worry about what you eat or drink

Do not worry...

This is one of the most powerful lessons that Jesus taught at the Sermon on the Mount. He was instructing his followers to not worry about their life. Do not worry about the basic necessities of life; food, and clothing. Jesus makes a very humble comparison by asking the people to “look at the birds of the air”, they don’t worry about where their next meal is coming from nor do they worry about storing away food. “Yet your heavenly Father feeds them.” Then Jesus asks, “Are you not much more valuable than they are?”

You see birds flying around with no cares in the world, just having a wonderful time flying, soaring, reaching for the stars, no agenda, no thinking, “my nest is better than your nest.” Just free flying. Jesus uses that word picture to help his followers understand the simple notion that if God can supply all the needs of the birds in the air, do you not think that God will supply all your needs. No need to worry, God’s got this all under control.

It was never God’s intent for his people to feel anxious, worried or in distress. Although those are all common feelings and emotions that each of us possess, however God does not want our lives to be filled with worry. Jesus goes on to say that “Is not life more important than food, and the body more important than clothes?” Of course, we can be concerned about our daily needs, but God tells us that we need not worry, He will supply all our needs. As a believer, God is already at work in your life, He knows your every need and will provide for you. He will take care of all your needs. Your life has meaning, purpose and God has a plan in place for each one of his followers. You just need to believe in that truth.

Philippians 4:19 says, “And my God shall supply every need of yours according to His riches in glory in Christ Jesus.” God did not send his son to die on the cross for the sake of the birds in the air, He gave us His only son so that we might have life and have it abundantly. (John 10:10)

God values each one of his followers, and will take care of them. We can be assured of this truth, “Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful.” (John 14:27) No need to spend your life worrying about things that you have no control over, the only thing you can control is your attitude towards your life. Be happy, be positive, be grateful, but most importantly be assured that God cares for you!

We hunger for assurance, and God assures us through His word, “seek ye, first the kingdom of God, and his righteousness.” (Matthew 6:33) If you are seeking God first, you are not concerned with worldly things because you know that God will provide. You are assured that God loves you more than the birds in the air, and if He provides for them, He will surely provide for you.

# We Hunger for Assurance

## ACTIVITY

Create a Worry Free Jar

What you will need:

- a large jar (you can use a basket or some other small container to place your worries in)
- blank paper
- pens or pencils

Have each family member write down a worry, fear or concern for the week. (It may be that your child is concerned about an upcoming test or school project, or some sporting event, or perhaps a theatrical performance. A parent may be concerned about a major work event, or business trip that requires overnight travels. Your family may also have some health concerns.) Whatever the concern is, write it down on a piece of paper and put it in the “Worry Free Jar.”

After each family member has placed their concern in the jar, repeat the following together:

“So that with good courage we say, The Lord is my helper; I will not fear; What shall man do unto me?” (Hebrews 13:6)

Release all your fears and worries, and remember that God will supply all your needs, your job is to trust that He is in control and He will guide you through whatever circumstances you are in as long as you place your faith and trust in Him.

## PRAYER

Dear Heavenly Father, we thank you for this time together. We ask that you forgive us for not trusting in your provisions. We know that you will provide for all our needs and we thank you for always being there for us. We ask that you hear our families' worries, help us to know that we can trust you with all our concerns. Guide and direct us to your truths and help us to remember that you are always with us. In Jesus' name we pray. Amen

We hunger for assurance, be assured, be confident that God who began a good work in you will carry it on to completion until the day of Jesus Christ. (Philippians 1:6)

## BLESSING

“Blessed assurance, Jesus is mine, This is my story, this is my song

Praising my Savior all the day long”

Be blessed today knowing that God will provide, He cares for you!

Thanks be to God!

## Week 2

# We Hunger for Assurance

"Be assured of this..."let us hold unwaveringly to the hope we profess, for he who promised is faithful." (Hebrews 10:23)

## Journal Entry

**Date:**

### Thoughts and Prayers from this week's reading

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# We Hunger for Assurance

**Key Family Focus  
for the Week**

**Other Favorite Memory Bible Verse**

**Kids Draw Picture from Week's Learning**





Week 3

## We Hunger for Life



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
Forever. Amen

### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ/REFLECTION

John 6:28-35 (Bread of Life)

The foundation of the Christian life is faith. How would you define faith? The dictionary defines faith as the complete trust or confidence in someone or something. It also defines faith as a strong belief in God, based on spiritual apprehension rather than proof. The Bible tells us that, “Faith is confidence in what we hope for and assurance about what we do not see.” (Hebrews 11:1) What does this verse say to you? How can you have faith when you cannot see? What is something that you cannot see but you know it is there? (For instance, the winds that blow through the air, or the wireless internet connections.)

In our scripture reading this week, we learned that the crowds of people who had been following Jesus were still not certain that he was who he said he was, so they asked him to give them a “miraculous sign” so that they might see it and believe him. These people needed proof before they would be willing to trust in Jesus. They wanted a sign that proved that Jesus was sent from God. Do you sometimes want proof that Jesus is the son of God?

In John 6:29, Jesus responds quite simply that the only thing that God wants from his followers is “to believe in the one he has sent.” All we need to do is just believe in Jesus, he is the bread of life, he gives life to the world. Jesus goes on to say that anyone that comes to Him will never go hungry and will never be thirsty. Jesus loved to teach in a way that would make people think beyond the obvious. He isn’t saying that you will never be hungry or thirsty, what he was trying to say was that He is the word of God and once we allow the word to enter into our being, we are changed, our hearts, minds and spirits are now in a relationship with Jesus. We are full of His goodness and grace.

Jesus said that, “I am the Bread of Life and anyone that believes in me will have everlasting life.” Bread is an essential part of our daily diet, (unless you are on a no carb diet), and Jesus is the foundation of our spiritual diet. “Those who come to Jesus will never be hungry or thirsty.” It is through his death and resurrection that we live. Believing that Jesus is the bread of life is what we are called to do, He gives us everlasting life.

# We Hunger for Life

## ACTIVITY

What you will need:

- brown construction paper
- pens or markers
- small basket

Trace small oval or rectangle shapes onto the brown construction paper to look like a loaf of bread. (You will need at least 8 loaves or more if you choose to add on to the list below.) On each loaf, write the following:

- Pray the Lord's Prayer
- Ask for forgiveness
- Share your faith with someone at school, at work, or a neighbor
- Listen to Christian music
- Show love to one another
- Honor your father and mother
- Say something nice to a family member
- Bake something for a neighbor

These are just some ideas, perhaps your family can add some additional actions to a loaf. Put the loaves in the basket and place them on your kitchen table. Each night after dinner, have a family member pick a loaf. Do whatever activity you posted on the loaf of bread. It will be a wonderful reminder of Jesus being the bread of life. He gives you life so that you can give His life to others.

## PRAYER

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory forever. Amen

\*Yes, this is worth repeating again, feel free to add your own prayer too, whatever comes to your heart.

We hunger for life, we don't want to just exist. We want to be alive, feel alive, live a life of intentional purpose for God.

## BLESSING

May the words of my mouth and the meditations in my heart be acceptable to you Lord, for you are my strength and my redeemer. "Let my life be the proof of your love."

## Week 3

# We Hunger for Life

"...I urge you to live a life worthy of the calling you have received. Be completely humble and gentle, be patient, bearing with one another in love." (Ephesians 4:1-2)

## Journal Entry

**Date:**

### Thoughts and Prayers from this week's reading

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# We Hunger for Life

**Other Favorite Memory Bible Verse**

**Key Family Focus  
for the Week**

**Kids Draw Picture from Week's Learning**





Week 4

## We Hunger for Mission



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
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### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ / REFLECTION

Matthew 4:19 (Fishers of People)

Jesus was walking along the Sea of Galilee and noticed two men, Simon called Peter and his brother Andrew. They were casting their nets into the sea because they were fishermen. Jesus approached the men and told them to put down their nets and to follow him. He would make them fishers of men. What do you think these men did? They put down their nets and walked away from their fishing. Fishing for “fish” seemed less important than fishing for men. Mark 1:16–18 recounts this story and in Mark 1:18 it says that, “At once they left their nets and followed him.” That’s pretty remarkable, the power of Jesus’ calling. This story is also retold in Matthew 4:18–22.

What would you do if someone came and told you to stop what you were doing and come and follow them? Why do you think Peter and Andrew were willing to drop everything and follow Jesus? Do you think Jesus calls on ordinary people to do the extraordinary? Why is that important?

Just as Jesus called Peter and Andrew, He calls us to be “fishers” of men. What do you think that means? You might be thinking, “I don’t even know how to fish or don’t really like fishing, it’s too boring.” What Jesus is asking of us is to step out of our comfort zone, reach out and tell others about what it means to follow Jesus. As we meet and interact with others in our community, schools, at work, and even within our own families. We have an opportunity to share the love of Jesus with others through our words, actions and deeds.

You may be the only Bible that a person will ever read!

It is our job to bring people to Jesus through our actions of kindness, compassion, service, leadership and hospitality.

# We Hunger for Mission

## ACTIVITY

What you need:

- Bag of balloons (12-24 balloons)
- 2-4 large plastic trash bags (depending on the number of people in your family)
- 2-4 plastic nets (like the ones used to catch butterflies, can be found at the Dollar Tree store)

\*if you are unable to locate plastic nets, just use your hands

Blow up as many balloons as you can, and place them around your family room or wherever you have some extra room. Next give two family members a plastic net, and a trash bag. (you can adjust the number of participants based on your family) Once you are ready to start, have the ones with nets run around and capture as many balloons as possible and put them in the trash bags. After one minute, then switch places. See who can capture the most balloons.

The idea is to recognize that the balloons represent the number of people or “fish” that you caught. Now think about how you can actually “catch” people for Jesus. Perhaps your child can invite a friend to attend a youth function at church, or invite a family to attend church with your family and then go out for dinner or lunch depending on which service you attend. \*(these activities may need to be altered due to the current health status of your area)

Another idea would be to seek out a mission project as a family, check out the local volunteer opportunities in your area. In addition, you might consider gathering slightly used clothing, toys or household items to donate. Perhaps you could support a global mission project, sharing the gospel of Jesus Christ throughout the world. Another idea would be to host a garage sale and use the profits to support a local mission project.

Whatever your family chooses, catching fish for Jesus is what we are called to do. Sharing the love of Christ and being a witness, teaching others that Jesus is the way, the truth and the light of this world that is what we were created to do. (John 14:6)

## PRAYER

Dear Heavenly Father, we thank you for this time together to learn more about your word. We ask that you forgive us for not taking the time to share our faith with others. Please guide us as we seek to catch “fish” for you. Give us wisdom and grace to share our faith with others. We pray that you will bless our efforts and keep us in your loving care. In Jesus’ name we pray. Amen

We hunger for mission, we want to do good for others and we want to share our faith through our actions.

## BLESSING

“Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it.” Hebrews 13: 1-3

## Week 4

# We Hunger for Mission

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)

## Journal Entry

**Date:**

### Thoughts and Prayers from this week's reading

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

We Hunger for  
Mission

**Other Favorite Memory Bible Verse**

**Key Family Focus  
for the Week**

**Kids Draw Picture from Week's Learning**





Week 5

## We Hunger for Equality



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
Forever. Amen

### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ / REFLECTION

(Romans 2:11, Galatians 3:28, Acts 10:34)

Let's take a moment to understand what the word "equality" means. Equality is defined as "the state of being equal, especially in status, rights and opportunities." This definition is further extended by stating that equality refers to all people who are treated fairly and are given the same opportunities. Equality, diversity and justice are the guiding principles of a society that recognizes that everyone has a right to parity.

Romans 2:11 states, "For God does not show favoritism." In God's eyes we are all equal. Perhaps that is what we all strive for, to be equal and not judged as anything less. When I was young, I learned a sweet song about love and equality in Sunday School, it went like this, "Jesus loves the little children, all the children of the world, red, brown, yellow, black and white they are precious in his sight, Jesus loves the little children of the world." There are no caveats on Jesus' love for others, and we shouldn't have any either. We are commanded to love one another, there are no exceptions to this and yet we seem to want to put our own limitations on our love for others. This is where we hunger for equality as believers in Jesus Christ. We must love all God's people, we may not always agree with everyone, but we are called to love. (John 13: 34-35)

What does that mean to love? Can we disagree and still show love to someone? When you become angry at someone, how does your love for them change? God never says, "I will only love you if you do ..." His love is freely given, all we need to do is accept it.

Galatians 3:28 gives us another glimpse into how God sees us, "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus." The beauty of the gospel of Jesus Christ is that everyone is worthy, everyone is important and everyone is equal, there is no discrimination. That is what we hunger for the most, we hunger for equality. We want to be seen as an equal. My race, my skin color, my sexual orientation, my social status, my physical limitations, etc., those traits, characteristics or any other defining elements should not be a factor in equality. We hunger for equal acceptance.

Again in Acts 10:34 it is said that, "... I now realize how true it is that God does not show favoritism..." This is an important theme throughout the New Testament, God does not show favoritism, ..."but accepts men from every nation who fear him and do what is right." (Acts 10:35). The word fear in this context actually means to "love". We are all equal in his eyes, if we choose to do what is right and true. So what is the right thing to do, James clearly states what we are to do, "...Love your neighbor as yourself, you are doing right." He goes on to say that, "...if you show favoritism, you sin, and are convicted by the law as lawbreakers." Our goal then is to show love and mercy, "Mercy triumphs over judgement!" (James 2: 8-13) In the end, we are all equal in the eyes of God, He created it that way from the very beginning of time. We are equal and yet we all have different gifts and talents that God is able to use for His glory.

# We Hunger for Equality

## ACTIVITY

What you will need:

- Big Bag of M&M's (or whatever special treat that your family enjoys)
- Napkins (enough for each member of the family)

First pass out the napkins to each family member. Next, place a few M&M's on several of the napkins, next place a large amount of M&M's on the remaining napkins. Ask your family to notice any "inequalities" in the distribution of the M&M's. Share their thoughts and feelings. Perhaps some family members will feel cheated that they got too few M&M's and others may be excited because they got more M&M's.

You may have told your children that, "life's not fair, get over it." Unfortunately we all know that life's not fair, that's just a given. However, is life equal? Should everyone have equal amounts of candy, adults and children included? Maybe adults should get more, and children get less, fair? Continue this line of questioning in such a way as to make your children think about what is really fair or equal. Does everyone get an equal chance? What can we do to change that?

Now let's think about what we could do to make the distribution of the M&M's fair? If we give everyone the same amount of M&M's would that be fair? Can you conclude then that fairness equals equality?

Something to think about this week is to be mindful of how you look at others. Be observant and write down any equalities that you note in your Family Journal.

## PRAYER

Dear Heavenly Father please forgive us when we see injustice and turn a blind eye. Help us to see where inequalities exist and to seek change. Give us courage to speak out for those in need. May we always show love for humanity. Don't let me miss an opportunity to serve others and show compassion where oppression exists. Let us love others with an everlasting love, a love that has no boundaries and no limitations. Teach me to look at others with no judgements, just as your amazing, wonderful creations. To God be the glory for ever and ever, Amen!

We hunger for equality, the idea that no matter what I am worthy to receive equal treatment, that injustice is no longer tolerated.

## BLESSING

May the Lord bless you and keep you, may the Lord make His face shine upon you and give your peace.

## Week 5

# We Hunger for Equality

"I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil-this is the gift of God." (Ecclesiastes 3:12-13)

## Journal Entry

**Date:**

### Thoughts and Prayers from this week's reading

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# We Hunger for Equality

**Key Family Focus  
for the Week**

**Other Favorite Memory Bible Verse**

**Kids Draw Picture from Week's Learning**



Week 6

## We Hunger for Righteousness



### TRADITION

Begin your time together at your established Family Worship area. Light your candle and have a family member open up this time of worship in prayer. One way to think about your prayer time is to use the word PRAY as a guide. (P-is for Praise, praising God, R-is for repent, asking forgiveness, A-is for another, pray for another person, Y-yourself, pray for yourself). Try to be specific in your prayer requests and remember to acknowledge God for His answers to prayers. This is a wonderful opportunity to see the hand of God at work within your family. You may want to close this prayer time by saying the Lord's Prayer together:

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.  
For thine is the Kingdom, and the Power and the Glory  
Forever. Amen

### SHARE

After praying, you can begin to share your highs and lows for the week. Allow each family member to share their thoughts, feelings or observations from the week. Be mindful that sharing in a loving, safe and non-judgmental environment is important so that your child will feel comfortable opening up his/her thoughts and feelings.

This will be the time when you will start your Family Journaling time. There are pages in the back of this journal which will allow you space to share thoughts, ideas or anything that is on your mind regarding your family. It can be something as simple as your child shared their toys, or maybe you noticed how everyone was helping out at home with chores, maybe your child scored well on a test at school or you decided not to scream and yell at the driver who just cut you off and instead offered a prayer for that driver.

Encourage everyone to participate by writing a thought, an inspirational verse or something that can be shared next week too. Leave your devotion book out on a table so that throughout the week everyone can either write down a thought or share a drawing.

## READ/REFLECTION

Matthew 5:1-12 Sermon on the mount

The reading this week comes from the book of Matthew 5:1-12, this lesson is known as the Sermon on the Mount, the Beatitudes. Jesus taught this lesson on the mountainside, which was the “steeply rising ground on the western side of the Sea of Galilee.” Jesus began his lesson using the word, “Blessed”. His desire was to teach people that they should put the will of God above everything else, and in doing so, they would be embraced in heaven, even if that meant suffering here on earth because of their faith in God. He wanted to emphasize that their reward was great in heaven.

Many people came to listen to Jesus teach, he explained that he had not come to change the “law” but to show them how to live in accordance with the law of the land. His desire was to help the people act in accordance with the divine or moral law, free from guilt or sin. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. (2 Timothy 3:16)

When we desire to seek righteousness, we are longing to do what is morally right, or make justifiable righteous decisions. Jesus uses the word, “hunger”, as a way to emphasize the importance of doing what is right. We want to do what is right so badly that we “hunger” for the truth. In that same way, we “thirst” for decency, goodness and honesty.

Have you ever been so hungry and or thirsty that you longed for just a sip of water or a piece of bread? Jesus was teaching that we should have that same longing or desire for righteousness.

It’s becoming harder and harder to seek the truth in a world that flees from righteousness. Our job as parents is to establish a “moral” law if you will in our homes. We want our families to be a community of believers that seek truth, justice and refrain from dishonesty and evil-mindedness.



# We Hunger for Righteousness

## ACTIVITY

Stop by the Dollar Tree or wherever you choose to shop and purchase a large poster board. Write your family name on the top of the board and then write, “Our Family Code of Conduct”. Have each family member contribute sometime to the code of conduct. It could be:

- We always tell the truth even if it means getting into trouble (telling a lie only leads to more trouble)
- We do the right thing (for example, pushing the shopping card back into the cart carriage, picking up trash, holding the door for someone)
- We eat dinner together at least 4 times a week
- We put all electronic devices away during dinner time
- We speak the truth with love
- We accept consequences for our behaviors
- We will honor our parents/grandparents
- We will encourage/support one another

Whatever you choose, it is your family’s code but it should be something that everyone can agree on and one that your family can live by.

Once your Family Code of Conduct is completed be sure to display it where everyone can see it as a reminder of your family values.

## PRAYER

Dear Heavenly Father, we thank you for this time together and we pray that we will seek righteousness for your sake. We know that your ways are better than our ways and that your law will lead us in the right direction. Help us to remember to seek excellence in our character and refrain from petty or mean thoughts. We know that righteousness starts in our hearts. We pray that you will help us to hunger and thirst for righteousness, keeping our hearts and minds focused on you. Amen.

We hunger for righteousness, the desire to do what is right. “Seek ye first the kingdom of God and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6: 33–34) Just these verses on their own should help you have a more calmer life. Don’t worry about tomorrow, seek out God for today and rest in his peace.

## BLESSING

Be blessed to do the right thing, even when no one is looking. Be God’s hands and feet in this world by doing the right thing. A famous sports brand has a saying, “Just Do It”, let’s replace “It” with, “Just Do the Right Thing.” You will always be blessed when you do what is right. “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

## Week 6

# We Hunger for Righteousness

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9

## Journal Entry

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## Thoughts and Prayers from this week's reading

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# We Hunger for Righteousness

**Other Favorite Memory Bible Verse**

**Key Family Focus  
for the Week**

**Kids Draw Picture from Week's Learning**



# We Hunger for a Calmer Life

“You shall love the Lord your God with all your heart and with all your soul and with all your might. 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.” (Deuteronomy 6:5-7)

As we conclude this six week Family Worship time together, I hope that you will continue to meet together as a family. Perhaps you will come up with your family activities and ways to continue to share the gospel of Jesus Christ with one another and those in your community.

The memories that you will be making together as a family will last a lifetime. These are the family moments that you will never be able to capture again but will leave a lasting impression on your children. There is no greater joy than to know that your children are walking with the Lord. Your legacy of faith, family and friends will lead the next generation of faithful followers of Jesus Christ.

I leave you with this blessing, may God bless your family.



May the road rise to  
meet you.

May the wind be  
always at your back. May  
the sun shine warm upon  
your face.

And rains fall soft upon  
your fields.

And until we meet again,  
May God hold you  
in the palm of His hand.

...An Irish Blessing



