

QUIET TIME

[connect]

A Guide To Simplify Family Devotions



Word of Life
Youth Ministries

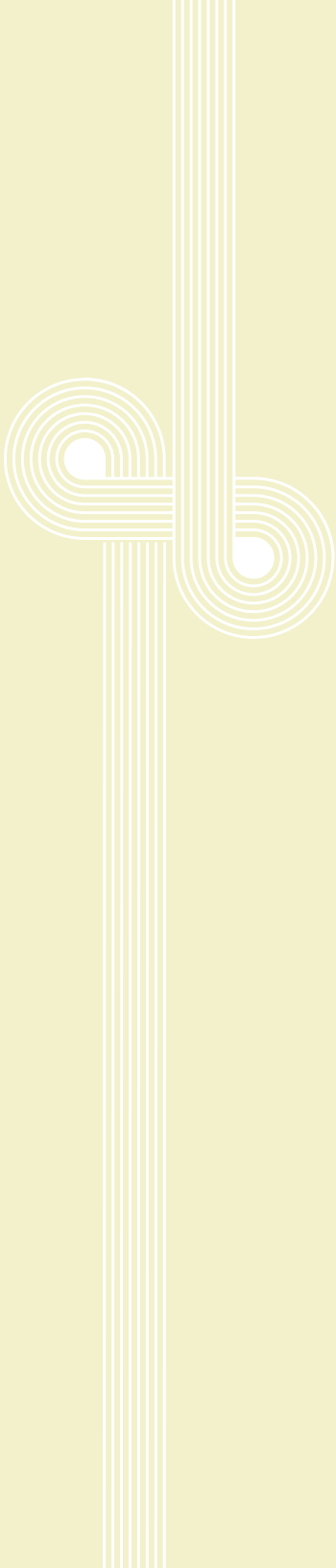
QUIET TIME

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*A Guide To Simplify
Family Devotions*

In the whirlwind of modern family life, finding dedicated moments to gather together as a family for spiritual nourishment can be a daunting task. Yet, amid the chaos, there lies a profound opportunity for connection, growth, and renewal around the Word of God and prayer.





Scripture clearly directs parents with the spiritual growth and development of their children: ***“These words which I command you today shall be in your heart. You shall teach them diligently to your children and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.”*** Deuteronomy 6:6-7

In his book *Family Worship*, Donald S. Whitney makes the following observations:

“Family worship (devotions) is the regular use of Scripture, song, and prayer by a family unit, guided by the head of the household, in such a way that the family members learn about God, give Him honor, and develop in godliness.”

“God intends family worship to be a primary means for the spiritual nurture of Christian families.”

“Family worship... is a means that God has appointed for our sanctification.”

“Family worship fosters intimacy among family members as they share together in the worship of God.”

Establishing a weekly routine for family devotions not only creates a sacred space amidst the busyness but also lays a foundation for building lasting bonds and nurturing spiritual growth. Embarking on the journey of family devotion time is about intentionally weaving moments of spiritual connection into the fabric of your family life.

[*In the rest of this guide, we will share ideas you can use to plan and conduct meaningful family devotions on a weekly basis.*]

1 [have it weekly]

Ideas to consider:

Set aside a specific day and time every week for family devotions.

Look for a time slot that will have no interruptions. Shoot for starting with 15-30 minutes. If children are young, it is often best for family worship to be relatively short.

Try to plan around something you are already doing as a family. If you are struggling with a full schedule, look for a time when you are traveling together, like taking kids to school. If you do this option, you may need to shorten the agenda a bit.



2 [keep it focused]

Make sure the amount of time spent in devotions is appropriate for the children's ages.

If you are shooting for a 30-minute time frame, be flexible to shorten this for younger children.

Encourage each family member to use a Word of Life Quiet Time prior to family devotions so each one is familiar with the passage and more engaged during sharing time. This will help reinforce what your children are learning individually.



3 [have a plan]

Following this simple plan will help your time flow well.



Read

Everyone can participate by taking turns reading a verse, or one family member may read the passage.

Use a Bible app to listen to the passage being read aloud.

Opt for a modern Bible translation to aid younger children's understanding.



Discuss

Encourage participation from everyone, even if some family members are more inclined to take a lead role.

Aim to extract one key thought from the passage, recognizing that different family members may have focused on various aspects.

Leverage the insightful content provided by the Word of Life Quiet Time Adult commentary.

Foster discussion by posing questions related to the passage.

Inquire about the characters in the passage, if applicable.

Prompt reflection on where family members saw God in the passage.

Encourage sharing of insights about God gleaned from the passage.

Develop questions based on your personal quiet time experiences.

Use a “Game Show” format to engage in lively discussion.

Enhance comprehension through related activities.

Encourage drawing a picture depicting a discussed concept.

Engage in role-playing scenarios inspired by the passage or key thought.

Prompt the writing of a card to someone using a verse from the passage.



Sing

Singing worship songs your family loves is incredibly enjoyable and enriching. With the vast array of resources available online, finding the perfect songs for your family devotion time is easier than ever. Simply conduct a quick internet search using terms like “kids worship songs with lyrics” or “worship songs with lyrics for family devotions” on platforms like Google or YouTube. You’ll discover a plethora of options to enhance your worship experience together.



Pray

The ideas below aim to foster a rich prayer life within your family, encouraging participation and deepening spiritual connections.

Focus your prayer time with the following ideas:

Express gratitude to God for His blessings and wonders.

Pray for a deeper understanding of God's love and grace in your lives.

Seek opportunities to demonstrate the love of Jesus to your neighbors.

Offer praise to God for His attributes and character.

Lift up prayers for those in need within your community.

Intercede for individuals who have yet to trust Jesus.

Pray for the ability to love your enemies as Jesus taught.

Assist your children in praying aloud by providing sentence prompts such as:

“Lord, I thank You for...”

“Lord, forgive me for...”

“Lord, help my friend...”

“Lord, help me be more...”

“Lord, help me to let go of...”

“Lord, give me the courage to...”

“Lord, one of the fears I need help with is...”



Create a Prayer Bulletin Board to visually represent your prayers:

- Attach pictures of individuals** or situations for whom you are praying.
- Display handwritten prayer requests** from family members.
- Read a recent missionary letter** and then pray for their requests.
- Encourage children to draw pictures** related to specific prayer requests and post them on the bulletin board.
- Take your family on a prayer walk** outside your home, taking turns praying aloud as you walk.

YOU CAN

Here are a few practical tips
from *Family Worship*, a book
by Donald S. Whitney.

“If your family does not currently have the habit of family worship, you may need to ‘sell’ the idea to them.”

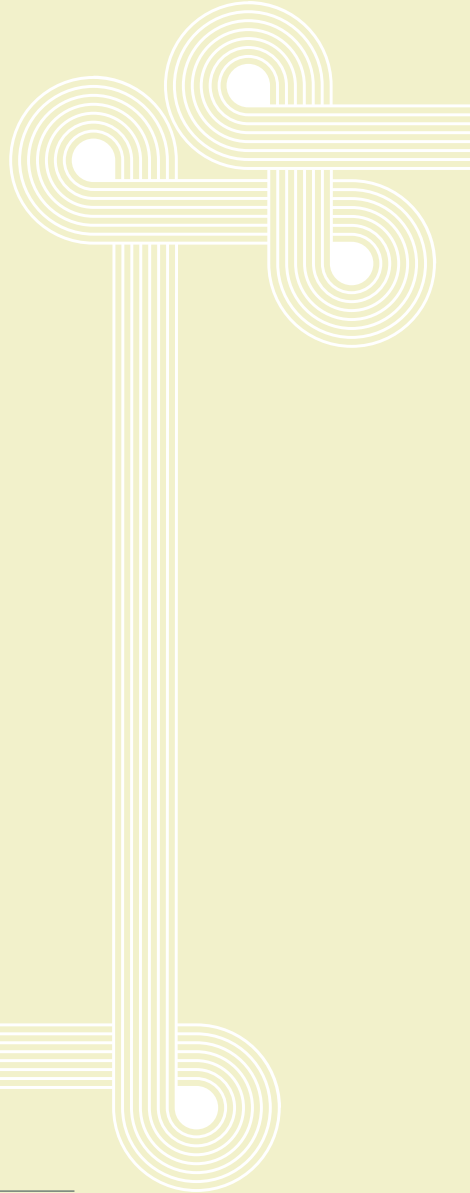
“Do not quit if your initial attempts at family worship are awkward or ineffective.”

“Remember, the goal of family devotions is not the completion of a list but the communion of the family with the living God.”

“Allow your family worship time to be marked by times of laughter and fun.”

“Never underestimate the long-term spiritual impact of regular family worship.”

“God will honor your faithfulness in leading your family in worship.”



Word of Life Quiet Times

Word of Life Quiet Times serve as a foundational springboard for cohesive and enriching family devotions. Quiet Times offer a resource for every age group, spanning from 4 years old to adults, facilitating daily engagement with God's Word. Each family member utilizes a tool adapted to their age, ensuring meaningful interaction with the same passage.

All Adult Quiet Times contain weekly family devotions called Home Connect. With its content, this resource can enable you to be consistent having weekly family devotions. It can be used online or printed. (Scan the QR code to view a sample)



You can purchase a Quiet Time using the QR CODES below.

IN PRINT



ONLINE APP

