

QUICK START GUIDE TO *Family Bible Time*



WELCOME,

Disciple-Maker!

Welcome to your Quick Start Guide to Family Bible Time! It is our hope and prayer that you find what you need in these pages to make family Bible time a priority in your home!



In this guide, you will find:

- A quick and easy **Get Motivated Guide**
- A quick **Self-Assessment** to help you name what is keeping you from having regular family Bible time
- A **Scripture Guide** that shows what God's Word says about family discipleship
- A **Planning Guide** to help you map out how to make family Bible time happen regularly, even if you don't have a lot of time
- A **10-Day Done-For-You Family Devotional** that you can use to get started TODAY
- A printable **Habit Tracker** so you can visually see your actions becoming more regular and consistent
- **3 Bible Verse Printables** to help you display the key verses from the family devotional



CONNECT



Get Motivated Guide

Many people wait around to feel motivated to get started on a new habit. But did you know that research tells us that it's actually action that leads to motivation?

Action → Reward → Motivation → More Action

When we take an action toward a goal or toward building a habit, we experience a positive reward from that action.

It's actually that reward that creates motivation ... which then leads to more action.

So if we can just get started by taking any action, no matter how small, we will start feeling more motivated!

Just downloading this guide and working through it is an amazing first action! Way to go!

Self Assessment

It's important to take an honest look at what's holding you back from making Bible time with your family a priority. Take our self-assessment to identify what's really in your way.

Circle all that apply:

01

I don't know enough
I can't teach someone else the Bible

04

My kids aren't old enough
It hasn't been a focus or priority yet

02

I don't know where to start
There's just too much to teach

05

Family devotions are boring
My kids don't want to do them

03

We already go to church
The leaders there know what they are doing

06

I don't read the Bible
I can't lead my family in Bible study

07

I don't have time
We are too busy already

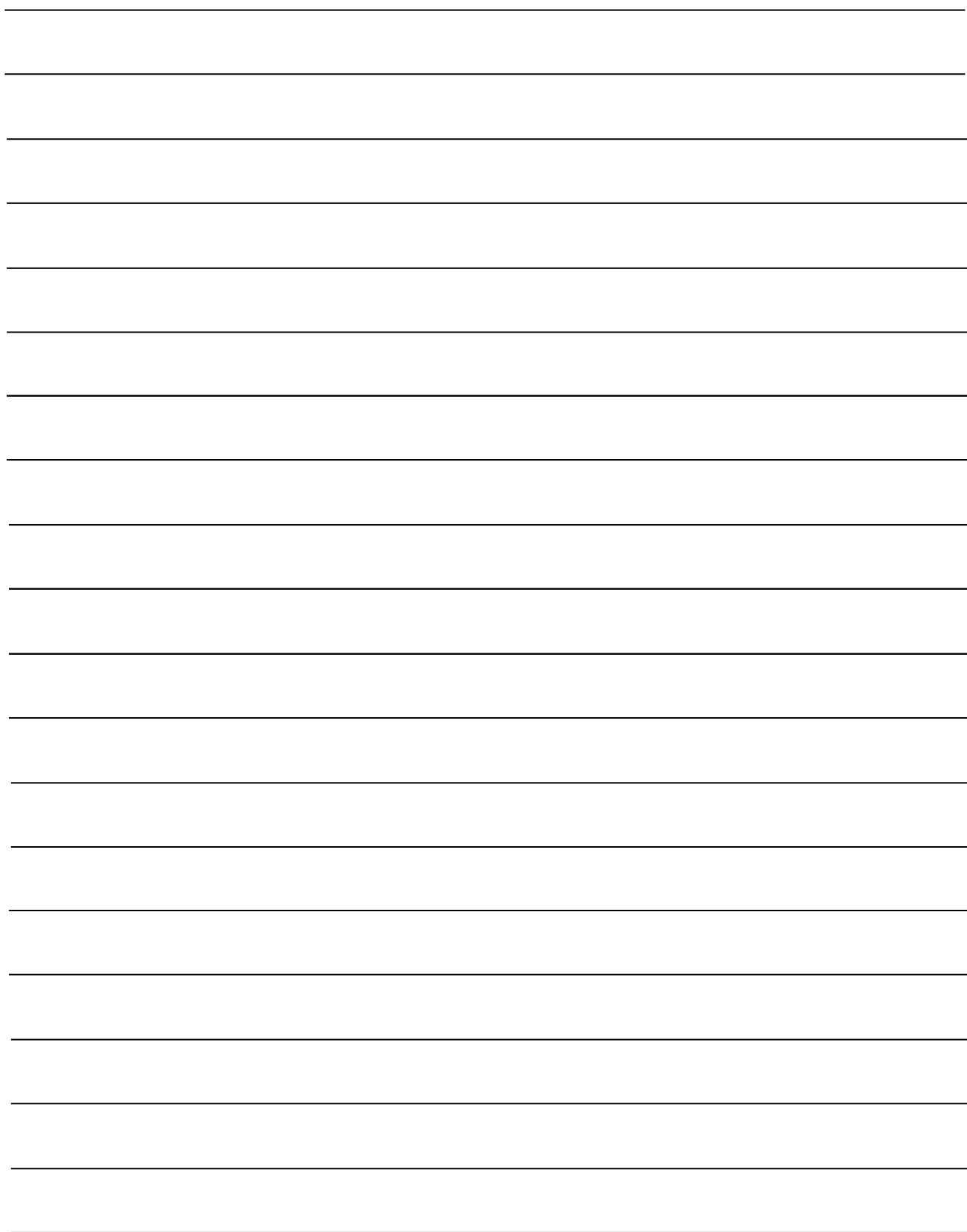
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The Bible is too confusing
I don't understand a lot of it

Self Assessment

Take some time to journal about what's been holding you back.
Use this space however you need!

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Now What?

Now that you've named the reasons you aren't currently in the habit of teaching the Bible to your kids, the next step is to learn what God says about our role as parents and whether teaching our kids the Bible is something we should prioritize.



Here are some truths from the Bible that can help get you started:

- The Israelites were expected to teach their kids God's commands (Deut. 6:5-9)
- New Testament Christians were expected to help others be reconciled to God (2 Corin. 5:17-20)
- Jesus is the only way for us and our families to be saved (John 14:6)
- The Bible says that we should start teaching our kids when they are young (Prov. 22:6)
- New Testament parents were instructed to teach their kids about God (Eph. 6:4)

When we compare all our reasons to the commands of God, we will find those reasons lacking the power they once had over us.

For a closer look at each of the verses listed here, see the next few pages.

Scripture Guide

Deuteronomy 6: 5-9

5 Love the Lord your God with all your heart and with all your soul and with all your strength.

What do I love with this kind of intensity that I'm NOT willing to talk about to others? Nothing!

6 These commandments that I give you today are to be on your hearts.

The things of God need to be on my mind. I need to be learning about God for myself.

7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

The Israelites were expected to teach the commands of God to their children.

The Israelites were commanded to make spiritual conversations a part of their daily lives—why would that command be any different for us today? This demonstrates that spiritual instruction for their kids wasn't a one-and-done lecture or a once-a-week church lesson but rather an ongoing, consistent teaching about the things of God.

Scripture Guide

2 Corinthians 5:17-20

17 Therefore, if anyone is in Christ,
the new creation has come: The old
has gone, the new is here!

If you're a follower of Jesus,
you're not your old self. God
CAN work through you to
teach your kids!

18 All this is from God, who
reconciled us to himself through
Christ and gave us the ministry of
reconciliation:

God gave us the
"ministry of
reconciliation." As
Christians, we are
reconciled to God,
and now get to help
others be reconciled
to God.

19 that God was reconciling the
world to himself in Christ, not
counting people's sins against them.
And he has committed to us the
message of reconciliation.

Ambassador = an
official representative
on behalf of one
country to another.
We represent Christ.
God makes His appeal
to others—including
our kids—through US!

20 We are therefore Christ's
ambassadors, as though God were
making his appeal through us. We
implore you on Christ's behalf: Be
reconciled to God.

Scripture Guide

John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

It's critical that our kids understand who Jesus is. We can't leave that up to someone else.

Proverbs 22:6

Start children off on the way they should go, and even when they are old they will not turn from it.

Proverbs gives advice, not promises, so this verse isn't a guarantee. But taking the time to teach our kids about God gives them a better chance of being strong followers of Jesus.

Ephesians 6:4

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

This is a direct command to us to train and instruct our kids in spiritual matters!

Just like when you're learning about any topic you're interested in, the learning process doesn't have to be boring or terrible or awkward or bad. Instead, it can be joyful, adventurous, challenging, fun, and illuminating! Let's make learning about Jesus something we commit to for the long-term.



✓ **What we prioritize, we do consistently**

If something is important for your kids to know, you teach it to them more than once. If you want your kids to know and love God, it's more likely they will if you learn about Him regularly together.



✓ **Learning alongside your kids is OK**

So you don't know everything about the Bible ... you also knew nothing about how to potty train a kid before it was time, and you figured that out! Don't expect perfection—commit to learning too!



✓ **It doesn't have to be long and awkward**

Something taught consistently and repeatedly over time has a much better chance of sticking with someone than something taught once in a three-hour lecture. The same goes for learning about God!



Time to Plan

Remember ...

Action leads to rewards.

Rewards lead to motivation.

Motivation leads to more action.

You've got to get started if you
ever want to keep going!

Work through the next page to
see how you can make daily time
learning about God with your
family a reality, even if you are
busy, nervous, or intimidated!

MY FAMILY-SPECIFIC *Bible Time Plan*

When and where am I most often with my people, generally speaking? (At the dinner table, during bedtime, in the car, etc.)

How will I explain the new plan to my family? (Just start, family meeting, etc.)

What will I use?

- ☐ A done-for-me devotion guide, like an online resource or a book
- ☐ Use my own daily Bible reading as a jumping-off point
- ☐ Something else:

What supplies do I need and where do I need them so I can get started today?

Bible Time Plan

Write out your specific plan. Keep in mind that this is just your first plan! You can try one way and make adjustments as needed.

We are usually all together during this time of day, so we are going to start having our family Bible time during _____.

Knowing my kids, they will / will not need me to explain the new plan to them, so I'm going to _____.

I've decided to start off by using _____ for our family Bible time.

It would be a huge success to me if we did our family Bible time _____ times per week.

The supplies I need are _____

I'm going to get those supplies ready and put them _____

because that will make family Bible time easier.

I'm going to set reminders for myself in this way to make sure I don't forget in the bustle of everyday life: _____

Faith Talks Daily Devotional

The Fruit of the Spirit

How to use this devotional guide:

1

At the time of day that works best for you and your family, start off with the intro question for that day's devotion. Keep this light and fun!

2

Read the transition statement and Bible passage. Sometimes after the questions you'll see a suggested answer in parentheses like this:

Transition: Today's verse talks about love. How would you explain what "love" means to someone else? (Love is caring about something or someone a really big amount.)

3

There are questions broken down by age range to spark discussion. Choose a few of the questions to ask your kids. You can stick with one or two questions from the age range of your kids, or you can skim all the questions and just ask whichever one or two you think your kids would talk about the most.

4

Read the wrap-up section. It's basically a short thought that concludes that day's devotion. Feel free to add in a little of your own commentary, but try to keep this part short and to the point.

5

See if your kids want to keep talking or give their comments about what you have talked about. If yes, awesome! Keep talking. If not, that's cool too. You've still had a productive spiritual conversation with your kids today!

Conversation Tips

How do I keep the conversation going?

If you want to keep the conversation going but aren't having success, try these ideas!

- Repeat what your child says back to them, but as a question.

Try to keep your tone neutral so it doesn't seem like you're challenging what they said but are instead wanting more information.

There's something about this that leads children to give more details!

Child: God is big.

Parent: God is big?

Child: Yes, He would have to be to do all that He does.

- Ask them, "Can you tell me more about that?" or "Interesting! What makes you say that?"
- Wait for your child to answer the question. Give it longer than you feel comfortable with. If there's silence, let your kids fill it rather than feeling the need to fill it yourself.
- If your kids seem confused, try rephrasing the question or even asking them if they have seen that issue/situation come up for someone else.

Sometimes kids don't want to talk about themselves but will talk about someone else, and you can still have great spiritual conversations about a hypothetical situation that has happened for "someone else" and will surely happen to them at some point!

Redirection Tips

How can I redirect the conversation if it's not going well?

If you get caught off guard by your child's response to a question, try these ideas!

- Ask them, "Can you tell me more about that?" or "Interesting! What makes you say that?"

Then, once you've given your kid the chance to respond, start your response with "I can see how you might think that, but actually ..."

This will give you a chance to redirect your child without coming off as confrontational.

- If you already know a Bible verse that would explain the correct answer, go ahead and share it with your kid!

Say, "Can I share a Bible verse with you? It might challenge what you think!" or "Let's see what the Bible says about that" and then share that verse with them.

Ask your child what they think about that verse and what they think it means, and see where it goes.

If your child is being silly, try these ideas!

- Be silly too! Give your own silly answers to the intro question, tell a joke, teach them a silly song, etc. Then say, "Ok, let's calm down for just a minute and then we can be silly again."

Take a few deep breaths with your kid, and then see if you can get them involved in the devotional in some way. Maybe they read the verse out loud, then you read it out loud. Maybe you have them get out their "listening ears." Lean into the FUN!

The Fruit of the Spirit Overview

Devotion Title: The Fruit of the Spirit

Number of Devotions: 10

Day 1: Galatians 5:22-23

Day 2: 1 John 4:9-11

Day 3: Philippians 4:4

Day 4: Philippians 4:6-7

Day 5: Ephesians 4:2

Day 6: Colossians 3:12

Day 7: Galatians 6:9-10

Day 8: Hebrews 10:23

Day 9: Philippians 4:5

Day 10: Titus 2:11-12

Background Info to Know:

In Galatians 5, Paul instructs members of the church at Galatia not to try to justify themselves by the law or by works. Instead, they should rely on their faith in Jesus Christ for their salvation. Paul transitions into the idea of living by the Holy Spirit.

Obedience for the sake of earning your salvation isn't what Christians should be pursuing.

But obedience that flows out of a life lived by the Holy Spirit? That's where their focus needed to be!

Paul gives his readers a list of vices that will occur in the life of someone not living by the Spirit. He also gives a list of virtues that will be produced in the life of someone who is living by the Spirit. These are the fruit of the Spirit.

Main Point:

The more time we spend with God, the more He will grow good character traits in us.

Day 1: Fruit of the Spirit

Question: If you could grow any fruit or vegetable, which would you choose to grow at your house? Why?

Transition: Did you know that the Bible says that we are supposed to grow fruit? In this case it doesn't mean fruit like apples and bananas. When the Bible talks about fruit, it means what we get when we spend time doing something. In this case, we're going to learn about the character traits that will grow in us as we follow God.

Passage: Galatians 5:22-23 (NLT)

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

Questions for Preschoolers:

- What is God like?
- What is one way we can be more like God today and tomorrow?

Questions for Elementary Aged Kids:

- What are some ways you can learn about God?
- Are any of the fruit of the Spirit from the verse hard for you to show through your actions? Which ones?
- What is a way we can practice those this week?

Questions for Middle and High Schoolers:

- How can someone your age spend time with God learning about Him and getting to know Him?
- Which character traits on the list from the Bible verses do you know you need help growing in?
- What opportunities can you think of where you could practice this fruit of the Spirit?

Wrap Up: God doesn't expect us to become the kind of people talked about in these Bible verses all on our own. He helps us! When we spend time learning about

God and talking to God, the good things we read about in these two Bible verses become true about us.

Prayer: *God, I pray that we grow closer to you and that You help us become more and more like You. Amen.*

Day 2: Love

Question: What is something that you really love about yourself? Why?

Transition: Today's verse talks about love. How would you explain to someone else what "love" means? (Love is caring about something or someone a really big amount.)

Passage: 1 John 4:9-11 (NLT)

9 God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. 10 This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

11 Dear friends, since God loved us that much, we surely ought to love each other.

Questions for Preschoolers:

- What do you think God loves most about you?
- Who is someone you love? What do you love most about that person?

Questions for Elementary Aged Kids:

- Are we able to always be loving all the time? Why or why not?
- Why do you think God is able to always be loving?
- Do you think we always deserve God's love?

Questions for Middle and High Schoolers:

- Who is someone that is challenging for you to love?
- How do you think God would want you to show that person love this week?

Wrap Up: Not only does God love you deeply, He wants you to love others too.

Prayer: *God, thank you for loving us so much. Your love is perfect. Please help us love others the way that you love us. Amen.*

Day 3: Joy

Question: What is your favorite part of your day? Why?

Transition: Today's verse talks about joy. How would you explain what "joy" means? (Joy is a really big feeling of happiness.)

Passage: Philippians 4:4 (NLT)

4 Always be full of joy in the Lord. I say it again—rejoice!

Questions for Preschoolers:

- What are some things, people, or activities that make you really happy?
- What do you think makes God happy?

Questions for Elementary Aged Kids:

- What are some things you are thankful for?
- Why do you think God tells us in the Bible to be full of joy?

Questions for Middle and High Schoolers:

- What do you think is the difference between happiness and joy?
- Do you think it's possible for Christians to always be full of joy like it says in the verse we read? Why or why not?
- What can we do to become more joyful?

Wrap Up: Because God is so awesome, getting to know Him and following His instructions will bring us joy.

Prayer: *God, thank you for all the ways you give us joy in our life. Help us to recognize how you are at work in our lives. Amen.*

Day 4: Peace

Question: Have you ever lost something that you really liked? What did you do?

Transition: Today's verse talks about peace. What do you think it means for a person to have peace or feel peaceful? (Peace is when you feel really calm and happy with the way things are.)

Passage: Philippians 4:6-7 (NLT)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Questions for Preschoolers:

- Are there any things that the Bible says we can't pray to God about?
- Is God big enough and strong enough to take care of us?

Questions for Elementary Aged Kids:

- Do you think God worries about things? Why or why not?
- Is there a right or a wrong way to pray? Explain your answer.

Questions for Middle and High Schoolers:

- What are some things kids your age struggle with that they might not think to pray about?
- What's a good way to remind yourself that you can pray about anything?

Wrap Up: We can trust God to help us with the things we worry about—and the more we trust God with our worries, the more He helps us not feel worried at all.

Prayer: *God, thank You for caring about the things that worry us. Please help us to trust You with our worries, and give us the feeling of calm and peace that comes from You. Amen.*

Day 5: Patience

Question: What is something that other people do that annoys you?

Transition: Today's verse talks about patience. How would you explain what it means to be a patient person? (A person who is patient is able to stay calm even when they are upset with another person or frustrated by a situation they are in.)

Passage: Ephesians 4:2 (NLT)

2 Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

Questions for Preschoolers:

- When someone is doing something that you don't like, is it hard for you to stay calm and not get upset?
- How can you be patient with that person and not get upset?

Questions for Elementary Aged Kids:

- Has someone been mean to you instead of being patient with you? How did that make you feel?
- How can you be patient with someone else when they are annoying you?

Questions for Middle and High Schoolers:

- Has someone else ever been impatient with you? What happened?
- How often do you think God is patient with us?
- How does being reminded that God is patient with you help you be patient with other people?

Wrap Up: Just like God knows we aren't perfect so He made a way for us to be saved and He gives us lots of chances to follow Him, we can see that other people are also not perfect and try to not be frustrated with them about it.

Prayer: *God, I thank you that you are patient with your people. Help us to be patient with others like you are patient with us. I pray that your Spirit will lead us to be more patient. Amen.*

Day 6: Kindness

Question: If you had to give up candy, cake, or ice cream for the rest of your life, which one would you choose?

Transition: Today's verse talks about kindness. What do you think it means to be kind? (Kindness is being friendly, generous, and considerate.)

Passage: Colossians 3:12 (NLT)

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

Questions for Preschoolers:

- What is something really kind that you have done for someone else?
- What is something really kind that someone else has done for you?

Questions for Elementary Aged Kids:

- Who is the most kind person you know? What makes you choose that person?
- What is one way that you could show kindness to someone else this week?

Questions for Middle and High Schoolers:

- Would you say that you are usually a kind person? Why or why not?
- What is one way that you wish other people would show kindness toward you?
- How can you show someone else the kindness of God this week?

Wrap Up: Kindness is kind of like sugar—it's sweet, and people really want it. The great news is that God is really kind, and He wants to help us become more kind too.

Prayer: *God, please help us understand all the ways that You are kind to us, and please help us treat others with kindness too.*

Day 7: Goodness

Question: If you had an elephant as a pet, what tricks would you train your elephant to do?

Transition: Today's verse talks about goodness. How would you explain what it means to be "good"? (We usually use it to mean "obedient," but here it means something different. Goodness is the desire to do good—that usually looks like doing something nice for someone else.)

Passage: Galatians 6:9-10 (NLT)

9 So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. 10 Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

Questions for Preschoolers:

- What is something you could do for someone else that would be good?
- What do you think God feels like when we do good things for others?

Questions for Elementary Aged Kids:

- What's something that you wish someone else would do for you?
- Who could you do that thing for?

Questions for Middle and High Schoolers:

- Why do you think this verse encourages us not to grow tired of doing good?
- Do you think it's hard or easy to always be good? Why?
- What's something you could do this week to bless someone else?

Wrap Up: God is constantly being good to us—He gives us what we need when we need it, and He gives us lots of really happy things in our lives too. The more time we spend learning about God, the more we will want to be like God and be good to other people!

Prayer: *God, I pray that you would grow our desire to do good things for other people.*

Day 8: Faithfulness

Question: Would you rather be the villain (bad guy) or hero (good guy) in a movie?

Transition: Today's verse talks about faithfulness. What do you think that word means? (Faithfulness is kind of like loyalty—someone who is faithful is trustworthy and stays committed to what they know is right or what they've said they will do.)

Passage: Hebrews 10:23 (NLT)

23 Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.

Questions for Preschoolers:

- What are some ways that we can describe God? (Is He good? etc.)
- How can we tell God “thanks” for how good He is? (Prayer, sing songs, etc.)

Questions for Elementary Aged Kids:

- Have you ever done something you know is wrong? Tell what happened.
- Why do you think people sometimes do things even when they know those things are wrong?

Questions for Middle and High Schoolers:

- What is a situation or issue you've seen where people often say they believe one thing and do something different?
- Have you ever been guilty of that yourself? What could you have done differently to demonstrate more faithfulness?

Wrap Up: God is the best example of what faithfulness means. We can count on God to do what He says He will do and be how He says He is. God wants us to be the same way—He wants us to do what we say we will do and act in a way that matches up with what we believe is right. The more time we spend growing our friendship with God, the more we will be like Him when it comes to our faithfulness.

Prayer: *God, I pray for Your help in being the kind of person who is faithful—a person who thinks and acts in a way that lines up with what You say is right.*

Day 9: Gentleness

Question: If you are having a bad day, what are the best ways someone can cheer you up?

Transition: Today's verse talks about gentleness. What do you think it means to be a gentle person? (Someone who is gentle is loving, caring, and considerate, not mean or harsh.)

Passage: Philippians 4:5 (NLT)

5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Questions for Preschoolers:

- Do you always like to share your things? Why do you think that is?
- What do you do when you see someone who needs cheering up?

Questions for Elementary Aged Kids:

- Have you ever used really harsh words to talk to someone and then regretted it? Tell what happened.
- How can you remind yourself to treat others with gentleness rather than harshness?

Questions for Middle and High Schoolers:

- Do you think people interact differently in person versus online? What's the difference, and why do you think that is?
- What difference do you think it would make if people chose to act with gentleness toward others?
- Have you ever treated someone poorly or unfairly and then later regretted it? Tell what happened and what you think you could have done differently.

Wrap Up: Being gentle means that you're thinking about other people's feelings, not just your own. Gentleness helps show others the love God has for them.

Prayer: *God, I pray You would teach us how to be gentle with others the way You are gentle with us.*

Day 10: Self-Control

Question: Which would you pick: not being able to talk for a week or saying everything that came into your mind for a week?

Transition: Today's verse talks about self-control. Do you know what it means to be self-controlled? (Being self-controlled means that you are able to say "no" to what you shouldn't do ... and "yes" to things that you should do.)

Passage: Titus 2:11-12 (NIV)

11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

Questions for Preschoolers:

- What's the hardest rule you've ever had to follow?
- What would make it easier for you to follow rules you don't want to follow?

Questions for Elementary Aged Kids:

- What family rule do you have trouble following, even if you understand the purpose behind it? Why?
- Is it possible to always do the right thing all the time? Why or why not?
- What do you think a Christian should do when they are having trouble with self-control?

Questions for Middle and High Schoolers:

- What command from the Bible is the hardest for people your age to follow? Why do you think it's so hard to follow?
- Why do you think God tells us to be self-controlled?

Wrap Up: It is God who teaches us how to choose to do the right things. Real self-control isn't something that we can achieve on our own—it comes as a result of learning more about who God is and what He wants for us.

Prayer: *God, I pray You would help us make the right choices, even when it's difficult.*

Habit Tracker

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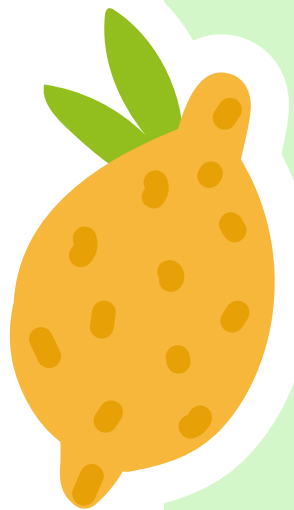
But the Holy Spirit
produces this kind of fruit
in our lives: love, joy,
peace, patience, kindness,
goodness, faithfulness,
gentleness, and self-
control. There is no law
against these things!

GALATIANS 5:22-23



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