FAmily Time Devotions

# Introduction

Welcome to Family Time Devotions! This document is a wonderful resource designed for families to come together and explore their faith, deepen their understanding of God’s love, and support one another through prayer and reflection. Family time can be celebrated at home or at church during various activities and meetings, creating a special opportunity to focus on God’s word and connect with each other through prayer stations.

Each day features a unique moment centred around the uplifting message of Psalm 121:1-8, along with other encouraging Bible texts. These themes remind us to lift our eyes and seek God, who is always present to help, support and uplift us in every situation we encounter.

As you engage with this devotional, you will find reflections, songs, prayers and activities designed to inspire meaningful conversations and shared experiences among family members. Whether you’re feeling joyful, facing challenges or simply looking to grow closer as a family, these devotions provide a nurturing space for exploring faith together.

Here’s how we can use Family Time Devotions throughout the week:

**1. Let’s Read:** Each day includes a Scripture passage that serves as the foundation for your family’s reflection.

**2. Let’s Reflect:** Each day features a reflection that encourages you to think about your relationship with God and how he supports you in daily life. Use this time to talk openly about your feelings and experiences.

**3. Let’s Sing:** Music can be a powerful expression of faith. Each session includes a song that you can listen to, watch or sing together, reinforcing the theme of the day.

**4. Let’s Pray:** Follow the suggested prayer to connect with God and express your thoughts and desires. It’s a great way to open your hearts to one another and to God.

**5. Let’s Play:** Each day offers a fun and creative activity that relates to the devotional theme, making it a memorable family experience.

Choose a time that works best for your family, then gather together and lift your eyes to the One who is always there to guide and protect you. Enjoy this time of laughter, learning and love as you discover the blessings of family and faith together!

# Family Time Monday

## Let’s read Psalm 121:1 NIV*:*

‘I lift up my eyes to the mountains – where does my help come from?’

## Let’s reflect:

At some moments in life, we deeply desire to seek God, but the question is:

‘When I want to seek God, what can I do?’ The psalmist tells us in this text that when he sought God, he lifted up his head and looked towards the mountains, and asked himself this question: where will my help come from?

*‘Today is a good time to seek God. We are encouraged to lift our heads and seek God in prayer.’*

## Let’s sing:

‘I lift my eyes – Psalm 121’ by Ellie Holcomb

https://www.youtube.com/watch?v=5KjpfRFylPo

## Let’s pray:

Dear God, today we stand at this altar of prayer, we lift our eyes and seek you. We want to know your presence and that you speak to us through your word.

Amen.

## Let’s play:

**Write your own prayer:** Praise God, thank him for something you have received, ask for his will to be done, ask for forgiveness for any wrong you have done, and say that you want to live according to his will.

1. Family Time Tuesday

## Let’s read Psalm 121:2 NIV:

My help comes from the Lord,  
the Maker of heaven and earth

## Let’s reflect:

The word ‘help’ means to do something for someone when they need it. It’s like when someone gives you a hand to do something you can't do on your own. Helping is being friendly and being there when someone needs support.

From whom does my help come? My help comes from the Lord, who created heaven and earth. When we think about who helps us, we should feel completely protected, because there is no one more powerful to help us.

Today, I seek help from my God, he who made Heaven and earth.

## Let’s sing:

‘Psalm 121:2 – My help comes from the Lord’ by Songs from Scripture

https://www.youtube.com/watch?v=7SfwClsVMsM

Let's pray:

Dear God, today I seek your help, knowing that you will come and save me.  
Amen.

## Let’s play:

Make a drawing of the Bible text. What kind of colours would you use?

1. Family Time Wednesday

## Let’s read Psalm 121:3-4 NIV:

He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.

## Let’s reflect:

A mother gave birth to a baby boy. Unfortunately, the boy got sick after just a few days and they ended up in the hospital. The mother looked after him without sleeping for two days and nights. Can you imagine how tired she was after looking after her sick child without a break? When the mother needed rest, the father came and took over to make sure the child wasn’t left alone.

He who watches over us never closes his eyes and never sleeps. We can sleep knowing that he is awake and watching over us.

Today, we can confirm that he who guards us never sleeps.

## Let’s sing:

‘Psalm 121 – He guards you always’ by Project of Love

https://www.youtube.com/watch?v=xxC7dd7oj4A

## Let’s pray:

Dear God, how wonderful it is to know that I am well protected by you and that you never sleep.  
Amen.

1. **Family Time Thursday**

## Let’s read Palm 121:5-6 NIV:

The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.

## Let’s reflect:

Today, we will think about God's protection. The Bible tells us in Psalm 121 that the Lord is our shadow, he is at our right hand. Have you ever walked in places that may be very dark, or walked past places where you feel scared?

If you have been in such a situation, and in addition feel a fear of something, such as a stray dog that can bite you, it is good to think that there is someone who protects us, who is our shadow and who is at our right hand. In the same way, it says that the sun should not bother you during the day, and the moon should not hurt you at night, for he is always watching over us.

Today we are grateful for your protection as a shadow, and that you are at our right hand.

## Let’s sing:

I lift my eyes – Psalm 121’ from Ellie Holcomb

<https://www.youtube.com/watch?v=5KjpfRFylPo>

## Let’s pray:

Dear God, today we want to thank you for your protection. We know that you are in our midst, looking out for us.  
Amen.

## Let’s play:

A family game called ‘The Broken Train’. One person steers and the rest does the opposite of what the person in charge says.

**For example:** If the person in charge says ‘backwards’, the family jumps forwards. If he says ‘left’, the family jumps to the right. It is important that everyone stands one after the other, with their hands on the shoulders of the one in front, so that they do everything at the same time.

1. Family Time Friday

## Let’s read Psalm 121:7-8 NIV:

The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and forevermore.

## Let’s reflect:

As we sit and share something we like, we can think about that as a family we wish each other the best, we want only good things to happen to us. In the biblical text, it says that the Lord also wants the best for us and offers us his protection. The hymn ends with the Lord will keep your coming and going. Let us today give our lives to him, for who better than our God, who created us, can protect us?

‘Today, we put our lives in your hands, from now on and forever.’

## Let’s sing:

‘Psalm 121:8’ from Praise Nation Kids!

<https://www.youtube.com/watch?v=2W48jcVyvJ8>

Let’s pray:

Dear God, we praise you because we know that you love us and want the best for us. We put our family and friends in your hands.  
Amen.

## Let’s play:

Let’s have something to eat, like fruit, salad or vegetables with dips.

1. Family Time Saturday

## Let’s read Proverbs 4:23 NIV:

Above all else, guard your heart, for everything you do flows from it.’

## Let’s play:

Write the word ‘Jesus’ on a patch and connect two halves of a heart as shown in the picture.

## Let’s reflect:



Jesus asks us to take care of our hearts, protecting them from all evil, grudges and pain. If we experience such things, we must remember that Jesus can repair our hearts and make them even more beautiful, filled with good feelings for others.

## Let's sing:

* ‘God loves us so’ by Group Music (Favorite VBS Songs for Families)  
  https://www.youtube.com/watch?v=4-4dbdlpXiQ
* ‘Joy’ by Planetshakers  
  <https://www.youtube.com/watch?v=qkbro_asSb8>
* ‘You say’ from Lauren Daigle by One Voice Children’s Choir  
  https://www.youtube.com/watch?v=EPw\_0FWk8CI

## Let’s pray:

Dear God, today we give you our hearts, so that you can cleanse them of any hurt we have done, and fill them with good feelings for others.  
Amen.

1. **Family time Sunday**

## Let’s read Psalm 71:3 NIV:

Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.

## Let’s reflect:

Today, on our last day of family time, we will reflect on the importance of having God as our safe haven. He is the one who gives us protection, who helps us and who stands by us. It is also good to know that he is our rock – a firm and safe place where we can always come to him, and where he gives us salvation and security.

## Let’s sing:

* ‘Our God is a great big God’ by Vineyard Kids: <https://www.youtube.com/watch?v=hGIFx60zyK0>

## Let’s pray:

Dear God, I praise you for who you are. Thank you for letting me know that every time I lift my eyes, you are there for me. You are always ready to help me in any situation and need. Continue to bless my family and friends, and help me to be a witness for you.  
Amen.

## Let’s play:

Work together to build a pile of stones. Each stone can stand for something important to you, like kindness, friendship, or home. You could also write a Bible verse on the stones, as shown in the picture.

Feel free to read Bible verses that match different emotions, like when you’re happy, angry, grateful or lonely. You can use the ‘Bible Verses for Family Time Devotions’ document for this.