

# Blessing

Each day, bless your children with simple words of affirmation that remind them of God.

## **Numbers 6:24-26**

*“The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.”*

## **Psalm 115:15**

*“May you be blessed by the Lord, the maker of heaven and earth.”*

## **Psalm 100:3**

*“Know that the Lord is God. It is he who made us, and we are his. We are his people, the sheep of his pasture.”*

## **Psalm 68:19-20**

*“Praise be to the Lord, to God our Savior. Who daily bears our burdens. Our God is a God who saves.”*

## **Psalm 67:1**

*“May God be gracious to us and bless us, and make his face shine upon us.”*

## **Matthew 5:14,16**

*“You are the light of the world. A city on a hill cannot be hidden. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.”*

## **2 Thessalonians 2:16-17**

*“May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.”*

# P.R.A.Y.

Develop the habit of praying daily with your children so that conversation with God is a part of your family's routine.

**Praise** – “Our Father in heaven, hallowed be your name...” We can sing and talk to God about how wonderful he is. Praising and thanking God for his creation and for saving us honors God and pleases Him. (Psalm 150:6)

**Request** – “Give us this day our daily bread...” We can ask God to provide for the things we need. God wants us to pray for the desires of our heart, making requests for ourselves and for other people. (Matthew 7:7-8)

**Apologize** – “Forgive us our debts as we forgive our debtors...” God forgives us for the things we do wrong because he loves us. We apologize or confess our sins to remind us that God loves us and that it’s important to be obedient. It also helps us learn to love and forgive other people. (1 John 1:9)

**Yield** – “Your kingdom come, your will be done...lead us not into temptation, but deliver us from evil.” Yielding means letting God have control of our lives. God is shaping our character; leading us to be more selfless, more loving, and more obedient...making us more like him. Yielding is asking God to do that. (2 Corinthians 5:17)

## Bible & Family Devotions

Read the Bible and Pray together as part of your family’s rhythm and routine. Tips...

1. **Read the Bible** – Read the Bible out loud together.
2. **P.R.A.Y.** – Help your family pray together using the Bible as a guide.
3. **Be Consistent** – Schedule a time for family devotions and celebrate success.
4. **Keep it Short** – Finish while your children are still engaged.
5. **Keep it Simple** – Don’t use complex material. Bible reading and a prayer is enough.
6. **Keep it Fun** – Time with God is a joy. Keep it enjoyable and be flexible.
7. **Involve the Kids** – Family devotional time is not parents talking *to* kids, but *with* kids.
8. **Prepare** – Use available resources and do the prep work necessary. You are the coach.

- ❖ What do you have to be thankful for today?
- ❖ Did you learn anything new or get surprised by anything?
- ❖ Did you have any opportunities to help someone or show kindness?
- ❖ Are you facing any challenges or problems that we can pray about?

### *Questions*

## ***Mealtime Blessings***

**“Give thanks to the LORD, for he is good; his love endures forever.” (Psalm 118:1)**

**“Man does not live on bread alone but on every word that comes from the mouth of the LORD.” (Deuteronomy 8:3)**

**Praise God from whom all blessings flow. Praise Him all creatures here below. Praise Him above ye heavenly host. Praise Father, Son, and Holy Ghost. Amen.**

