GOD OF GENERATIONS

FIVE-MINUTE FAMILY DEVOTIONS

Jonathan and Emily Martin



Hey There!

WE'RE JONATHAN & EMILY MARTIN

We are a short, travel-sized, musical family based out of Nashville, TN! We love to sing the Word because we believe that God's Word isn't only true, but also beautiful, powerful, life-giving, and helpful. We create music and resources full of the Word for believers young and old with the desire to encourage and help families worship and enjoy Christ together.







WWW.JONATHANANDEMILYMARTIN.COM

Let's Get Started!

We are so excited that you've chosen to try out our "God of Generations" family devotion book!

Our goal in creating this book was to provide a fun and easy way for families to get into the habit of building in intentional times of worship together and to create regular opportunities for having conversations of faith at home.

Parents, we want you to breath easy and know that the aim of this time is not for you to host flawless, mini-church services for your family! You don't have to be an expert or a biblical scholar to do this. In fact, it would bless your family the most for you to learn alongside them as you seek and enjoy God together. If you can read the Word, say a quick prayer, and push play on your phone or laptop - then you have everything you need!

This book includes 10 weeks of 5-min devotions that are designed to help your family dive deeper into the scriptures behind the songs from our album "God of Generations." There are 5 devotions per song and each one includes a daily scripture, a short devotion, family questions, and a family prayer. We believe that God will bless these moments in your home as you worship Jesus,

the God of generations together.

Jonathan & Emily

EACH DAY YOU WILL

1 Read

The key scripture and devotion of day

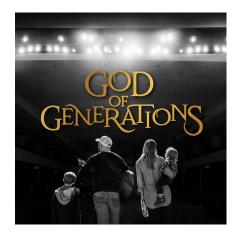
2 Talk About It

With the family questions provided

Using the guided prayer OR lead your own!



The song of the week with the provided lyric sheets and/or play the song on your phone or laptop!





Resources for You!



AS YOU GO PODCAST

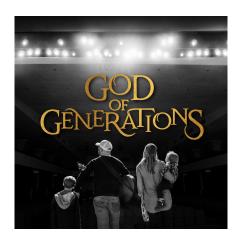
In Matthew 28, Jesus commands us to go and make disciples. That word actually translates to "as you go." On the "As You Go Podcast" we're exploring how family relationships and dynamics can help us all grow as disciples of Christ as we live day after day together.

WWW.JONATHANANDEMILYMARTIN.COM/OURPODCAST









FAMILY WORSHIP ALBUM

"God of Generations" is our first family worship album full of 10 original songs designed to be enjoyed by the whole family! This is an album that helps us remember that we are all a part of one big story. God remains the same throughout the generations - forever worthy of our praise!





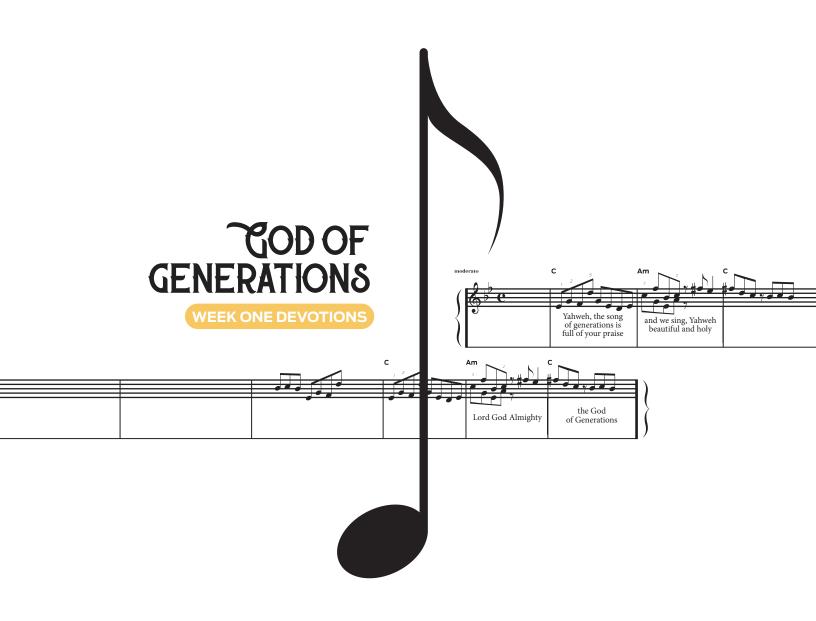


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GOD OF GENERATIONS

ONE GENERATION SHALL COMMEND YOUR WORKS TO ANOTHER,

AND SHALL DECLARE YOUR MIGHTY ACTS.

- PSALM 145:4 -

VERSE 1

We will sing a new song with an ancient theme
We will lift our voices to join the praise that's echoing
We have heard the song that Your people sing
The Lord who reigns forever is the same through all of history

CHORUS

YAHWEH, the song of generations is full of Your praise
And we sing: YAHWEH, beautiful and holy, Lord God Almighty
The God of generations

VERSE 3

We will teach an old song to those who come behind
We will pass along His praise until the end of time
We will join together with one voice we'll sing
God is forever worthy! So young and old, praise the King

CHORUS

BRIDGE

We will declare Your greatness as we remember what You have done You have been faithful to generations, making Your kindness known We will rejoice in Your salvation, You gave Your only Son for us So we will praise the name of Jesus, forever together as one

DOWN CHORUS

Jesus, the song of generations is full of Your praise And we sing: Jesus, beautiful and holy, Lord God Almighty

CHORUS

Jesus, the song of generations is full of Your praise
And we sing: Jesus, beautiful and holy, Lord God Almighty
The God of generations
The God of generations



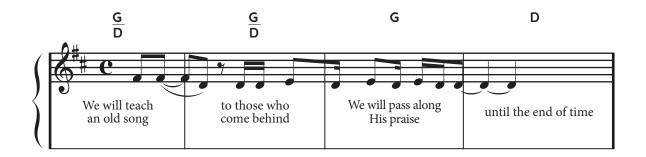
GOD OF GENERATIONS

DAY ONE

SCRIPTURE

One generation shall commend Your works to another, and shall declare Your mighty acts.

Psalm 145:4





Being a part of the family of God means that we make a point to tell each other about Jesus. It's a good thing to share our faith with those who don't know Jesus, but it's just as important to share about Him to one another.

God told us to do this! God told us to share our testimony with each other. Testimony is just a fancy word for "evidence" or "story." When I hear the evidence and story of how God is working in your life, it encourages my faith! It makes me love and trust Jesus more!

Each generation needs to hear the testimony of other generations! Kids, it's good for you to hear about how God has been faithful to your parents and your grandparents so that you can trust that God is going to be faithful in your life as well. But parents and grandparents, it's also good to hear the testimony of your kids! Encourage them to speak about who God is and what God is doing in their lives. Doing so will encourage you to remember that God is still on the move. Even though it seems like the world is getting darker all the time, God will be faithful by drawing the next generation to Himself. Together we are telling one big story about our big, awesome and faithful God.

☐ FAMILY QUESTIONS

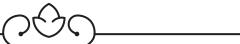
- 1. Parents, what is your testimony? What are some ways that God has been faithful in your life?
- 2. For any kids that have accepted Christ already, what is your story? What are some ways that God has shown Himself faithful in your life? This week?

J PRAYER

Lord, help us to get comfortable with talking about You to each other. Help us to encourage one another by speaking about how You are working in our lives. Thank You for Your faithfulness to us.



"The generations shall herein unite together; they shall make up an extraordinary history. Each generation shall contribute its chapter, and all the generations together shall compose a volume of matchless character." - Spurgeon

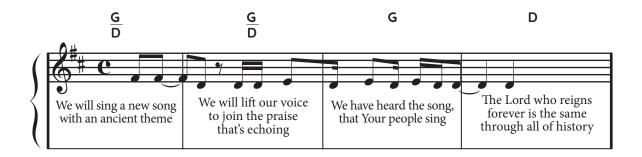


GOD OF GENERATIONS

SCRIPTURE

Oh sing to the Lord a new song; sing to the Lord, all the earth!

Psalm 96:1





J DEVOTION

We don't think about it very often, but did you know that people have been singing praise to God since the beginning of time? That's incredible! When we sing praises to God, we are joining a type of song that has been sung by the people of God since the very first day the human race was created!

I grew up in church, and as a kid, I used to not like to have to sing "old songs." Sometimes, they're still not my favorite songs, but I love singing "old songs" because they remind me that I'm not alone in my faith. In that way, singing "old songs" reminds me that God is the same all the time. He hasn't changed in the last ten years, the last 100 years, or even in the last 1,000 years! Yahweh, the God of the Bible, never changes and has always been worthy of praise and always will be!

So why sing "new songs"? God tells us to sing new songs! If I had to take a guess, I think God tells us to sing new songs because each generation needs to express the faithfulness of God for themselves. Just as I'm encouraged to hear the "old" songs of faith from generations earlier, our new songs of faith are encouraging, too, because they are a reminder and a testimony that God is still at work, and He is still faithful.

□ FAMILY QUESTIONS

1. Parents, what is one of your favorite "old" songs that praise God? Why?

If you have time, have everyone share a new worship song that they've heard recently that they like. Why do you like it?

□ PRAYER

God, You are faithful to each generation, and You never ever change. You have been worthy of praise from the beginning, and You will be worthy of praise for the rest of eternity! We want to join our voices in praise to You, because we love You and we are thankful that You love us and have drawn us near to You.



"The Spirit of God can make an old song new to us as we grow in our knowledge of God and His Word, or as we have new experiences, and He can also open our hearts to a song completely new to us." - Warren Wiersbe



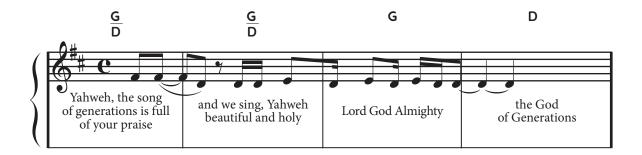
GOD OF GENERATIONS

DAY THREE

SCRIPTURE

God also said to Moses, "Say this to the people of Israel: The LORD (YAHWEH), the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.' This is my name forever, and thus I am to be remembered throughout all generations.

Exodus 3:15





Did you know that God has lots of names? Unlike us, who only have one name (maybe two if we go by a special nickname), God has many names that help us get to know Him better. He is the King of kings, Almighty God, and Emmanuel (God with us), to name a few. All of these names are important, but there is only one name that God says He will be called forever, and that name is YAHWEH.

God first shares His name with Moses, and this name, unlike all the others, is God's personal name for His people to call Him. Think about your grandmother or grandfather ... they have a name that everybody might call them ... Jim, Tina, George, or Patty ... but does your family have a special name for them (Mimi, Papa, Nana, etc.)? Whatever you call them, it's special because it means you're in the family, and in the family of God, we will forever call Him Yahweh.

So why don't we hear God's special name very often? We hear it all the time and don't even realize it! When God sent His Son into the world, the angel told Joseph, "You shall call his name Jesus, for he will save his people from their sins" (Matthew 1:21). The name Jesus is no ordinary name. If you trace it back to its original language, Jesus means "Yahweh saves!" Yes, Jesus IS Yahweh in the flesh coming to save His people from sin, so we, along with all the people of God—past and future—are praising the same, one and only Yahweh, the God of generations.

□ FAMILY QUESTIONS

1. Why do you think God gives us a special name for us to know Him by?

Because our God is not just some distant all-powerful being in the sky. He wants us to know Him! Our God wants a relationship with us. He is our heavenly Father, and through His Son Jesus, He has invited us into His family forever.

JJ PRAYER

Yahweh, we love You! Thank You for inviting us into Your family and for giving us a special name to know You and call You by. Thank You for coming down from Your throne in heaven to become a man and save us from our sins so that we can be with You forever. We praise You, Yahweh, and we are so excited to praise Your name with the whole family of God for all of eternity!



"Jesus is Yahweh with a human nature coming to save His people from sin. Paul confirms this in Philippians 2:11. He says of the risen Jesus, "Every tongue [will] confess that Jesus Christ is Lord, to the glory of God the Father." That is a quote from Isaiah 45:23 where Yahweh is the one to whom every knee shall bow and every tongue confess. Paul is saying that, in the end, the whole world will acknowledge that Jesus is in fact Yahweh incarnate." - John Piper



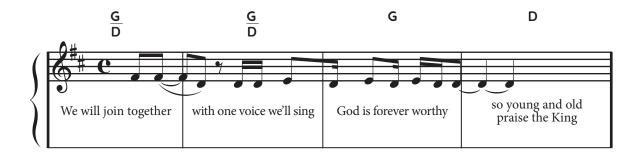
GOD OF GENERATIONS

DAY FOUR

SCRIPTURE

Now you are the body of Christ and individually members of it.

1 Corinthians 12:27





J DEVOTION

Sometimes people say that kids are the church of tomorrow, but I don't think that's true! Kids, you are a part of the church of today. You are a vital part of the body of Christ.

In 1 Corinthians 12, it says that the church is like a body. Is your body one big nose? One little toe? One single eyeball? No! That's silly. A body is a collection of different parts, including noses, toes, eyeballs, etc.

And a good, healthy body needs all of its parts because they are all important! Older people, younger people, and everyone in between are all important parts of the body of Christ. We need each other to encourage one another in our faith and to truly display Christ to the world!

Kids, when you sit in "big church," make sure to sing along! It's important! The "old people" need to hear you sing because it encourages their hearts, and they can learn a lot about praising God from you! And "old people" when you are serving in "kids' church" or some other kind of kids programming—make sure to sing! Kids need to see you singing! They are learning how to praise God from you. And for that matter, God is the same God and worthy of praise whether we are in "big church," "kids' church," or anywhere! Let's praise God together!

□ FAMILY QUESTIONS

- 1. Parents, what is something that you've learned from your kids? Or something you admire about them?
- 2. Kids, what is something that you've learned from your parents recently? Or something you admire about them?

□ PRAYER

Lord, thank You for the Church, for the full body of Christ. Help us to praise You together as one body.



"The Bible doesn't tell children to become like adults to be saved. Rather it tells adults to become like children to be saved." - Unknown

"There is no Jr. Holy Spirit. Kids come to Jesus just like adults do." - Unknown

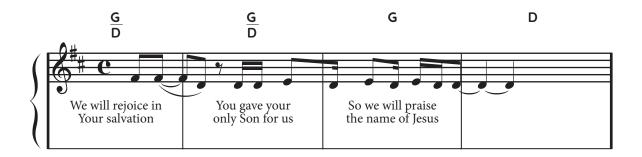


GOD OF GENERATIONS

SCRIPTURE

But I have trusted in Your steadfast love; My heart shall rejoice in Your salvation. I will sing to the Lord, Because He has dealt bountifully with me.

Psalm 13:5-6





No matter what they may face, the people of God know that at the end of it all, they will rejoice in the salvation of God through Jesus! God gave us His only son so that we could be saved from the guilt and punishment of our sin. The wages (or the payment) of our sin was death, but God gave us life again through Jesus!

In fact, in Revelation 5, we know that the song of God's people is full of praise to the Lamb, who was slain! The Lamb is Jesus, and He died on the Cross for our sins - to redeem us and bring us back to God. This is the song that the people of God are going to be singing together forever and ever! It doesn't matter if you were born in 1011, 1432, 1896, 1950, or 2025! Everyone who believes in Jesus is going to sing with one heart and one mind to Jesus - the God of Generations! The worthy Lamb that was slain for us!

□ FAMILY QUESTIONS

1. Why do we and why are we going to sing about Jesus being the slain lamb forever?

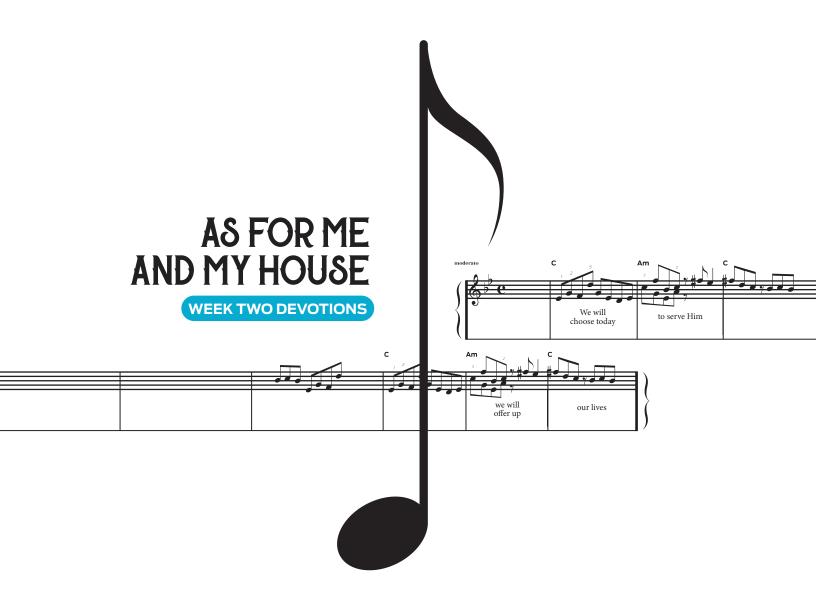
Because Jesus being slain for us reminds us of HIs beautiful humility as He bent low to serve us, but it also reminds us of His great power and grace in conquering sin and death for us.

JJ PRAYER

Jesus, we love and we praise You because You have done so much for us! You were slain for our sin so that we could have the mercy of God. You have shown such great love toward us. We want to praise You forever! Thank You for reminding us of the truth of the Gospel today.



"God's people don't live on explanations; they live on promises, and those promises are as unchanging as the character of God." - Warren Wiersbe



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AS FOR ME AND MY HOUSE

And if it is evil in your eyes to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell.

But as for me and my house, we will serve the Lord.

- JOSHUA 24:15 -

VERSE 1

As for me and my house, we will worship the Lord
We are His children and He is our portion
Now and forevermore
As for me and my house, we will sing to the Lord
We will remember His kindness toward us
His mercies new each morn

CHORUS

We will choose today to serve Him
We will offer up our lives
Our God is the only One who is worthy
So we will serve the Lord

VERSE 2

As for me and my house, we will delight in the Lord
All other joys are passing away
His love alone endures

CHORUS

VERSE 3

As for me and my house, we will speak of the Lord
We will tell His salvation 'til every nation
Has heard that the Lord is good

CHORUS

CHORUS

We will choose today to serve Him
We will offer up our lives
Our God is the only One who is worthy
So we will serve the Lord
So we will serve the Lord



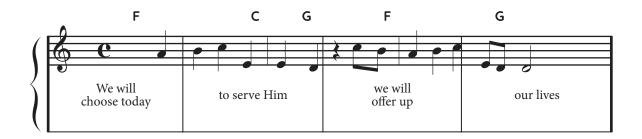
AS FOR ME AND MY HOUSE

DAY ONE

SCRIPTURE

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.

Romans 12:1





In our family, we each have chores that we do around the house. Sometimes when I tell Judah that it's time to set the table for dinner, he grumbles about wanting to continue whatever he's playing before getting up and starting the task I asked him to complete.

Judah is serving our family when he sets the table. Being obedient to mom and dad is a good thing for Judah to do, but there are other times when Judah chooses to play with his little sister so that mom and dad can finish a conversation or work on a project. He happily stops what he is doing and puts on a grand entertaining show that makes June giggle and squeal with joy.

As Christians, we choose to serve God because we love God. Sometimes we do things we don't want to do out of obedience to God. God is honored by this and loves our trust and obedience. But as we grow in our relationship with God, our love for God makes serving and obeying Him a joy to us! In that way, our serving God, our giving our lives to Him, is worship. As Christians, we happily offer our lives to God; we choose to serve Him because He is wonderful, He is worthy, we trust Him, and He makes us happy.

FAMILY QUESTIONS

1. What is one way a family member has served you recently?

Let everyone in the family give an answer

2. What is one way that you have served the family recently?

Parents, it would be great to affirm and encourage the ways you see everyone serving one another and mention how that honors God and makes Him happy.

- 3. Do you always serve one another with joy?
- 4. In your family, what does serving God look like?
- **5.** What are some ways we can serve God, as a family?

PRAYER

Lord, we choose to serve You. We want to give You our lives! Help us to have joy in You as we obey and honor You. And help us to be obedient to You even when it's a hard thing for us to do. We worship You, God! We love You, and we are thankful for all that You have given us.

"Worship is about what we love. What we live for." - Bob Kauflin



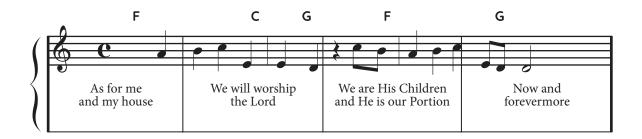
AS FOR ME AND MY HOUSE

DAY TWO

SCRIPTURE

Lord, You alone are my portion and my cup, You make my lot secure.

Psalm 16:5





Have you ever stood in front of a plate full of cookies and been asked to pick which one you want? Or in front of a giant cake that has been sliced into pieces and asked to choose your slice? If you're like me, then you take a second to evaluate which cookie or slice is going to be the absolute best one to choose. Which one has the most chocolate chips? Which one has the most frosting? And of course, which one is the largest!?

In life, we have to make similar choices. There is a plate full of ideas and paths right in front of each one of us. We get to choose what we are going to believe and how we are going to live. What do we think is going to make us happy? What do we want to have in life more than anything else? What are we going to do to get what we want in life?

When Christians say that "the Lord is my chosen portion," we are saying that God is what we want more than anything in life. We believe that if we choose God—if we accept His grace, His Gospel, His Word, His ways, and His nearness—that we have chosen the absolute best slice of life that exists.

□ FAMILY QUESTIONS

1. How can we choose God as our portion?

By accepting Jesus as our Savior, by reading and trusting His Word, by submitting and being obedient to God, by enjoying God through things like prayer and singing, by thanking God for all the great things in our life because we believe that they are gifts from Him, by seeking God's will for our life and living on mission to share the Gospel with those around us.

2. Adults, how has choosing God as your portion been a good and wonderful choice in your life so far?

□ PRAYER

Lord, we choose to serve You. We want to give You our lives! Help us to have joy in You as we obey and honor You. And help us to be obedient to You even when it's a hard thing for us to do. We worship You, God! We love You, and we are thankful for all that You have given us.



The Lord is our portion, and this is incomparably more than if we had heaven and earth; for all the earth is but as a point compared with the vastness of the heavens, and the heavens themselves are but a point compared with God. What a large possession have we then! There is no confiscation of it, no banishment from it...Poor men boast and pride themselves of a kingdom, but we have more than all the kingdoms of the world and the glory thereof. Christ has given us more than the devil could offer him. -

David Clarkson



AS FOR ME AND MY HOUSE

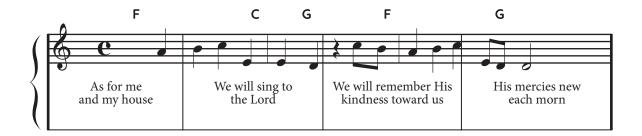
DAY THREE

SCRIPTURE

Because of the Lord's great love we are not consumed, for His compassions never fail.

They are new every morning; great is Your faithfulness.

Lamentations 3:22-23





Have you ever been frustrated with a friend or a sibling? Maybe they refused to do something you wanted them to? Maybe they were picking on you or leaving you out? Maybe they wouldn't leave you alone!? The truth is, people are frustrating! Even you are frustrating at times.

Sometimes frustrations happen because of different personalities. But often, our frustrations with one another arise because every single person in the world has a sin problem. And sin causes conflict in our relationships. Romans 3:23 tells us that all have sinned and fallen short of God's glory.

We don't like it when people sin against us. God is the same way. He doesn't like it when people sin against Him! And actually, God takes every single sin in our lives personally. Each sin, no matter how innocent we think it might be, is actually a sin against God, and He doesn't like it one bit.

It's true that God gets angry about our sin. But the truth is that God's kindness, mercy, and patience far outweigh His anger. In fact, Jesus died for our sin so that God could show us His grace, patience, kindness, and mercy every day for all of eternity. This news of God's faithful mercy and kindness toward us is just so good that it makes us want to sing and praise God!

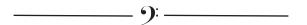
☐ FAMILY QUESTIONS

1. Since we sin all the time, does that mean God is mad at us all the time?

God does hate our sin and wants better from us and for us, but if we believe in Jesus, then we know that God isn't angry with us at all. He is actually smiling at us! Jesus washes us clean of our sins and gives us His perfect life.

JJ PRAYER

Lord, we sin all the time. We frustrate You with our sin, we frustrate each other, and we even frustrate ourselves! Please forgive us. Thank You for the reminder that Your mercy is new for us today and it will be new and fresh for us tomorrow too! Thank you for making a way for us to be clean from our sin so that we can enjoy Your smile today.



"...here are mercies in the plural number, denoting the abundance and variety of those mercies. God is an inexhaustible fountain of mercy, the Father of mercies. We all owe it to the sparing mercy of God that we are not consumed... Had we been dealt with according to our sins, we should have been consumed long ago; but we have been dealt with according to God's mercies, and we are bound to acknowledge it to his praise." - Matthew Henry



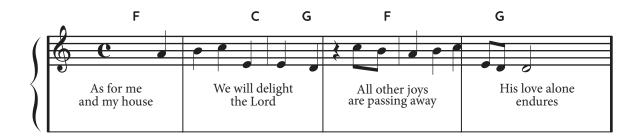
AS FOR ME AND MY HOUSE

DAY FOUR

SCRIPTURE

You make known to me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

Psalm 16:11





Have you ever saved up your money for something you wanted, and then when you got it, you only enjoyed it for maybe a month at most? That has happened to me so many times! God wants us to enjoy things, but the problem is that all of the things we enjoy here on the earth are fading and dying away because sin has ruined everything!

That's why we all long for the perfect home: a magical place where everything is perfect and nothing good spoils or ends. God is preparing that kind of place for His family—for those that believe and trust in Jesus. A place where we no longer desire things that aren't good for us. A place where all the good things never end and never die.

But the most fantastic thing about this place, this new home, is that God Himself will live there with us! He is the Maker of everything good, beautiful, perfect, and enjoyable! God is the best thing in the universe, and He has given Himself to us for free! We don't even have to save up for it! We actually could never earn or save up enough to buy this great Treasure. We enjoy and delight in God more than anything else because He truly is the greatest Treasure in the universe, and unlike all the other things we treasure, His love will never fade or pass away.

■ FAMILY QUESTIONS

- 1. What gift or toy did you receive that you forgot about quickly or got bored with?
- **2.** Why is God's love the best thing in the universe?

□ PRAYER

God, open our eyes to the great treasure that You are! Help us to desire You and to delight in You. Amen.



"...now we have but a drop of joy to an ocean of pain; but then, we shall have endless ease, without any pain, true happiness without any heaviness, the great measure of felicity without the least of misery, the fullest measure of joy that may be, without any mixture of grief. Here therefore, let us ease our heaviest loss of sufferings, and sweeten our bitterest cups of sorrows with the continual mediation and constant expectation of the fullness of joy in the presence of God, and of the pleasure at his right hand forevermore. - Edward Willan



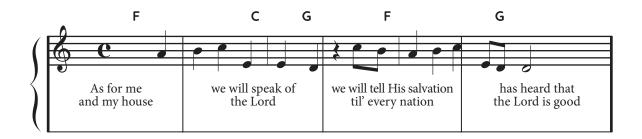
AS FOR ME AND MY HOUSE

DAY FIVE

SCRIPTURE

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit

Matthew 28:19





Did you know that we are playing a small part in a big story? The big story is about Jesus and his love for you, me, and the whole world. It's a story about how this loved world turned away from Jesus and threw away His love because they wanted things that only ended up hurting them. It's a story about how Jesus didn't abandon the world that left Him but came into the world to save those that wanted to be with Him again.

It's a big story! What's our small part of the story? We play the part of storytellers. Our role is to tell everyone we know about the big story of Jesus's love for the world.

We don't have to fly across the ocean to do that! We can tell this story to anyone and everyone we meet. We're even telling this story to each other right now! That's what God wants us to do. He wants us to keep telling the story. He wants us to keep telling people (any people!) all about who Jesus is.

FAMILY QUESTIONS

- 1. Do we need to be missionaries in order to tell people about Jesus? Why not?
- 2. Who are some people in our lives that we can tell about Jesus?

J PRAYER

Lord, help us to tell Your story to everyone You bring into our lives. Help us not to be afraid to tell our neighbors and friends about who You are! Help us to encourage each other by reminding each other about who Jesus is. Thank you for letting us be a part of Your big story and thank You for loving us.



"The Greek verb translated 'go' is actually not a command but a present participle (going). The only command in the entire Great Commission is 'make disciples.' Jesus said, 'While you are going, make disciples of all the nations.' No matter where we are, we should be witnesses for Jesus Christ and seek to win others to Him." - Warren Wiersbe

words and music by Emily Martin



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BLESS YOU EVERY DAY

I WILL BLESS THE LORD AT ALL TIMES; HIS PRAISE SHALL CONTINUALLY BE IN MY MOUTH. MY SOUL MAKES ITS BOAST IN THE LORD; LET THE HUMBLE HEAR AND BE GLAD. OH, MAGNIFY THE LORD WITH ME, AND LET US EXALT HIS NAME TOGETHER! I SOUGHT THE LORD, AND HE ANSWERED ME AND DELIVERED ME FROM ALL MY FEARS. THOSE WHO LOOK TO HIM ARE RADIANT, AND THEIR FACES SHALL NEVER BE ASHAMED. THIS POOR MAN CRIED, AND THE LORD HEARD HIM AND SAVED HIM OUT OF ALL HIS TROUBLES. THE ANGEL OF THE LORD ENCAMPS AROUND THOSE WHO FEAR HIM, AND DELIVERS THEM. OH, TASTE AND SEE THAT THE LORD IS GOOD! BLESSED IS THE MAN WHO TAKES REFUGE IN HIM!

- PSALM 34:1-8 -

VERSE 1

Lord, I come into Your presence with my eyes fixed on You With my heart bending low, Lord, I'll sing a song to You Lord, I come to Your throne weary; I'm in need of Your grace Of your mercies new, and strength to face the day

CHORUS

But, because of who You are, I bless Your name, bless Your name And because of all You've done, I'll never run out of praise For there is no one else so faithful, true, and good in every way Oh, Lord my God, I will bless You every day

VERSE 2

You will answer those who seek You, and Your ears are open wide
To all who cry for help, oh Lord, You won't turn them aside
And Your eyes are on the humble; to the broken, You draw near
And You rescue them from every shame and fear

CHORUS

BRIDGE

I have tasted and seen that You are good, You are good, and I will sing and be glad in You I will make every boast in You alone, You alone, and I will magnify all that You are We have tasted and seen that You are good, You are good, and we will sing and be glad in You We will make every boast in You alone, You alone, and we will magnify all that You are

CHORUS 2

So, because of who You are, we bless Your name, bless Your name
And because of all You've done, we'll never run out of praise
For there is no one else so faithful, true, and good in every way
Oh, Lord our God, we will bless You every day
For there is no one else so faithful, true, and good in every way, oh, Lord our God
We will bless You every day
Oh, Lord our God, we will bless You every day

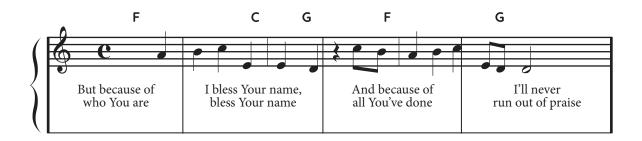




SCRIPTURE

I will bless the Lord at all times; His praise will always be on my lips.

Psalm 34:1





Imagine this: you've been invited to a birthday party, and on the morning of the party, you wake up in a crummy mood. It's raining outside, and you can't find your favorite shirt that you wanted to wear. To make things even worse, your little sister gets her hands on your party gift and rips off some of the wrapping paper. You get into a fight, call her an ugly name, and your parents take away \$1 from your piggy bank as a punishment! It has not been a good day so far. But then, ten minutes later, it's time to load up in the car and go to the party. You get there, still feeling pretty crummy, and the first thing they do is bring out the cake. The candles are lit, your friend is sitting at the kitchen table, and everybody is taking a deep breath to sing him "happy birthday" ... do you sing? I hope so! Why? Because it's his birthday! You're celebrating your love for him and the fact that this day is special because God created him!

So often we are quick to silence our praises when we're not doing well—when life is hard or when we don't feel the way we want to before we start singing to God. We can be quick to feel ashamed, afraid, unworthy, maybe even like a big phony singing to Him in the middle of feeling crummy! As a worship leader, because I am also a weak and sinful human just like everyone else, I struggle with these feelings all the time! And too often, I let them keep me from singing to God, with confidence and faith that He is still pleased with my worship and with me. Why? Because our worship is not about us! All of our songs and praises are about the One we are singing to, the object of our worship, God Himself, who is always good and worthy of our praise.

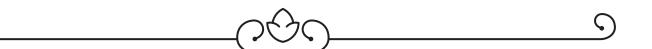
Just like the struggling kid at the party would sing to the birthday boy, you and I in all of our messiness are invited (commanded even!) to praise God, every day, not because of who we are or how we feel, but because of who He is and what He has done! We might feel sad, sluggish, small, or unworthy, but did you know those feelings can fuel even our biggest and best praise? If we will only be faithful to lift our eyes off of ourselves and onto God's character and faithfulness, we will find that the smaller we feel, the greater and more beautiful He becomes to us! With God, every day is like a birthday party, because He is good and we are invited to celebrate Him at all times, each and every day.

□ FAMILY QUESTIONS

- 1. How are you feeling today? What's going on in your heart and mind?
- **2.** Now, let's focus on who God is. Name 3 things about God (His character, what He has done, His promises, etc.) that you can praise Him for today?

JJ PRAYER

Oh Lord our God, we praise You for Your unchanging goodness and kindness to us. Thank You for the gift of song and the way it helps us lift our minds off of ourselves and fix them on You. Lord, we want to be quick to praise You every day of our lives, no matter what is happening in or around us, because You are always worthy. We believe that we will always be better off when Your praises are in our hearts and on our lips. Lord please move our hearts and open our mouths to bless You every day.

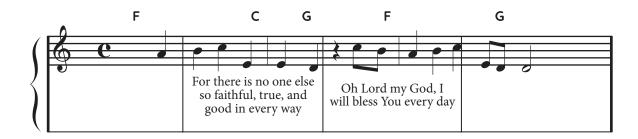




SCRIPTURE

Great is the LORD, and greatly to be praised, and His greatness is unsearchable.

Psalm 145:3





J DEVOTION

Did you know that humans have only explored 5% of the world's oceans? That seems pretty crazy considering people have been exploring the seas for hundreds of years, and 70% of our planet is oceans! But that's just the problem—oceans are BIG and we are small! Not only that, but oceans are deep (even 7 miles deep!), and it takes a lot of technology, time, bravery, and heavy-duty scientific gizmos even to begin exploring all the world's wonders that lie deep under the sea. So, we tiny humans are only getting started!

As deep and as unsearchable as the ocean is, even more so is the greatness and goodness of God. First of all, God is BIG—way bigger than the oceans on our tiny planet! The Bible tells us that He measured these massive oceans inside the palm of His hand (Isaiah 40:12)! But God is not only big, and the universe He created is amazing and full of endless wonders, He is also unsearchably great in His love toward us! God's Word tells us that "the love of Christ surpasses knowledge" (Eph 3:19) and that the steadfast love of the Lord "reaches to the heavens, [and His] faithfulness to the clouds" (Psalm 36:5). We could read our Bibles 100 times and live 1,000 lifetimes, and we'd never finish discovering how great His love is for us!

One of the best ways we can experience this great, unsearchable love of God is to be in a relationship with Him! Just like an oceanographer spends their life discovering new wonders of the sea, we can spend every day of our lives learning about God, experiencing Him speaking to us through His Word, and watching Him work in our hearts and lives. And for every day we spend knowing, loving, and walking with Him, we will always have new and unique opportunities to experience and praise Him for His faithfulness, mercy, truth, goodness, and love for us. And what makes this adventure with God even sweeter is when our praise rises from our hearts and out of our lips when we sing! We get to celebrate the goodness of God and also help ourselves remember all the great things He has done in our lives by the songs we sing to Him. So let's get started and bless Him for His greatness today!

☐ FAMILY QUESTIONS

1. What is one thing you can praise God for today?

The weather, your family, food to eat, an answered prayer? Think of this thing as you sing our song together today! (Parents, have everybody take a turn.)

□ PRAYER

God, You are greater than we could ever imagine or discover, and we are so glad! Thank you, God, that experiencing Your greatness is something that we'll never run out of or grow tired of. That gives us so much hope and joy as we go into each day that You give us. Lord, help us to take time each day to think of and remember the great things You have made and the great things You have done and are doing in our lives. And help that praise not to stay in our heads or in our journals, God. We want to praise you with our lips and our songs! Amen!



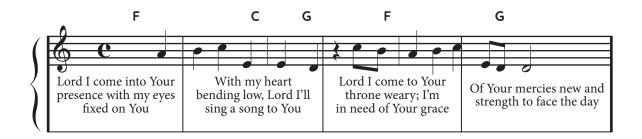
BLESS YOU EVERY DAY

DAY THREE

SCRIPTURE

I will bless the Lord at all times; His praise will always be on my lips.

Psalm 34:1





You may already know this, but originally, the Bible was not written in English. Most of the Old Testament we have today was written in Hebrew by God's people, the Israelites. This ancient language was complex, and they had lots of special words to describe things that we might only have one word for in English. For example, in the Psalms, which was written to be the book of worship songs for God's people, we find in our English Bibles that the word "praise" is used a lot! But in the original Hebrew language, they had seven different special words that they used to describe each kind of praise. To name a few, they had a word for praising God with voices, praising God with instruments, praising God with hands raised, and even praising God with crazy dancing! In Psalm 34:1, many English translations use the Word praise twice, but in the original Hebrew, they had two very different words that they used. It read like this "I will praise (BARAK) the Lord at all times; His praise (TEHILLAH) shall continually be in my mouth" (Psalm 34:1).

In Hebrew, "Barak" means to bend low or kneel in adoration, and "Tehillah" means to sing a spontaneous song of praise. Barak is a posture of worship before God, and Tehillah is an actual song of worship to God. Now read Psalm 34:1 again like this (act it out if you like!): I will kneel and bend low in worship before the Lord at all times; new songs of praise to Him will continually be in my mouth. Does this change what you picture in your mind about God when you read the verse this way? Digging deeper and finding out more about the Word of God can truly feel like a treasure hunt! It changes the way we read the Word and helps us to understand our God better and what that means for our relationship with Him.

When I read the verse in this way, it helps me remember that God is a great, mighty, wonderful King—someone that I would instantly drop to my knees for if He walked into the room. And it reminds me yet again that no matter how low, weak, weary, or unimpressive I feel coming to God, I can still lift my eyes and sing songs of praise to Him, and He is pleased! The lower my heart and body bend before Him, the more I'm reminded how desperately I need His grace and His mercy, and the higher, greater, and more beautiful He becomes to me.

□ FAMILY QUESTIONS

1. Do you ever kneel when you pray or sing to God?

If so, how does it make you feel? What does it make you think about God? Today for your time of prayer and singing, why don't you try it together on your knees?

□ PRAYER

Lord God, You are powerful, strong, holy and greater than anything we can imagine. You are the King of the universe, and yet You love us and hear our prayers! Thank You, Lord! We are even more humbled and amazed when we remember that You sent Jesus to come down to earth and die for us. God, it makes us want to kneel down low before You, because we don't deserve all the grace and mercy You have given to us! We love you, Lord, and we are so thankful to be reminded of Your greatness and Your great love for us today. Amen.

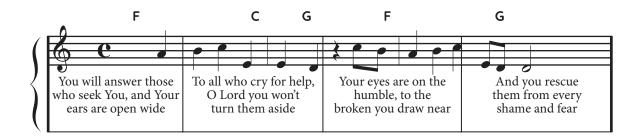




SCRIPTURE

I sought the Lord, and He answered me and delivered me from all my fears. Those who look to Him are radiant, and their faces shall never be ashamed. This poor man cried, and the Lord heard him and saved him out of all his troubles.

Psalm 34:4-6





What do we picture when we cry out to God? I'll admit, sometimes I imagine myself trying hard to get His attention. The way my kids will call out my name out over and over again, "Mom... Mom... Mom.

In Psalm 34:4-6, we see a beautiful reality for us as the children of God. Whenever we call out to or seek God—anytime, day or night—we don't have to wonder if He's going to hear us, see us, or answer. Unlike this imperfect, distracted, and frequently moody mommy, God is a perfect and gracious Father, and the Word says that when we call out to Him, His eyes are already looking toward us (vs. 15), and His ears are always open to us! What amazing news!

But wait! Is that true even when we've sinned or messed up big time? Absolutely and always! Verses 5 and 6 answer this question with a beautiful promise. God doesn't only hear or answer perfect, sinless people. There is no such thing! All have sinned and fallen short of the glory of God (Rom 3:23). No; the promise is that those who SEEK HIM will be heard, answered, and rescued. Those who LOOK to HIM for mercy and forgiveness will never be ashamed, ignored, or turned away.

□ FAMILY QUESTIONS

1. Take a minute to read Psalm 34:4-5 again. Can you name together 4 things you see about God's response to us in these verses?

J PRAYER

Lord, we love You! We want to celebrate all that You are to us. Thank You for showing us that You want us to be loud in our worship to You! You want us to sing and celebrate who You are without shame and without hesitancy. Help us to see You for who You are so that it will stir our hearts to worship You enthusiastically! Amen!



"We may seek God even when we have sinned. If sin could blockade the mercy-seat it would be all over with us, but the mercy that is there are gifts even for the rebellious, and an advocate of men who sin."

- Charles Spurgeon

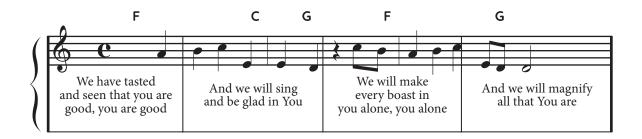




SCRIPTURE

My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt His name together!

Psalm 34:2-3





Do you remember the story of David and Goliath? That little shepherd boy who believed God and slayed a giant with five small stones and a slingshot? Well, that little boy grew up to be the greatest king God's people ever had (until Jesus, that is). He was a brave soldier, a kind king, and most importantly, he deeply loved the Lord. He was also a worshipper, and he wrote most of the Psalms in our Bible! But even though David was great, did you know that he also made a lot of BIG mistakes? He did, and most of them are written down for the whole world to read!

'Bless You Every Day' (as I'm sure you know by now) comes straight out of Psalm 34, one of the psalms written by king David. In the introduction, the Bible tells us that David wrote this psalm, not about a time when he was winning battles or doing anything heroic, but "when he pretended to be insane in the presence of King Abimelech"! Yes, the same David that slew a giant was so afraid that He made a complete fool of himself and pretended to be crazy to escape being captured by King Saul. It was not David's proudest moment. And yet, this is what David remembers as he writes that God's praise will always be in his mouth (vs.1). How can that be? Because praise is for the HUMBLE.

In verses 2 and 3, David declares that his praise is full of boasting, not in himself, but in the Lord. This experience was incredibly embarrassing for David, but being so humbled led him to think about the greatness of God even more, because in the midst of all His fear and foolishness, the Lord still heard his cry and rescued him from his enemies. And so, he invites all worshippers who have been humbled by their sin and weakness to come and be glad in his good and merciful God! He invites us all to put the magnifying glass of our focus and attention, not on our failure, but on the name and character of God. So today, let's come and magnify who the Lord is, and let's boast in His greatness together!

□ FAMILY QUESTIONS

- 1. Can you think of a time when you got yourself into trouble and you had to ask for help?

 If there was a person who helped you, how did that make you feel about them?
- 2. How has God rescued you out of your own trouble?

Jesus has rescued us from our own great failure and our greatest enemy. He has saved us from judgement and freed us from our sin by dying on the cross for us in our place.

□ PRAYER

Lord Jesus, we have nothing to boast in apart from You. On our own we are fearful, rebellious, and faithless, but You are so good and merciful to us. Lord, help us to praise You in our weakness and failure instead of shrinking back and hiding in shame. Jesus, You are our strong rescuer. Help us to be glad and encourage others to praise You as we magnify You with our words, our songs, and our lives. Amen!



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PRAISE GOD

Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals! Let everything that has breath praise the Lord! Praise the Lord!

- PSALM 150 -

INTRO

Oh-oh-oh, oh; oh-oh-oh, oh; oh-oh-oh, oh

VERSE 1

Praise God! He is holy, He is righteous, and He is worthy; a high King, high praise we will bring
Praise God! He is powerful, He is mighty, and as we stand before
A great God; great praise we will bring
Oh, our joy is overflowing

CHORUS

We won't hold back praising our King!
Our praise is loud, and we are not ashamed to sing:
Our God is mighty, and our God is great! We are not afraid to shout His Name
Oh-oh-oh-oh, oh; oh-oh-oh, oh; oh-oh-oh-oh, oh
We are not ashamed to praise, praise His name

VERSE 2

Praise God with every breath! He alone, giver of all we have
A good God; good praise we will bring
Praise God, He is our joy! The best thing in heaven or on earth
A big God; big praise we will bring
Oh, our joy is overflowing

CHORUS

VERSE 3

Praise God, with everything we have-every talent, every instrument Our whole lives, shouting praise to the King-our whole lives, shouting praise to the King, yeah!

HALF CHORUS

We won't hold back praising our King!
Our praise is loud, and we are not ashamed to sing:
Our God is mighty, and our God is great! We are not afraid to shout His Name

CHORUS

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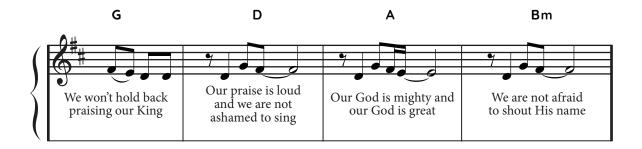
PRAISE GOD

DAY ONE

SCRIPTURE

Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heavens! Praise Him for His mighty deeds; praise Him according to His excellent greatness! Praise Him with trumpet sound; praise Him with the lute and harp! Praise Him with the tambourine and dance; praise Him with the strings and pipe! Praise Him with the sounding cymbals; praise Him with loud clashing cymbals!

Psalm 150:1-5





Take a minute to think about all the instruments in the list above from Psalm 150. Do you notice anything about them?

These instruments are LOUD! Well, at least most of them are. When was the last time you heard someone blow the trumpet? I grew up playing an instrument in my school band, and let me tell you: trumpets are loud! What about the tambourine? It's hard to think of a reason why you would ever play that instrument quietly. And just in case we aren't getting the idea, the psalmist then talks about the cymbals! The "loud clashing cymbals"!

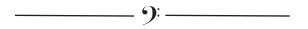
There are times in worship where we want to be more reverent. (Parents, you might need to explain what reverent means.) But there are also times in worship where God calls us to be super loud! He wants our praise to be like a party! Because parties are a celebration! And celebrations are an act of joy. The best kind of celebrations are the ones that bubble up within us and are almost uncontrollable! When our love for God bubbles over into loud, almost uncontrollable praise and celebration of who He is, it makes Him happy.

□ FAMILY QUESTIONS

- 1. What is your favorite loud instrument?
- 2. Is it surprising to learn that God wants us to be loud sometimes in our worship?
- **3.** What instrument do you wish you could play? (Do you play any?)
- **4.** How can we loudly praise God with our actions?

☐ PRAYER

Lord, we love You! We want to celebrate all that You are to us. Thank You for showing us that You want us to be loud in our worship to You! You want us to sing and celebrate who You are without shame and without hesitancy. Help us to see You for who You are so that it will stir our hearts to worship You enthusiastically!



"... when we intend to glorify God with our cymbals, it should not be our only care to have them loud enough, but our first care should be to have them well tuned, else the louder the worse. Zeal does very well—there is great, yea, necessary use for it in every part of God's service. The cymbal will be flat, it will have no life or spirit in it, it will not be loud enough without it. But if meekness, peaceableness, and moderation do not first put the cymbal into good tune, the loudness will make it the more ungrateful in the player, the more ungrateful to the hearer." - Roberts Sanderson



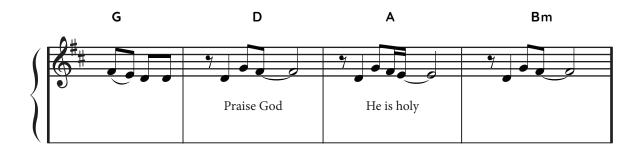
PRAISE GOD



SCRIPTURE

Above him stood the seraphim. Each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts: the whole earth is full of his glory!"

Isaiah 6:2-3





Do you know what a seraphim is? It's a funny word. A seraphim is a kind of angel. In this verse, the prophet Isaiah had the amazing opportunity to get a glimpse into God's throne room, and he wrote down what he saw!

And what did he see? He saw angels flying around! But he also heard something. Isaiah heard the angels praising God! Why were they praising God? They were praising Him for His holiness. It almost seems like they could hardly think of anything better to say because God's holiness was just so good, beautiful, and praise worthy!

Holy means to be "set apart"—it's not like everything else around it. Our world is marked by sin and darkness. But God is pure and true. He isn't marked by sin or motivated by it in any way. God is 100% good and 100% beautiful. That alone sets Him apart from us! But there is honestly so much about God that makes Him holy. Let's join the angels and praise God for His holiness!

□ FAMILY QUESTIONS

1. What makes God "holy?" Why is that worth our songs and praises?

☐ PRAYER

God, You are holy! We want to join the angels in praising You for Your great holiness. You are beautiful and pure in Your character and in all that You do. We can trust You because You are holy. Lord, help us to grow into Your holiness. We want to praise You and we want to be like You.



None of all the divine attributes is so celebrated in scripture as this is. God's power was spoken twice (Ps. 62:11), but his holiness thrice, Holy, holy, holy. This bespeaks...(of) the particular pleasure they take in contemplating the holiness of God; this is a subject they love to dwell upon, to harp upon, and are loathe to leave. The superlative excellency of God's holiness, above that of the purest creatures. He is holy, thrice holy, infinitely holy, originally, perfectly, and eternally so." - Matthew Henry*



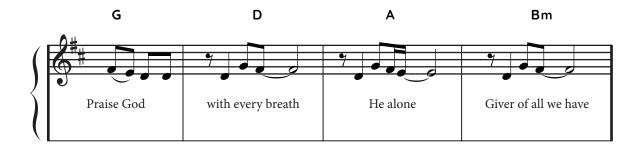
PRAISE GOD

DAY THREE

SCRIPTURE

For from Him and through Him and to Him are all things. To Him be the glory forever. Amen.

Romans 11:36





Take a deep, slow breath. How often do you have to think about breathing? Most of us never have to think about it! Now, take your right hand and place in on the left side of your chest. Do you feel your heartbeat? Are you telling it to beat? Nope; most of us aren't.

God is the one who gives us breath, and He is the one who is telling our heart to beat right now. God is the one who has given us everything that we have! Our homes, our family, our schools, our friends, our noses, our talents, our money—everything!

Since everything we have comes from God, we want our praise to be like a big "thank you" to God. He gave us all these good gifts for us to enjoy. But He also gave them to us so that we could glorify and praise Him! He wants us to use the gifts He has given us to honor Him in praise. And so, as best we can, we want to praise Him with every breath and every moment because each breath and each moment are gifts from Him.

□ FAMILY QUESTIONS

1. Think of some other things in our lives that come from God

Can anyone think of some things we haven't mentioned that are good gifts from God?

□ PRAYER

God, thank You for giving us so much! We are thankful for every moment and every breath that You've given to us. Help us to use these gifts to praise You and thank You.



"He hence infers, that our being should be employed for His glory: for how unreasonable would it be for creatures, whom He has formed and whom He sustains, to live for any other purpose than for making His glory known?" - Calvin



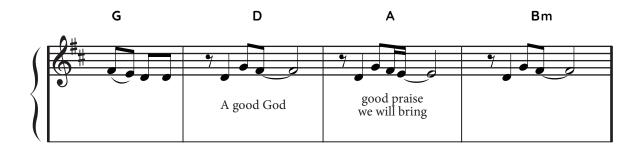
PRAISE GOD

DAY FOUR

SCRIPTURE

The Lord is good to all, and His mercy is over all that He has made.

Psalm 145:9





I grew up knowing that God was big and powerful, but it wasn't until later in my life that I discovered that God is also good. That was an important discovery!

All over the Bible, God shows us and tells us that He is good because He wants us to know that we can trust Him. Think about it for a second; God is the biggest and most powerful being in—how fortunate are we that God is also good?! God could demand that we worship and serve Him simply because He is big and powerful, but instead, He uses His bigness and His power to love and serve us. Wow!

When we see that this big, great God is good and that He loves us, it causes us to bubble over with praise! This is the kind of praise that God loves because we are praising Him for who He truly is. It's good for us to be in awe of God and to let that awe season our praise, but God also wants our praise to come from hearts that are trusting in His goodness.

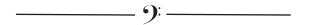
□ FAMILY QUESTIONS

1. What does it mean that God is "good?"

It means that He cares for us. It means that He is isn't out to harm us but to bless us and help us. It also means that He is full of skill and wisdom in how to care for us.

□ PRAYER

God, You are good! You have been so faithful in Your love and care for us. We want to praise You because we are filled with wonder at Your goodness. Help us to taste and see that You are good. Help us to trust in Your good heart toward us.



"His greatness and goodness illustrate and set off each other. That the terror of his greatness may not make us afraid, we are told how good he is; and, that we may not presume upon his goodness, we are told how great He is." - Matthew Henry



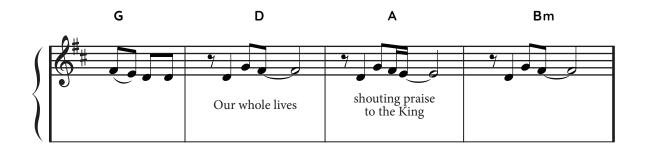
PRAISE GOD

DAY FIVE

SCRIPTURE

You are the light of the world. A city set on a hill cannot be hidden.

Matthew 5:14





God doesn't just want loud praise; God wants our lives to be a loud declaration of His glory and goodness. God doesn't like it when the praise of our mouth is loud but our lives are only a whisper.

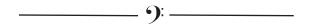
What does that mean? Well, Jesus said it best in Matthew 5:14. We live in a dark world. If you light a match or turn on even a small lightbulb in a dark room, it's noticeable! Sometimes we might be tempted to be quiet about our faith in God while we are in the world. Sometimes we are afraid to be noticeable. Sometimes we are afraid to be seen and heard.

□ FAMILY QUESTIONS

1. What are some ways that we can live loudly? How can we show that we are unashamed to praise our God?

PRAYER

Lord, we know that You want more than our lips and our words of praise—You want our whole lives! Help us to praise You with everything we have. We want our love for You to be loud and noticeable. Help us not to be afraid and ashamed of our faith in You. Forgive us for the times when we feel afraid or ashamed.



As the lights of the world, they are illustrious and conspicuous, and have many eyes upon them. A city that is set on a hill cannot be hid. The disciples of Christ, especially those who are forward and zealous in his service, become remarkable, and are taken notice of as beacons. Men wondered at them; all their neighbors have any eye upon them. Some admire them, commend them, rejoice in them, and study to imitate them; others envy them, hate them, censure them, and study to blast them. - Matthew Henry



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THE LORD'S PRAYER

PRAY THEN LIKE THIS:

"Our Father in Heaven, Hallowed be your name.

Your kingdom come, your will be done, on earth as it is in Heaven.

Give us this day 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 evil."

- MATTHEW 6:9-13 -

VERSE 1

Our Father in heaven
How great it is to be Your children
You are high, we bow low; may Your beauty, oh Lord, fill our vision
"Hallowed be"-Help our lips sing, help us live in fear of Your name
We are Yours while in this world, help us live for Your fame
We come to You, oh God, In prayer

VERSE 2

Our great King in heaven
Rule our hearts and use our hands
Work Your redemption in our lives and in our land
Creator of all the big and small, You own the meek and the great
Your kingdom come, Your will be done; we rejoice, oh God, in Your reign
We come to You, oh God, in prayer

VERSE 3

Provider in heaven

We thank You for all You have given

We ask for what we need; we lay our wants down at Your feet

Forgive our sins as we forgive those who sin against us

Without the cross we would all be lost; thank You for sending Christ to us

We come to You, oh God, in prayer

VERSE 4

Protector in Heaven

Lead us not into temptation

Hold us and keep us; we're trusting in Your salvation

Watch over us, deliver us from all the things we fear

When we're distressed, God, give us rest, knowing You are near

We come to You, oh God, in prayer

We come to You, oh God, in prayer



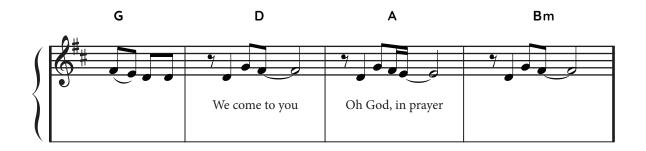
THE LORD'S PRAYER

DAY ONE

SCRIPTURE

Devote yourselves to prayer; stay alert in it with thanksgiving.

Colossians 4:2





If it's nighttime, go outside and look up. I hope that you'll see some stars or at least the moon! If it's daytime and you can't see the stars, take a second to look down at your fingers and notice all the lines. Now take a look at the fingers of a family member.

God is so big. He created the whole world and rules over it. He designed every detail down to individual fingerprints on every single human being throughout all of time! That great, big, majestic, powerful God asked you to come to Him in prayer. He wants to talk to you. He wants to hear from you. Does that not blow your mind? Wow!

Sometimes we humans can overcomplicate things, so in Matthew 6, Jesus gave us a prayer template that we can follow. This prayer removes any excuse we may have about not knowing how to pray. God does want us to talk to Him, and so He made a point to hand us the how-to guide. This week, we're going to walk through this prayer bit by bit. Parents, we encourage you to go ahead and read Matthew 6:9-13 today before jumping into the parts tomorrow. Throughout the week, we are simply going to learn how to "riff" on this prayer. "Riff" means we that we are just going to take this prayer, think about it for a second, and then pray our response back to God.

□ FAMILY QUESTIONS

1. Why do you think that God want us to pray to Him?

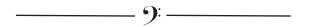
God is our Father and He wants to give us good things (Matt. 7:1-11). God wants us to bring our needs to Him and to give us joy (John 16:24). God is wise and longs to generously give us wisdom and longs to generously give us wisdom and help (James 1:5)! Jesus knows our weakness and wants to help us (Hebrews 4:15-16)!

2. Why is prayer important?

God tells us to (Col. 4:2; 1 Thess. 5:17-18)! God can do anything (Eph. 3:20)! God tells us that our prayers are powerful (James 5:16)!

PRAYER

Lord, even as we pray to You now, we confess that we need Your help in knowing how to pray. Praying is hard for us, but we want to talk to You, and we want to honor the fact that You are God and You have asked us to come to You. Thank You for teaching us how to pray.



"(Paul) does not see prayer as merely a way to get things from God but as a way to get more of God himself. Prayer is a striving to 'take hold of God' the way in ancient times people took hold of the cloak of a great man as they appealed to him, or the way in modern time we embrace someone to show love." - Tim Keller



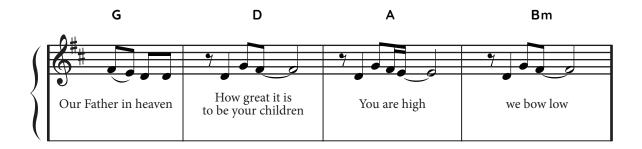
THE QORD'S PRAYER

DAY TWO

SCRIPTURE

Our Father in heaven, Hallowed be Your name.

Matthew 6:9





The first part of this prayer reminds us of so many amazing things about God! He is "our Father." God doesn't want us to approach Him like a distant teacher. He doesn't want us to approach Him like an enemy. God wants us to approach Him like a loved kid approaches his good dad. And while it's good for us to approach Him as individuals, we also are encouraged to come to Him as a group. He is "our Father."

For as intimate as these first two words are, it's almost startling to remember that this Father is in heaven! It's kinda like saying, "Dear dad, President of the United States." Only, it's even more of a big deal to be the ruler of the universe. God wants us to remember that He is higher than us. He wants that to comfort us. This Father that cares deeply for us is a big deal. But I think He also wants this to humble us—to remind us as we approach Him that He is greater than we are. He knows more than we know. He deserves our respect.

Oh, and let's not forget that we are the adopted children of God (Ephesians 3:20). We are His children because Jesus bought us with His blood on the Cross and brought us into the family! What a wonderful thing to be the children of God.

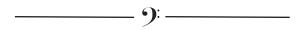
□ FAMILY QUESTIONS

1. Why is it important to pray to God as our Father?

Because God isn't distant and far away, He wants to be close to us. He is welcoming us to Him. Praying to God is is also not like talking to a genie or some other mythical, magical creature. God is our Father! And remembering that helps us know how to talk to Him.

III PRAYER

Father, thank You so much for making us your children. Thank You for adopting us into Your family through Christ! We are blown away that You want us to approach You and talk to You in such an intimate way. Help us to remember that You aren't far from us and that You have drawn near to us.



"...to call God 'Father' is to pray in Jesus' name. Who would break forth into such rashness as to claim for Himself the honor of a son of God unless we had been adopted as children of grace in Christ?

- Martin Luther



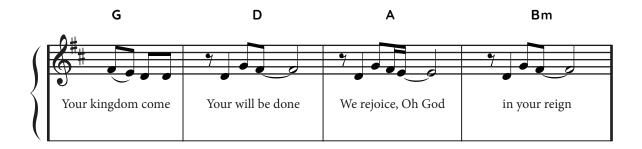
THE QORD'S PRAYER

DAY THREE

SCRIPTURE

Your kingdom come, Your will be done, on earth as it is in heaven

Matthew 6:10





As Christians, even though there are some good men and good leaders in the world, we believe that the absolute best leader is God. We believe that God has all the best ideas. And we believe that if people would follow His lead and do what He says, then we would live in a perfect kingdom, a perfect country.

We believe this so much that it makes us ache and long for a day when God will come and establish His kingdom once and for all here on the earth. We ask God in prayer to please work the goodness of His kingdom into our broken and sinful world, and we ask Him to help us be agents and ambassadors of His kingdom.

☐ FAMILY QUESTIONS

1. Why do we long for and celebrate God's rule and reign on the earth? Why do we want His Kingdom to come here on the earth?

Because the world is broken and full of sin. Only God is the perfect, good, and wise King who is able to bring peace and justice to the world.

□ PRAYER

God, we want Your Kingdom to come here on the earth and we want Your will to be done. Our world is broken and full of sin. Thank You for working Your kingdom in our hearts and lives. Help us to play our part in Your kingdom coming on the earth today in how we love You and love the world around us.



"To pray 'thy kingdom come' is to 'yearn for that future life' of justice and peace, and to ask that 'your future kingdom may be the end and consummation of the kingdom You have begun in us.""

- Tim Keller



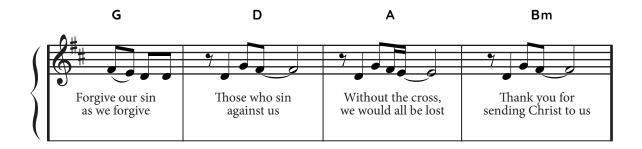
THE LORD'S PRAYER

DAY FOUR

SCRIPTURE

Give us this day our daily bread And forgive us our debts, as we also have forgiven our debtors

Matthew 6:11-12





God wants us to ask Him for what we want and need (Matthew 7:9). If you went through our devotions on the songs "I Will Remember" then you know that God doesn't want us to be anxious about our needs; He wants us to come to Him and trust that He cares for us and that He is listening. That doesn't mean He will always give us what we want. No good dad does that because not everything we want is good or helpful! When I was a kid, I wanted to eat nothing but candy ALL THE TIME! But that's not good and helpful. We can know, though, that God will give us exactly what we need.

Often we don't even know what our greatest needs are! We need grace and forgiveness every day. When we ask God for grace and forgiveness daily, it reminds us that we need it. Asking God for grace and forgiveness also reminds us to forgive those who have wronged and hurt us. Sometimes, forgiveness is a tough thing to do. And so, when we pray, we can ask God to help us forgive others.

□ FAMILY QUESTIONS

1. How do we know we have God's forgiveness?

Because Jesus died on the Cross so that we can be forgiven.

2. Why is it important for us to forgive others?

Because God has forgiven us! It's easy to focus on our hurt or the ways that other people sin, but God was hurt by us and He chose to forgive us anyway. We are thankful for that forgiveness, and we want to be like our God who forgives.

J PRAYER

God, we have sinned and we need Your forgiveness. We need Your grace every day, but especially today. Thank You for the forgiveness that You give to us so freely because of what Jesus has done for us. Help us to forgive the people that hurt us and sin against us.



"If we have not seen our sin and sought radical forgiveness from God, we will be unable to forgive and to seek the good of those who have wronged us. So, unresolved bitterness is a sign that we are not right with God."

- Tim Keller



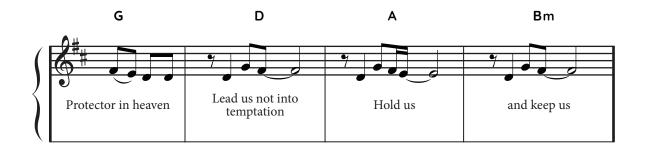
THE QORD'S PRAYER

DAY FIVE

SCRIPTURE

And lead us not into temptation, but deliver us from evil

Matthew 6:13





Our sin is the greatest danger we face. We are constantly tempted to do things that are self-destructive, unloving, and dishonoring to God and who He made us to be.

Not only do we need a savior, but we also need a protector! We need someone who is going to keep watch over us and make sure that we aren't eaten alive by sin! Jesus is called our good Shepherd because He is constantly watching over us. He is constantly leading and protecting us. Jesus is a good Shepherd because He genuinely cares for the well-being of His sheep.

In Philippians 1:6, God reminds us that He is the one who started a good work in us and He is the one who is going to be faithful to finish that good work in us. When we give ourselves to God in faith, He will hold us and keep us. He will forever be faithful to deliver us from evil, He is always calling out to us through His Word to give us wisdom and keep us from sin, and He will always be with us to guide us through the Spirit of Jesus living inside of us.

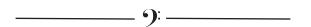
□ FAMILY QUESTIONS

1. What is the most dangerous thing in our lives? Why?

Our own sin! Sin separates us from God and tempts us to believe that we know better than the perfect, wise and good God who made us, loves us, and knows what's truly best for us.

□ PRAYER

Lord, You are our protector and our keeper. God, thank You for keeping us safe from so many things that can harm us. God, we also need You to protect us from our own sin. Keep us away from temptation. Help us to run from temptation when it shows up in our lives. Protect us by keeping us alert, and empower us to say "no" to sin and "yes" to You.



"From the right comes 'riches, power, and honors,' which tempt us into the sin of thinking we do not need God. From the left comes 'poverty, disgrace, contempt, and afflictions,' which tempt us to despair, to lose all hope, and to become angrily estranged from God." - Tim Keller

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DAY AND NIGHT

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the Lord knows the way of the righteous, but the way of the wicked will perish.

- PSALM 1 -

VERSE 1

There is joy walking in Your way; many are the roads that go astray But You light our path to keep us safe; there is joy walking in Your way

VERSE 2

There is peace walking in Your way; the wicked are like chaff that blows away But the righteous bear fruit that will remain; there is peace walking in Your way

CHORUS

Day and night, we will make Your words our one delight
We'll behold and fight, til Your Spirit moves our hearts and minds
We will sink our roots in Your streams of grace; til our lives bear fruit we will meditate
Day and night

VERSE 3

There is life found in Your Word; You give us hope that will endure Your promises are good and sure; there is life found in Your Word

CHORUS

TURN

Day and night

BRIDGE

What a joy to follow You! You are holy, You are wise
You are full of grace and truth; knowing You is our delight
(Repeat Bridge)

CHORUS

Day and night, we will make Your words our one delight We'll behold and fight, til Your Spirit moves our hearts and minds

(Repeat)

We will sink our roots in Your streams of grace; til our lives bear fruit we will meditate

Day and night, day and night

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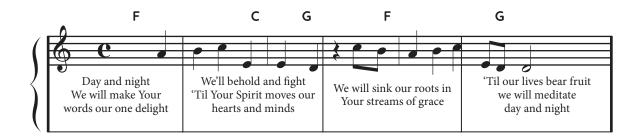
DAY AND NIGHT

DAY ONE

SCRIPTURE

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on His law he meditates day and night.

Psalm 1:1-2





Did you know that you're in a war right now? Though you may not realize it, every day of your life, there is a spiritual battle going on in your heart. The battle is not for kingdoms, money, or what you're going to be when you grow up. The battle is for your affections, for what you love most; the battle is for your delight.

Delight might not sound like something that's important enough to fight over, but the truth is, delight is at the core of what God wants most from us, because more than anything, God wants our hearts. Every human being was created by God to be a worshipper. We were made to reflect Him, to be like Him, know Him, serve Him, and love Him with everything that we are. But when sin entered the world and our hearts, we started to find delight and give our love to things other than the God we were made for.

So how do we even begin to win this battle? We need a new delight! And we need God's help to guide our hearts back to loving Him the way they were meant to. Have you ever heard the phrase "you are what you eat"? Well, I've also heard it said, "you become what you behold." One of the greatest weapons in the universe that God has given us is His Word! He even calls it "the sword of the Spirit" (Ephesians 6:17)! And this weapon not only helps us fight against lies and temptation, but it also softens and shapes our hearts as we behold it day after day! When we come to faith in Christ, God gives us a new heart, but we have to teach that new heart to delight in the right things. We do that by looking at, beholding, and meditating on His words to us day after day. As we read God's Word in faith, we learn about who He is, what He has done, and how He loves, but also how we can love Him, talk to Him, sing to Him, worship Him, and follow Him with all of our hearts. And then, little by little, we'll find that the more we behold Him, the more our hearts will delight in Him as well.

□ FAMILY QUESTIONS

1. What do you spend time looking at and thinking about? How does this shape your affections?

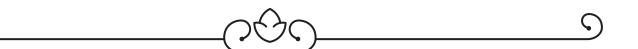
Parents this is a great time to be honest about your own habits and how they have the power to shape your heart.

☐ PRAYER

Lord You have opened Your mouth, please open our hearts as we read Your Words to us day after day. Lord as we talk about, think about, and meditate on who You are, please not only teach our minds, but move our hearts to love You more and more. God we confess that we are so quick to give our hearts to other things, to other people, and to our own desires. We need Your help! Thank You for the gift of Your Word and its transforming power in our hearts and lives. Help us Lord to be faithful to behold it day after day and to trust you to do the work in us that only You can do. Amen!



"The battle to avoid the counsel of the wicked and the way of the sinner and the seat of the scoffer—the battle to be righteous and holy and humble—is a fight that is won by delight. And that delight is nourished through meditating on God's instruction in the Psalms day and night." - John Piper



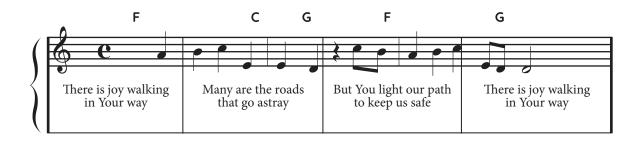
DAY AND NIGHT



SCRIPTURE

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers...

Psalm 1:1





Have you ever gone on a walk late in the day, lost track of time, and found yourself walking home in the dark? Have you ever woken up in the middle of the night and tried to wander down a dark hallway to the kitchen for a glass of water? Were you afraid? Did you get lost? Did you run into anything? Did it take you much longer to find your way? What if you had just had a little flashlight to light the path in front of you?

Walking, in general, is much easier to do in the daytime, and if we have to walk in the dark, it's a lot more enjoyable with a little light to guide us. The Bible often talks about our lives here on earth like one long walk in the dark. There is only one path that leads to the growth and joy that God made us for, and that path is found by loving and following Him. But because sin has entered into our hearts, this world is full of darkness and brokenness, and we need God's help to know how to stay on the right path and walk in His ways.

Thank goodness God has not left us alone to stumble around in the dark! He has given us His Word to teach and guide us, which Psalm 119:105 tells us is "a lamp to our feet and a light to our path." And He didn't stop there! God also sent His Son Jesus, the Light of the world, to show us what it looks like to love God perfectly and walk in His ways. And God's ways are not only right, but Psalm 1:1 tells us that they make us blessed and happy! God's ways always bring what's best for us; what a joy it is to follow Him!

□ FAMILY QUESTIONS

1. Can you think of a time in your life when God's Word helped you know what to do?

Parents, you can bring up your own memories and try to guide the conversation to show how God's Word leads us into choices that are wise and bring joy to our lives.

□ PRAYER

Lord we thank you that Your ways are always the best for us. Help us to believe that—even when we want to go our own way. Thank You that the ways You lead us in are always meant to bring us lives full of joy and to make us more like You. Thank You for the gift of Your Word that is a light to our path so that we can know You and the ways You made us to walk in.



"Nobody walks in the way of the wicked out of duty. Nobody stands in the way of sinners out of duty. Nobody sits in the seat of scoffers out of duty. We walk and stand and sit there because we want to. And we want to because we have been watching them so intently that what they do is now attractive. We have meditated on them (without calling it that). And we now delight in them... the only hope against the pleasures of the world is the pleasures of the word. And just like the pleasures of the world are awakened by looking at them long enough, so the pleasures of the word are awakened in the regenerate soul by looking at them long enough — day and night." - John Piper



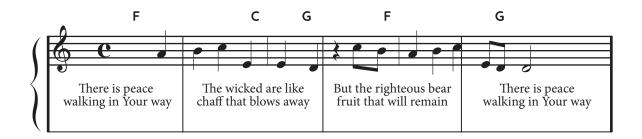
DAY AND NIGHT

DAY THREE

SCRIPTURE

He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away.

Psalm 1:3-4





Our little girl June is 2 years old, and right now, there is almost nothing better to her than a big, brightly-colored balloon. We recently went to a party. June came home with her very own "baby shark" balloon, and it was love at first sight! Every morning for almost a week, she would wake up asking for her "oon," and once she had it, she would hold her balloon tightly in her little hand and carry it all over the house ... until that inevitable moment would come (over and over again, I might add) when her grip would loosen, sending her precious new friend up and out of her reach. The result? ... A total baby meltdown!

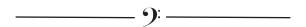
So many things in this life can feel like this. Our hard work, our toys, our money, our good looks, our success ... none of them last! In fact, without God, even our lives themselves can be lost and fly away just as easily as a little balloon, and we are all in for a pretty exhausting life if it's up to us to hold on to all these things that so quickly escape our reach. That's what it's like when the Bible talks about the wicked (people who don't love or follow God) being like chaff. Chaff is tiny bits of dried grass or hay that can blow away at any moment with the wind. Life for us will *never* be full of peace if we are like chaff. We need to have some roots!

In Psalm 1, God tells us that the righteous are like trees with deep roots that go down into streams of living water. They never dry up or blow away, and because their roots dig way down deep, they stay rooted and healthy, and up out of them comes abundant fruit. Fruit that lasts! Life walking in the ways of God is a life full of peace. We can stop holding on to flyaway balloons and have true peace because all of our ways and every detail of our days is rooted in the faithful promises, character, and lifegiving stream of the one true God. If we trust in and draw our life from Him, we can rest in His power and His unshakable love and purposes.

□ FAMILY QUESTIONS

1. Can you think of something in your life that you're tempted to look to for peace, but it just doesn't work or last?

God, we thank You that loving and following You brings us a life of deep peace. We are so quick to try and chase after or hold onto things in this life that won't last and can never bring us the peace we desire. Lord, help us to see that trusting You and walking in your ways will bring good things to our lives and hearts that will last forever. We thank You that we can have true peace knowing that we are Yours, deeply rooted and secure in the love of Your Son Jesus. Amen!



"When you go to the Word and see God, all His ways, works and faithfulness, it's like coming to a stream and sending our roots down into a stream of life... we are shaped and fruit comes out!" - John Piper



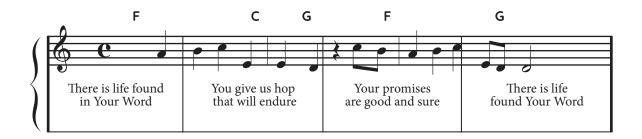
DAY AND NIGHT

DAY FOUR

SCRIPTURE

The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up.

Psalm 19:7-8





We've been talking a lot lately about eating less sugar in the Martin house. Every single one of us has a mouth full of sweet teeth, and if we aren't careful, we can quickly find ourselves in the habit of eating ice cream, homemade macaroons, chocolate chips, and sweet coffee drinks non-stop! Well this month, after a Winter season full of Christmas treats, birthday cakes, and valentine candy, we all got a big wake up call when our son Judah got, you guessed it, his first cavity! We totally should have seen this coming. Everyone knows that cavities eat sugar for breakfast, and though sugar might be sweet, it is deadly to your teeth!

We've been talking already this week about how we become what we behold. Or in today's example, we are what we eat! What we put into our bodies will affect us for good or evil, and we need to think about whether the things we are filling our time, mind, and heart with are bringing us life or death. A few sweet treats might not hurt us, but if we find ourselves feeding on sweets rather than nutritious food that fuels our body, we're quickly going to find ourselves sick, sluggish, and likely, making more trips to the dentist than we'd prefer.

God's Word, however, is something that will ALWAYS bring life to us. No matter how we are feeling or what we are going through, the Word of God is like the ultimate super-food, keeping us full, healthy, and protecting us against things that try to tempt, discourage, or drag us down. Psalm 119 tells us that God's instructions for us in His Word are perfect, trustworthy, and right. As we learn to love God and feed on His Words to us, we'll find that they make our hearts glad, and our eyes light up with joy and life. Why would we want to fill ourselves with anything else?

□ FAMILY QUESTIONS

- 1. What's your favorite food? Does it give you energy/make you feel tired/give you a tummyache?
- 2. Is there a food/drink that you've learned to love because it makes your body feel good?

□ PRAYER

Lord, You are good, perfect, wise and You know what's best for us. God we admit that we often don't choose things in our lives that bring us life, joy or peace. We thank You that You've given us the opportunity to choose life every time we read Your Words and believe them. Please help us to remember this as we are tempted each day to give our time, love and attention to other things in our lives. God we want to come to You for peace, joy, wisdom and help in our lives. Please help us to to do that, Lord. Amen.



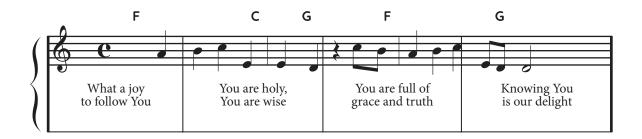
DAY AND NIGHT



SCRIPTURE

Open my eyes, that I may behold wondrous things out of Your law.

Psalm 119:18





When I was pregnant with our first child, Judah, I was so eager to meet him for the first time. I'd always heard from other moms that seeing your baby for the first time is love at first sight, and it's true! But something surprised me on the day when I met our precious baby boy for the first time. I did love him. In an instant, he had my heart, simply because he was mine. He was God's precious gift to us, and I was his mommy. But if I'm honest, the measure of my love for him felt a bit smaller than what I was expecting. How could this be? What did this mean about me as a mommy?

A dear friend of mine, who was also a new mom, had this same experience with her firstborn, and she shared with me something I'll never forget. She said that love might come in an instant but that it grows slowly over time. And it is so true! Fears of my love seeming small melted away with every day that I spent with our son. Every day I learned something new about him. I shared new experiences with him. I watched him grow, learn to smile, laugh, talk, and walk right in front of my eyes. And with every day and with each new thing I learned about Judah, my love for him grew, and it is still growing!

Sometimes we can be quick to forget that God is a person! We can't expect to love someone that we don't know. We might think they're nice or worth loving, but the only way our love for them will grow is if we get to know them, make memories with them, and share our hearts with them along the way. The Word of God is such an incredible gift to us from God Himself. He wants us to know Him, and through His Word, He has given us a wide-open door to knowing who He is, what He has done, what He is going to do, and how deeply He loves us. What is even more amazing is that He (unlike anyone else in the universe) is completely good, holy, and wise. He is full of grace and truth, and we will never stop discovering new reasons to love Him, so our love and delight in Him will only continue to grow for all of eternity. What wonderful news!

□ FAMILY QUESTIONS

- 1. Take a minute and think of something or someone that you absolutely love. It can be a hobby, a song, a book or movie, or your best friend.
- 2. Now think about how much you loved this person or thing when you first met, saw, or experienced them. Did that love grow over time? If so, how did that happen?

☐ PRAYER

Father God, we praise You for who you are! There is no one like You, who is so good and wise and full of perfect love. Lord we confess that our love for You is too small, but we want it to grow! Thank You for revealing Yourself to us through Your Word. What an amazing gift it is to us God! Please help us to press in to knowing You each day through your Word, and cause our love and delight in You to grow more and more as we do this is faith. Amen!



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I WILL REMEMBER

I WILL REMEMBER THE DEEDS OF THE LORD; YES, I WILL REMEMBER YOUR WONDERS OF OLD.

- PSALM 77:11 -

VERSE 1

Heavy are my worries
I cry out to You-can You hear me?
Troubled, I'm so troubled
I stretch my hands to You, my spirit failing
But as I wait on You

CHORUS

I will remember what the Lord has done; I will recount the victories won In the moments when I feel afraid, I will remember that my God is great

VERSE 2

Tired, God, I'm so tired
I lift my eyes to You-can You help me?
Hurting, God, I am hurting
So I run to You-can You heal me?
But as I wait on You

CHORUS

BRIDGE

You make a way where there is no way; to You, the storm I'm facing must obey
Here in the dark I will wait, and remember that my God is great
You make a way where there is no way; to You, the storm I'm facing must obey
Here in the dark I will wait, and remember that my God is great
Help me remember, God, that You are great

DOWN CHORUS

I will remember what the Lord has done; I will recount the victories won In the moments when I feel afraid, I will remember that my God is great

CHORUS

OUTRO

Here in the dark I will wait, and remember that my God is great



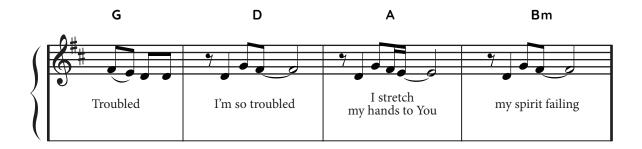
JWILL REMEMBER

DAY ONE

SCRIPTURE

I have said these things to you, that in Me you may have peace. In the world you will have tribulation (trouble). But take heart; I have overcome the world.

John 16:33





Life is hard sometimes. And sometimes, it's hard all the time! Jesus knows that we are going to have troubles in life. He says it so plainly in the scripture from John above.

Even though He already knows, it's still good for us to cry out to God when our hearts are hurting or when we are feeling troubled. When the writer of Psalm 77 was troubled, he admits it and cries out to God!

Sometimes one of the best things we can do is to be honest about what we are feeling. God wants us to be honest with Him in prayer. We do want to honor and respect who God is, but that doesn't mean we need to clean ourselves up before we cry out to God. God wants us to come to Him with everything: every feeling, every hurt, and even with good things.

□ FAMILY QUESTIONS

1. When you are hurt or concerned about things going on in life, what do you usually do?

Parents, this might be a good moment for some transparency and vulnerability. Maybe talk to your kids about sinful patterns you struggle with when you feel troubled, hurt, or overwhelmed. We all are tempted to run to other things to either numb out or make life seem better for a moment. But we want to encourage one another to go to God instead to find encouragement, strength, and hope with Him.

□ PRAYER

Lord, when we are troubled, hurt, or overwhelmed please help us to remember You. Help us to remember to simply turn and cry out to You in the hard moments of our lives. We want to trust You in that way. Thank You for inviting us come to You when life feels heavy.



"In Christ there is peace; in the world there is tribulation. This is the position we need to claim: we are in Christ, and therefore we can overcome the world and all of its hatred. George Morrison defined peace as the 'possession of adequate resources.' In Jesus Christ, we have all the resources that we need. But peace depends also on appropriate relationships, because spiritual resources depend on spiritual relationships. 'In me' is the key. In ourselves, we have nothing, but 'in Christ' we have all that we need." - Warren Wiersbe



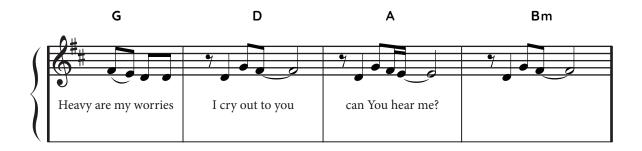
JWILL REMEMBER

DAY TWO

SCRIPTURE

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6





There are so many things that we could choose to worry about. Ultimately, giving into worry is a choice, but sometimes our worries are so persistent within us that we feel powerless against them.

But in Matthew 6:34, Jesus tells us not to worry. I think it's because worrying about tomorrow doesn't help us. It doesn't change anything about tomorrow, and it only hurts us by keeping us from living and doing our best today!

What should we do when worries start to creep into our hearts and our minds? Shove them down? Sit in them? No way! God gave us a third (and much more productive) thing to do with our worries. He told us to come to Him in prayer. He wants us to talk to Him about all the things that worry us. After all, He is the only one who can do anything about it! Coming to God with our worries is an act of trust that helps us learn to trust Him even more! The promise in the next verse is that if we truly go to God with our worries, we will have peace. And that peace can help us live and do our best today.

FAMILY QUESTIONS

1. What are a few things that you are tempted to worry about in the future?

Mom and Dad, this is another great opportunity to show some vulnerability to see that you need Jesus to help you with worry, too.

□ PRAYER

Lord, these are the things on our hearts and minds that would potentially keep us from trusting You today and doing our best with the day we have. We want to give them to You. Thank you for caring about us and these things in our lives. Help us to have peace today knowing that You are with us and that our future matters to You.



"Worrying about tomorrow does not help either tomorrow or today. If anything, it robs us of our effectiveness today — which means we will be even less effective tomorrow...It is right to plan for the future and even to save for the future (2 Corinthians 12:14; 1 Timothy 5:8). But it is a sin to worry about the future and permit tomorrow to rob today of its blessings." - Warren Wiersbe



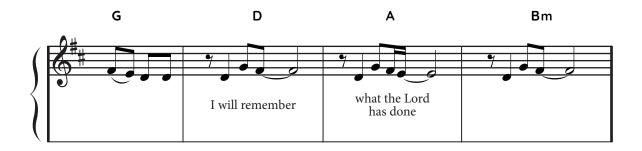
JWILL REMEMBER

DAY THREE

SCRIPTURE

I will remember the deeds of the Lord; yes, I will remember Your wonders of old.

Psalm 77:11





If you'll remember, earlier this week, we talked about how the writer of Psalm 77 called out to God when he was feeling troubled.

Over and over again, the Bible encourages us to do two things in prayer in regards to our worries, hurts, and troubles. We are encouraged to let God know how we are feeling and what is bothering us. God loves honesty, and He does care about everything in our lives.

But the second thing we are encouraged to do is remember. We are encouraged to remember who God is and to remember what He has done. Human beings are often so forgetful, and we can get so consumed with the concerns of our hearts that we easily forget who God is and His past faithfulness.

The writer of Psalm 77 called out to God when he felt troubled, but here a few verses later, he also decides to remember God. That's not always an easy thing to do, but it's always worth it, because it reminds us that God is greater than anything we are facing.

□ FAMILY QUESTIONS

1. How can we help ourselves remember to look to Jesus when we are worried or scared?

□ PRAYER

Lord, help us to remember You, especially when we are worried and afraid. Help us to remember that You are greater than anything else. Help us to remember that we have so much hope and peace in You. Thank You for watching over us and taking care of us.



"When we look at our circumstances, we focus on ourselves and see no hope, but when we look by faith to the Lord, our circumstances may not change but we do. Asaph didn't completely solve his problems, but he did move out of the shadows of doubt into the sunshine of communion with the Lord and confidence in Him." - Warren Wiersbe



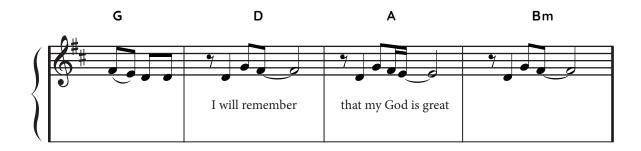
¶WILL REMEMBER

DAY FOUR

SCRIPTURE

What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?

Romans 8:31-32





Sometimes we might be tempted to think that God isn't listening and that He doesn't care. We might even find ourselves tempted to believe that God is punishing us because He is angry with us.

But if we believe in Jesus, we know that God is for us! He is our Father, and He wants good for us. Romans 8:26 tells us that God is causing all things to work for our good! That means that we can know that even the things we are afraid of right now, the things we worry about, and the things that have hurt us—God is going to use all that for our good.

Our God is greater than anything we might be facing. That doesn't mean that life is easy, but it does mean that we can trust God when life gets hard. We can trust that He has a plan for our lives and that He is going to take all the bad stuff and make it work for our good. He is THAT powerful! He is in charge of everything! And that all-powerful, in charge, and great King is our Father who loves us deeply and will keep His promise to work all things for our good.

FAMILY QUESTIONS

1. How do we know that God loves us and that He is working all things for our good?

Because the Bible tells us so, but also because God gave us Jesus! He took care of our biggest problem: sin. Everything we face is small potatoes compared to the problem of our sin. If God worked for our good when we were His enemies, he must really care about working for our good now that we are His children!

□ PRAYER

Lord, thank you for Your love and care for us today! Thank you for reminding us that you are greater than anything, and that You are at work for our good! Help us to have peace today as we remember that You, great God, love us.



"If when we were sinners, God gave us His best, now that we are God's children, will He not give us all that we need? Jesus used this same argument when He tried to convince people that it was foolish to worry and fear. God cares for the birds and sheep, and even for the lilies; surely He will care for you!" - Warren Wiersbe



JWILL REMEMBER

DAY FIVE

SCRIPTURE

And He awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm.

Mark 4:39





Sometimes we call hard times in our lives "the storms of life." That's because storms are scary and dangerous. The worst part is that we don't have any control over storms!

One reason we should read the Bible often is that it reminds us that God is in control of everything. For example, when the Egyptian army was coming after the Israelites in the book of Exodus, the Israelites were trapped by the Red Sea and were defenseless! There was no way to escape. Well, we know from the story that this not completely true. God made a way. No human being can make a huge body of water split in two! But God can.

In Mark 4, there is a story about Jesus and His disciples' boat caught in a deadly and terrifying storm. The disciples were scared because they had no control over the storm. But Jesus told the wind and waters to calm down, and they did.

This is the same God that loves you and me. When we feel scared and helpless, it's good for us to remember that God is in control. He is good at making a way that seemed impossible and calming terrifying storms.

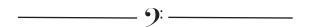
□ FAMILY QUESTIONS

1. How does this story in Mark show us evidence that Jesus IS God?

Only God has proven that He is in control of the elements. God told the Red Sea to split in two. Jesus told the storm to stop. Who other than God can do these things?

□ PRAYER

Lord, You are so powerful and great! You are in control of everything. When we feel out of control and helpless, help us to turn to You and trust You.



"How often in the trials of life are we prone to imitate the faithless disciples and cry out, Lord, don't You care?" Of course, He cares! He arose and rebuked the storm, and immediately there was a great calm. But Jesus did not stop with the calming of the elements, for the greatest danger was not the wind or the waves: it was the unbelief in the hearts of the disciples. Our greatest problems are within us, not around us." - Warren Wiersbe



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DAY AFTER DAY

LET US THEN WITH CONFIDENCE DRAW NEAR TO THE THRONE OF GRACE, THAT WE MAY RECEIVE MERCY AND FIND GRACE TO HELP IN TIME OF NEED.

- HEBREWS 4:16 -

VERSE

Here we are; You see all

God, we're in need, we are in need of Your grace

Come and warm our cold hearts

God, we're in need, we are in need of Your grace

CHORUS

We lift our eyes in need of new mercy, day after day We need Your help; we trust in Your salvation Day after day after day, oh God, we need Your grace

VERSE

CHORUS

BRIDGE

New praise will rise, all praise to Christ
As we rest in His sacrifice

New praise will rise, all praise to Christ
As we see Him at work in our lives

New praise will rise, all praise to Christ
As we rest in His sacrifice

New praise will rise, all praise to Christ
As we see Him at work in our lives

All praise to Christ

DOWN CHORUS

We lift our eyes in need of new mercy, day after day
We need Your help; we trust in Your salvation
Day after day

CHORUS

We lift our eyes in need of new mercy, day after day We need Your help; we trust in Your salvation Day after day after day, oh God, we need Your grace



DAY AFTER DAY



SCRIPTURE

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Hebrews 4:12





In Matthew 22, Jesus tells us that God's two greatest commandments are to love God and love others. Simple enough, right?

Well, it's simple, but that doesn't mean that it's easy. Families, for example, really test our ability to love other people. Have you ever gotten into a fight with your brother? Sister? Mom? Dad? Husband? Wife? I would guess that most of us have found ourselves in a frustrating situation with one of these people recently.

The truth is that we are all still learning how to obey God completely. We are all still learning how to love Him, and we're still learning how to love other people. We sin against God and each other often. This can be incredibly discouraging, but it's important to remember that Jesus died so that we could approach God at any moment and ask for grace and help. When we realize that we have sinned—that moment is our time of need. We are in need of grace. So we shouldn't wait! We should boldly approach God right then and ask for grace and help.

□ FAMILY QUESTIONS

1. Why is God so quick to give us grace and help when we sin and when we fail? Why can we come boldly to Him and ask for grace and help?

Jesus died in order to take away our sin. Sin was keeping us from God because God is holy. But because of Jesus, our sin doesn't stick to us—it was punished on the Cross. We now have access to God all the time and can trust that He wants us to come to Him and not hide. We can also trust that He will help us and give us grace.

□ PRAYER

Lord, we need Your grace and we need Your help. Help us to love You with our hearts, minds, bodies, and strength. And help us to love each other and those in the world around us. When we fail, remind us that we can come to You right away and ask for grace and help.



"Mercy refers to the pardon of sin, and being brought into the favor of God. Grace is that by which the soul is supported after it has received this mercy, and by which it is purified from all unrighteousness, and upheld in all trials and difficulties, and enabled to prove faithful unto death."

"...no help can be expected where there is no cry, and where there is no cry there is no felt necessity; for he that feels he is perishing will cry aloud for help, and to such a cry the compassionate High Priest will run; and the time of need is the time in which God will show mercy; nor will he ever delay it when it is necessary...We are to call for mercy and grace when we need them; and we are to expect to receive them when we call." - Adam Clarke



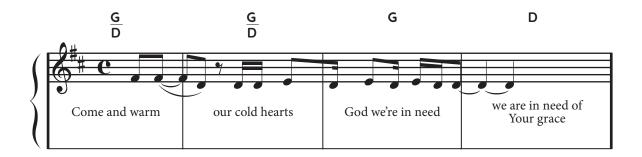
DAY AFTER DAY



SCRIPTURE

And because lawlessness will be increased, the love of many will grow cold

Matthew 24:12





Proverbs 4:23 reminds us that it is important to guard our hearts. And here in Matthew 24, we see that Jesus warns us that our hearts can grow cold.

Sin makes us selfish, self-interested, and overly self-concerned. When this happens, we become cold, uncaring, and unloving toward God and others. We all tend to drift towards sin and selfishness. We need to be alert and watchful of where our hearts are growing cold.

Remembering Jesus can warm up our hearts. After all, Jesus gave His life up for us! He left heaven so that He could understand and sympathize with our weaknesses and struggles. He died so that we could live! He died for us even though we were His enemies! Jesus shows us what it looks like to love. He gave all of Himself because of His love for the Father and because of His love for us. As we go to God and ask for grace and help when we feel like our hearts are growing cold, we can also take some time to think about Jesus. God's love toward us in Christ can warm up our hearts.

□ FAMILY QUESTIONS

1. How does thinking about God's love toward us help us want to grow in love?

Because God has given so much to us by giving us His Son.

∏ PRAYER

Lord we thank you that Your ways are always the best for us. Help us to believe that—even when we want to go our own way. Thank You that the ways You lead us in are always meant to bring us lives full of joy and to make us more like You. Thank You for the gift of Your Word that is a light to our path so that we can know You and the ways You made us to walk in.



"Such is the heart of man. It is warm enough towards sin; it it grows hot as coals of juniper, towards its own lusts; but naturally the heart is as cold as ice towards the things of God. You may think you have heated it for a little season under a powerful exhortation, or in presence of a solemn judgment, but how soon it returns to its natural state! O may God give us a tenderness of affection, that we may love God with all our heart, and our neighbor as ourselves." - Spurgeon



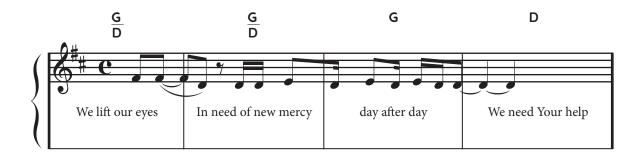
DAY AFTER DAY

DAY THREE

SCRIPTURE

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.

Psalm 121:1





We all come to points in our lives where we need help. The question is, where are we going to look when we need help? When we need help learning how to play the piano, we look to a piano teacher. When we need help learning how to play a sport, we look to a coach. When we are sick, we look to a doctor for help.

If you need help to learn how to make cookies, would it make sense to look to a dog trainer? No way! Not unless the dog trainer was also a wonderful baker.

Where to do we look when we need supernatural help? When we need ultimate forgiveness and grace for sin in our lives? When we need someone to teach us how to love? When we need a deep transformation in our lives? When we need true peace, rest, and comfort for our souls? When we need wisdom and guidance on what to do next? Our help comes from the Lord! The mountains in our lives may look too big for us, but the Lord has come down to help us. We don't have to work our way up to Him. He is ready to help us when we lift our eyes to Him in need of help.

□ FAMILY QUESTIONS

1. How can we, in faith, look to the Lord when we need help?

We look to Him by talking to Him in prayer, by reading our Bible, and by receiving prayer and advice by our brothers and sister's who follow Jesus.

□ PRAYER

Lord, we need You! We need Your help! Help us to lift our eyes to You. You made the heavens and the earth and we are amazed that You would come down to where we are to help us. What can stand against us if You are with us. Thank You for loving us and for providing the help that we need.



"So soon as we are smitten with any fear, we turn our eyes in every direction, until faith, drawing us back from all these erratic wanderings, direct us exclusively to God." - Calvin



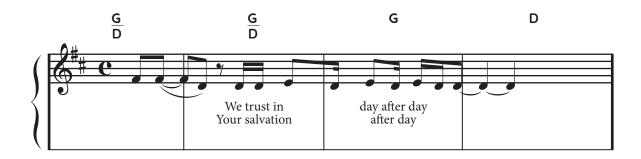
DAY AFTER DAY



SCRIPTURE

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God...

Ephesians 2:8





J DEVOTION

Romans 3:23 reminds us that every single one of us has sinned. Some days, if I'm honest, I don't feel this truth. Some days I feel like I'm doing a pretty good job at this life thing, and I feel like I'm a pretty great person. But even on those days, the truth about me is that, apart from Christ, I am a sinner. The truth doesn't change just because of the way I'm feeling.

But there are some days when I feel the truth of Romans 3:23. There are days when I'm feeling guilty, heavy, and full of regret. There are days when I know I haven't been very kind to my wife and kids. There are days when I am burdened by the lie I told earlier. There are days when I feel drawn toward things that I know wouldn't please God.

No matter how I'm feeling that day, the truth that I'm a sinner in need of grace doesn't change. But you know what else doesn't change? The other truth is that Jesus died so that I could be saved from my sin! My faith in Christ has saved me! We all need to trust in this salvation day after day, no matter if we are feeling high, low, or somewhere in-between. My salvation doesn't depend on how I'm doing or how I'm feeling. My salvation depends on the finished work of Jesus on the Cross! As we wait for God's help as we try to get rid of nasty sin in our lives, we can trust in God's salvation every single day.

□ FAMILY QUESTIONS

1. What does it mean to trust in the finished work of Jesus?

It means that there is nothing we can do to earn salvation or God's love. Jesus has done the work of saving us by dying on the cross and overcoming death and our sin. We now simply turn to Him and believe in the work of salvation He did for us. We receive that work as a gift.

□ PRAYER

Jesus, thank You for saving us! Thank You for Your grace and mercy in our lives. Thank You for reminding us that we can receive Your salvation as a gift. Help us to live in a way that pleases You. Help us to avoid the sin that tempts us to do things that will harm our lives and dishonor You. Help us to turn to You when we sin instead of hiding from You.



"Salvation is a gift, not a reward. Salvation cannot be 'of works' because the work of salvation has already been completed on the cross. This is the work that God does for us, and it is a finished work.

We can add nothing to it..." - Warren Wiersbe



DAY AFTER DAY



SCRIPTURE

And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ.

Philippians 1:6





Yesterday, we were reminded that our salvation doesn't depend on any work that we have done or any work that we will do. We are saved because of the work that Jesus has done on the Cross! Our role in salvation is simply to have faith and believe that Jesus died for us—to set us free from the guilt of our sinfulness.

And you know what? God never leaves something unfinished. If you have believed in Jesus, and God has started a work of salvation in your life, then He is going to finish it! We can go ahead and praise God because we know He is going to continue to do praiseworthy things in our lives! There is no doubt about it. He is at work in us if we have placed our faith in Christ.

This gives us so much hope, especially when we are feeling our need for God's help in our fight against sin. God is going to finish the work of making us perfect—just like Jesus.

☐ FAMILY QUESTIONS

1. What are some evidences of God at work in the members of your family?

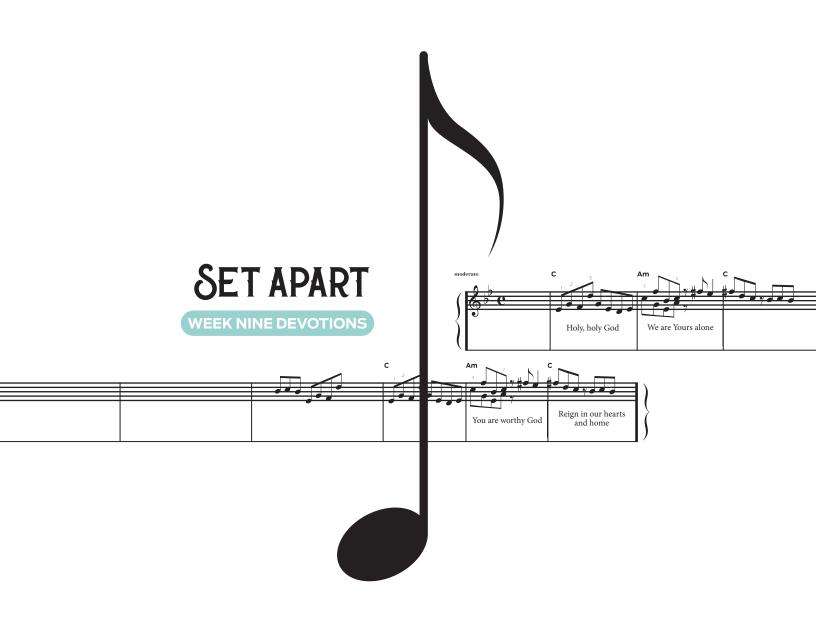
□ PRAYER

Lord, thank You so much for Your continued work in our lives! Thank You for the promise that You are not through with us and the promise that You are going to finish the work of faith that You started in us. Help us to trust in this promise as we run our race well today and as we fight against the sin in our lives.



"We must give thanks not only for what we have the present possession and evidence of, but for what we have the future prospect of." - Matthew Henry

words and music by Emily Martin



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SET APART

BUT YOU ARE A CHOSEN RACE, A ROYAL PRIESTHOOD, A HOLY NATION, A PEOPLE FOR HIS OWN POSSESSION, THAT YOU MAY PROCLAIM THE EXCELLENCIES OF HIM WHO CALLED YOU OUT OF DARKNESS INTO HIS MARVELOUS LIGHT.

- I PETER 2:9 -

VERSE 1

Holy, holy God, we are Yours alone You are worthy, God; reign in our hearts and home

PRECHORUS

All we have, all we hold is from Your hand We're not our own

CHORUS

We are set apart, created for Your glory, shining in the dark the light of Jesus We will live for You, and tell the world Your story through the way we live and how we love May every moment of our lives be a living sacrifice, good and beautiful in Your sight

VERSE 2

Shepherd of our hearts, keeper of our souls We cling to You for truth we'll trust and follow You

PRECHORUS

CHORUS

BRIDGE

We choose holiness, we choose surrender
We choose obedience; Lord, Your ways are better

(Repeat Bridge)

Oh, they're better

CHORUS

TAG

Good and beautiful in Your sight Good and beautiful in Your sight



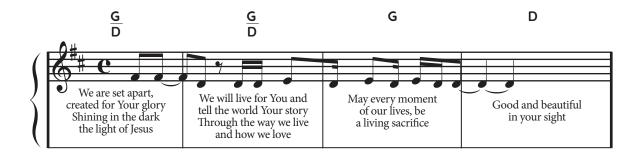
SET APART

DAY ONE

SCRIPTURE

But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light.

1 Peter 2:9





J DEVOTION

Do you have a favorite candy? How about a favorite flavor Skittle or color M&M? Have you ever opened up a package of candy with friends and picked out all the red Sour Patch Kids for yourself so that you could make sure to have them all? Maybe you've made a batch of cookies, where only a few of them turn out just right, and you set the bad ones on their plate so you can keep all the good ones to yourself? These are funny examples, but this is kind of what it's like when the Bible tells us that we are set apart for God.

To be "set apart" means to keep or save something for a special purpose and to be of a quality that makes something better or different from other things. When the Bible talks about Christians being a "holy nation," it means that we are set apart as people that belong to God and have a special purpose in the world around us.

As God's people, we are to be different, shining like lights in the dark, because we love God and obey His commands. Most of all, we are to tell the world about the greatness and goodness of the one true God, who through Jesus Christ, has saved us and changed our lives forever.

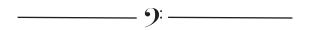
□ FAMILY QUESTIONS

1. Is there anything you do as a family that is different from the world around you because you believe Jesus Christ is Lord?

Try to name three things. How do these things show the world that you love and belong to God?

□ PRAYER

God, we are so thankful that we belong to You! Thank You for saving us and for calling us out of the darkness of our sin and into the light of Your Son. Help us not to forget that You have given us a special purpose in this world every day. Help us to have the courage not to blend in, but to stand out and to show the world that You are God by the ways that we love and obey You. Amen!



"All true Christians are a chosen generation; they make one family, a people distinct from the world: of another spirit, principle, and practice; which they could never be, if they were not chosen in Christ to be such, and sanctified by his Spirit. Their first state is a state of gross darkness, but they are called out of darkness into a state of joy, pleasure, and prosperity; that they should show forth the praises of the Lord by their profession of His truth, and their good conduct. How vast their obligations to Him who has made them his people, and has shown mercy to them!" - Matthew Henry



SET APART

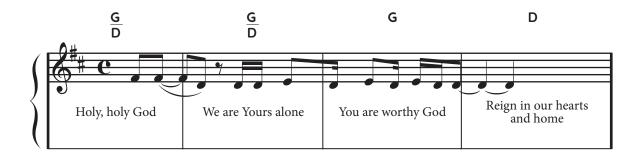
DAY TWO

SCRIPTURE

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price.

So glorify God in your body.

1 Cor. 6:19-20





J DEVOTION

We learned yesterday that being "holy" means to be set apart, sacred, and separate from other things. God has set us apart and called us holy as believers, not because we are holy or perfect in and of ourselves, but because HE is holy, and we are His and called to be like Him.

In the old testament, God made His holiness very clear to His people. In the temple, where God's people worshipped, there was a special room, separated from all the others by a big, heavy curtain (or veil). This room was called the "holy of holies." It was the place where the presence of God was, and no one could come inside except for a few chosen people that were called by God to serve Him.

When Jesus died on the cross for our sins, the Bible says that this curtain was ripped in half! And now, for those of us that believe in Christ, that same presence of God, His Holy Spirit, lives inside of us, making us a temple where the holy presence of God dwells! We are like walking sanctuaries, showing and telling the world that God is holy and that He is our King and we are His.

□ FAMILY QUESTIONS

1. If you think about yourself as a holy temple that has been bought by Jesus Himself, how does that change the way you think about the things you watch, wear, say, and do?

Everything we say and do in our lives should show that we belong to God and not to the world. The way we spend our money, our time, and the way we love others should look different than the world around us. We can look to His Word and the life of Jesus to see what holiness looks like.

□ PRAYER

God, You alone are completely holy and perfect. You are the one true light when all the world is filled with the darkness of sin. Help us to remember that in Christ, we are temples of your Holy Spirit, because You bought us to be Your own at a great price! Help us to remember this today as we work, play, and love our family, friends, and strangers.



"We are purchased; we belong to God; we are His by redemption; by a precious price paid; and we are bound, therefore, to devote ourselves, body, soul, and spirit, as He directs, to the glory of His name, not to the gratification of the flesh..." - Albert Barnes



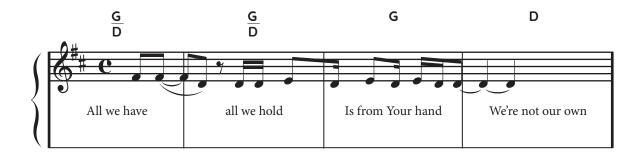
SET APART

DAY THREE

SCRIPTURE

For everything comes from You, and we have given You only what comes from Your own hand.

1 Chron. 29:14





J DEVOTION

"Mine, mine, mine!" This is a word we hear a LOT in the Martin house lately. And if you have little brothers or sisters, you might be hearing it, too. "No, (fill in the blank)" this is "my toy," "my book," or "my lollipop"! Or maybe if you're old enough, there might be a lot of conversations going on in your house about "my phone," "my games," or "my money."

Though this applies to every human on the planet, no matter what your age, it can be a little easier to understand from a kid's perspective. Kids, where did your food, your games, or your toys come from? Did you buy them or were they given to you by your parents? And if you did buy them, where did you get the money? How did you earn it? Probably from your parents or from a job where you worked hard and used your talents. And where did you get a mind and a body that can work hard and do creative things? Only from the God that created you in the first place!

You see, no matter what is that we say we "have or hold," nothing we have is ours! God "made the world and everything in it" (Acts 17:24), and so anything that we might call ours is His—to begin with! When we can admit this, it opens our hands—the same way that a kid might be quicker to share when he realizes that every toy in his room was given to him by his parents. When we realize that everything we have is a gift from God, it helps us to say with our things, our money, and our time, "all we have is from Your hand—we are not our own!"

FAMILY QUESTIONS

1. What is one thing in your life you are tempted to say "that's mine!"?

When you remember that this thing is really a gift from God, does it change how you feel about it? Does it change how you might use it or even share it with others?

□ PRAYER

Father God, thank You for reminding us today that everything we have comes from You alone. The world is Yours and everything in it. God, You have given to us so generously! You've given us life, breath, food to eat and a beautiful world to live in. Most of all, You gave us Your Son Jesus to die for our sins so that we could be with You forever! We belong to You, God, and we want to offer back to You every part of our lives. Help us to be people that live with humble hearts and open hands to how You might call us to be a blessing to those around us.



"Of thine own have we given thee—'For from thy presence all good comes, and of the blessings of thy hands have we given thee."" - Adam Clarke



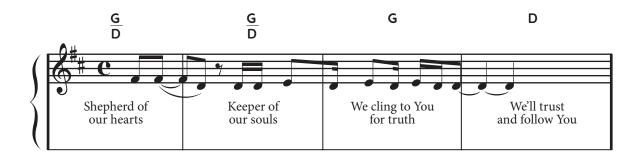
SET APART

DAY FOUR

SCRIPTURE

The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for His name's sake.

Psalm 23:1-3





J DEVOTION

What is the job of a shepherd? What makes a shepherd a good shepherd? It turns out there is a LOT more to shepherding than just hanging out with a bunch of cute, fluffy sheep. And that is mostly because sheep are tricky animals to care for! They're stubborn, they wander off and get lost, they're defenseless against predators, they fall over and can't get back up, they can easily eat plants that might kill them, and even if they're in a field of healthy, green grass, they are quick to overeat and make themselves sick. My goodness! Sheep need a lot of help and care from a strong and tender shepherd to survive!

Isn't it amazing then to think about how the Bible talks about God being OUR Shepherd? We humans, are a lot more like sheep than we might like to think. We have a lot of needs. Our hearts wander off and get us into trouble when we try to do things our own way. We make bad decisions that might make us feel like we've fallen and can't get back up. We run to things to try and fill us up that only makes our hearts sick. We NEED a shepherd—a Shepherd that will love us, feed us, lead us, and protect us.

Psalm 23 tells us that the Lord is our Shepherd. He gives us everything we truly need. He leads us in paths that are for our joy and our good. He protects and restores our souls from the greatest enemy in our lives—our sin—by sending Jesus, the good Shepherd, to die for us and defeat sin and death forever. We are safe and can lie down in peace under His amazing care.

Since we, like sheep, are so in need of a shepherd, and since Jesus is the best one there is, shouldn't we cling to Him for what is good and true in our lives? Let's make the choice each day to trust our Shepherd and follow Him.

☐ FAMILY QUESTIONS

1. What are some areas of your life where you feel like you need a shepherd?

These can be any habits or things you tend to cling to that don't bring peace or joy into your life. (Parents, this is a great time to share and confess weaknesses in front of your kids. Share with them why you need a shepherd and how God 's Word helps us to follow Him into "green pastures.")

□ PRAYER

Lord, thank You for being our good Shepherd. Thank You for loving us more than we can imagine and for caring about every moment of our lives. We confess that we need Your presence and help to stay on the right paths. On our own, Lord, we get into trouble and choose things that bring destruction in our lives. Help us to cling to Your words for truth. Help us to trust and follow You.



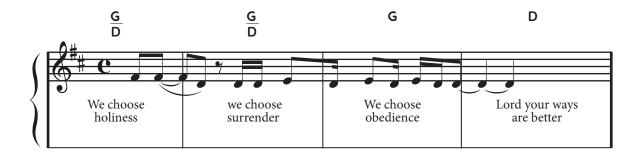
SET APART

DAY FIVE

SCRIPTURE

Trust the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight.

Proverbs 3:5-6





J DEVOTION

"Look both ways before you cross the street." "Don't touch the stove." "Wash your hands." "Brush your teeth." "Don't eat too much sugar." "Don't run with scissors." "Share your toys." "Tell the truth, no matter what." "Time for bed!" These are just a few instructions we've probably all heard from parents at some point in our lives. We don't always understand these things as kids, but eventually, as we grow older and wiser, we begin to see that they were for our good! However, in the moment of actually needing to obey, before we understand, we find that at the heart of obedience is trust.

Trust has a lot more to do with "who" than it does about "what." If you trust the person who is talking to you, that he is truly good, wise, and have your best interests at heart, it's a lot easier to do what he might ask of you. Just like a kid with a scraped knee learns to trust his parent to clean and bandage the cut even if it stings, the Lord asks us to obey out of a heart that trusts Him. He asks us not to lean on our own ideas of what's best or the most fun and to trust Him, because the promise is that He will take care of us, protect us, and make our paths straight.

This world is calling out to us all the time to trust in other things—to obey other voices of what's right and good—and we each have daily choices to make. If we know that we belong to the Lord and if we believe that He truly loves us and knows best, we can confidently and happily surrender and obey Him in all things, even before we understand.

☐ FAMILY QUESTIONS

1. Go around the table and share a time when you chose to obey someone before you understood. Was that person trustworthy? What did you discover after you obeyed?

□ PRAYER

Lord, we thank You for being such a good Father to us. You made the universe with a word and You are holding it together, even now. You also made us, love us and know us completely. You've given us Your Word so that we can know how to follow You and to see how You have been faithful to each generation of people that have trusted You. You even gave your Son's life to show us just how much You desire to give us life in You! Lord, we confess that we are stubborn and slow to obey. We don't know what's best but sometimes we just want to do things our own way. Lord, help us to trust You and not our own understanding. Help us to obey You in everything because we are Yours and You are worthy of our trust.



"Submit your whole mind to the Scripture. Don't think you know better than God's word. Bring it to bear on every area of life. Become a person under authority." - Tim Keller



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KING OF KINGS

YOUR KINGDOM IS AN EVERLASTING KINGDOM,
AND YOUR DOMINION ENDURES THROUGHOUT ALL GENERATIONS.
THE LORD IS FAITHFUL IN ALL HIS WORDS
AND KIND IN ALL HIS WORKS.

- PSALM 145:13 -

VERSE 1

Long before time began, and after we've reached the end You are over all things, Jesus, You alone reign Nations and kings may rise, hearts may be filled with pride You are over all things, Jesus, You alone reign

CHORUS

Whether great or small, You rule them all
The mighty and the weak
Over every home, over every throne
And one day all will see You are the King of Kings

TURN

You are the King of Kings

VERSE 2

You are strong for the weak; in You, we have all we need You are over all things, Jesus, You alone reign

CHORUS

BRIDGE

God, You are the highest King; Ruler over everything We lift our praise, our voices rise, we give You our lives

CHORUS 3

Whether great or small, You rule them all
The mighty and the weak
Over every home, over every throne
And one day all will see
Whether great or small, You rule them all
The mighty and the weak
Over every home, over every throne
And one day all will see You are the King of Kings
You are the King of Kings

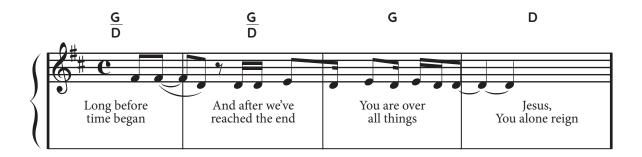


KING OF KINGS DAY ONE

SCRIPTURE

For by Him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through Him and for Him. And He is before all things, and in Him all things hold together.

Colossians 1:16-17





If you have a Bible, I want someone in the family to take it and flip to the book of Matthew. Now take a look at that big section of the Bible on the left. There are so many books, chapters, and pages that makeup what we call the Old Testament! The Old Testament tells us what happened from the very beginning of the world until the point when Jesus arrives as a baby on the earth.

But is Matthew really where Jesus' story starts? No way! We know from the verse today that Jesus was there at the very beginning with God making the world!

And you know what? The Bible tells us that Jesus is at the end of the story too. Well, technically, there is no real end to the story! What we know is that Jesus will reign as a good and wise King forever and ever. The whole Bible, the entire world, the whole story of life—everything that exists is all about Jesus. He is the main character! Sometimes we can get so caught up in our little stories that we forget the main story of all of creation and history. The main story is that Jesus is King!

FAMILY QUESTIONS

1. What is the main story of the world?

That humans are the center of their own universe, kingdoms and story.

2. What is the main story of the Bible?

The whole Bible is telling one big story about how God rescues sinners by sending His Son Jesus. Everything was created by Jesus and for Jesus. One day, everyone who has ever lived will see that He is the one true King and worthy of all our worship.

3. What is the main story of your life?

We are created in the image of God. We were made to know Him, worship Him and to love and be loved by Him forever. As Christians, we now live to show the world that Jesus is King.

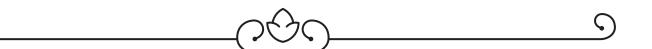
PRAYER

Jesus, You made us and we belong to You! Help us to honor and worship You with our lives today. We are so happy to know that You are a good King.



"The universe was built by the Creater to be His own property; to be the theater on which he would accomplish His purposes, and display His perfections. Particularly the earth was made by the Son of God to be the place where He would become incarnate, and exhibit the wonders of redeeming love. There could not be a more positive declaration than this, that the universe was created by Christ; and, if so, He is Divine."

- Albert Barnes

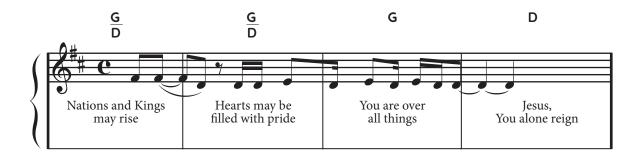


KING OF KINGS

SCRIPTURE

Why do the nations rage and the peoples plot in vain? The kings of the earth set themselves, and the rulers take counsel together, against the Lord and against His Anointed...

Psalm 2:1-2





Most kings don't want to hear that there is another King that is higher and greater over them. Most of us don't initially want to hear that there is a God who is in charge and has authority over our lives.

Our sinful hearts want to be their own gods. We want to be our own kings. We don't want anyone to tell us what to do or what not to do. We want to do things our way. Kids, for example, don't you wish that you could sometimes do whatever you want? Don't you wish that you could eat all the candy and sweets you want without any parent or teacher telling you to stop?

We are all so prideful and foolish. We don't want the limits our King puts on us, but most of the time, we don't see that they are actually for our good! Our King isn't seeking to hurt us; He has proven that He is interested in using His greatness and authority to serve us! We all get puffed up with pride against God; we live in a world that is puffed up in pride against God. But that doesn't change the fact that Jesus is King. The question is, are we going to trust the King of the universe, or are we going to fight against Him in our hearts?

FAMILY QUESTIONS

- 1. How do we see pride in the hearts of other people? How do we see pride in our own hearts?
- 2. How does our pride keep us from God?

T PRAYER

Lord, help us to humble ourselves before You. We have so much pride in us that wants to rage against Your authority in our lives. We don't want to be foolish. You are wise and good and You know better than we do. Help us to trust You and submit to You today.



"Earth loves not her rightful monarch, but clings to the usurper's sway: the terrible conflicts of the last days will illustrate both the world's love of sin and Jehovah's power to give the kingdom to His only Begotten." - Charles Spurgeon

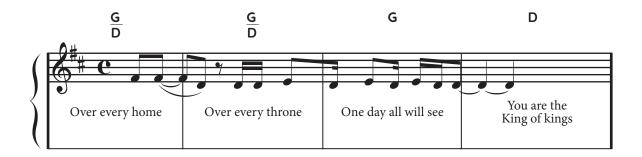


KING OF KINGS DAY THREE

SCRIPTURE

Therefore God has highly exalted Him and bestowed on Him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord.

Philippians 2:9





Jesus really is the King of the Universe. There are a lot of people who don't see that and know that this is true. That's why God has put us on the mission to tell the world about this great King! God wants people to know that Jesus is King. He wants them to bow the knee with joy to this great King today.

Sadly, not everyone will bow the knee today, tomorrow, or anytime during their life here on earth. The reality is that Jesus is King, but some would prefer to live as if they were their own kings instead. This is sad because there will be a day when Jesus will show Himself to everyone who has ever lived, and it will be undeniable that He is King. Every knee and every tongue will see the truth and will have no choice but to admit that Jesus is King.

It takes humility to let go of our desire to be the king of our lives. But when we humble ourselves before King Jesus, there will be so much joy! Our King is better than anyone could imagine.

FAMILY QUESTIONS

1. Why do you think everyone will bow the knee to King Jesus someday?

We will finally see Him in His full glory and power and it will be undeniable that He is Lord and King! (see Revelation 5:11-6:2)

□ PRAYER

Jesus, You are already so exalted today! But we want to exalt You with our lips and with our lives. We are so thankful for Your humility and Your power. We're just so glad that You are the King over everything. You are the King of this home. King Jesus, lead us and help us to love You and each other today.



"At the name of Jesus; not at the sound of the word, but the authority of Jesus; all should pay a solemn homage. And that every tongue should confess that Jesus Christ is Lord—every nation and language should publicly own the universal empire of the exalted Redeemer, and that all power in heaven and earth is given to Him. Observe the vast extent of the kingdom of Christ; it reaches to heaven and earth, and to all the creatures in each, to angels as well as men, and to the dead as well as the living." - Matthew Henry

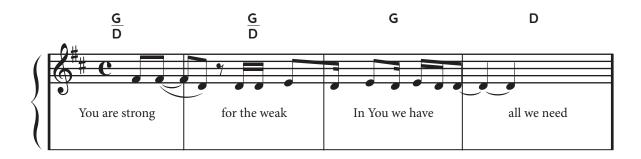


KING OF KINGS DAY FOUR

SCRIPTURE

But Jesus called them to Him and said, "You know that that the rulers of the Gentiles lord it over them, and their great ones exercise authority over them. It shall not be so among you. But whoever would be great among you must be your servant.

Matthew 20:24-26





How does the mightiest King in the universe use His greatness? He uses it to bend low and take care of weak people like you and me.

In our verse today, we see Jesus teaching His disciples how to be truly great. We often think that having power and might means that the whole world needs to serve us. But the greatest Power in the universe is teaching and showing us that true greatness comes from serving others!

Isn't it amazing we have a great King that uses His greatness to be strong for us? He uses His greatness to provide all that we need! Jesus isn't like other kings, leaders, or rulers of the world. Jesus is a King that cares for His people, and this is a big part of what makes Him the KING of kings.

FAMILY QUESTIONS

- 1. What would it look like for you to be great today?
- 2. What are some ways that we could serve one another today?

PRAYER

Jesus, we are so thankful today to know that You are truly great. You aren't like the wicked kings and rulers of this world. You use your power and authority to serve us and to lift us up. Jesus, we want to be like You! Help us to be truly great today. Show us how we can love and serve those around us.



"Those are commonly most confident, who are least acquainted with the cross. Nothing makes more mischief among brethren, than desire of greatness. That man who labors most diligently, and suffers most patiently, seeking to do good to his brethren, and to promote the salvation of souls, most resembles Christ, and will be most honored by him to all eternity." - Matthew Henry



KING OF KINGS

SCRIPTURE

I will extol you, my God and King, and bless Your name forever and ever.

Psalm 145:1





We love and serve the great and mighty King of the universe that has laid down His life for us and given us everything we have and everything we need! This King is working to prepare a home and a kingdom for us so that we can live with Him forever as the family of God!

There are so many reasons to praise our King Jesus! Reading our Bibles, going to Church, and having family worship time—all of these things are good for us because they remind us of how great King Jesus is. These things encourage praise to bubble up in our hearts. And we are happiest when we are full of praise.

The more we know about Jesus, the more we realize that we don't want to give Him just the praise from our lips. We want to give Him our whole lives. He is just so good! We want to honor Him and make Him happy with all that we are. We admire Him so much that we want to be like Him more and more each day. Jesus loves the praise from our lips, but He is also so happy and blessed when we give Him our lives. Let's bless the name of King Jesus by giving Him all that we are!

□ FAMILY QUESTIONS

1. What are some ways that we can give Jesus our lives today?

PRAYER

Jesus, we want to praise You with our lips, but we also want to give our lives to You! We are just so thankful and happy that You are our King. Help us to give all that we are to You as a way of worshipping You and celebrating Your rule in our lives.



"David as God's king adores God as his King. It is well when the Lord's royalty arouses our loyalty, and our spirit is moved to magnify His majesty." - Charles Spurgeon