

Daily Bread
(Monday Week 5)

Read Together

Proverbs 3:24-26- When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. 25 Have no fear of sudden disaster or of the ruin that overtakes the wicked, 26 for the Lord will be at your side and will keep your foot from being snared.

Devotional Thought

Nighttime can feel very different from the rest of the day. When the lights go out and the room gets dark, it is easy for our minds to imagine things that might scare us. Even when Mom, Dad, or our siblings are nearby, the darkness can make us feel alone.

Sometimes we are most afraid of what we cannot see. But Proverbs 3:24–26 reminds us that God’s children do not have to be ruled by fear. The Lord is near, even in the dark. He watches over us, cares for us, and helps us rest safely through the night.

God made our bodies to need sleep. Rest helps us grow, heal, think clearly, and have strength for a new day. But when we are worried or afraid, it can be hard to sleep well. That is why we need to remember God’s truth before we close our eyes.

When we trust the Lord and follow His wisdom during the day, we can lie down at night with peace. We may not be able to see everything around us, but God can. He is beside us, and He keeps our feet from stumbling. We can sleep knowing that we are safe in His care.

Bedtime prayer is a simple way for families to remember that God is with us. Before sleep, we can thank Him for the blessings of the day, ask Him to calm our fears, and trust Him to watch over us through the night.

Tonight, when the lights are turned off, remember this promise: the Lord is at your side. He loves you, He sees you, and He gives sweet sleep to those who trust Him.

Discussion Questions

1. What are some things that make you feel afraid at bedtime?
2. How does saying our prayers before bed help us sleep with no fear?

Prayer

Father, thank you for loving us and sharing your truth and wisdom. Help us remember you’re always with us, even when we sleep, watching over us and giving us sweet rest.

Daily Bread
(Tuesday Week 5)

Read Together

Proverbs 12:18 - Some people make cutting remarks, but the words of the wise bring healing.

Devotional Thought

Our words are powerful. Proverbs 12:18 reminds us that careless words can cut like a sword, piercing and wounding others in ways we may not even realize. When we speak mean, angry words, they can hurt feelings, create division, and damage trust among friends and family.

The Bible teaches that our words reveal what is in our hearts. If our hearts are filled with frustration, pride, or anger, our speech may become sharp and harmful. But when our hearts are shaped by God's wisdom, our words can become gentle, gracious, and healing.

A sword can be used to wound, but a skilled surgeon uses a sharp instrument carefully to bring healing. In the same way, wise words can help mend relationships, encourage discouraged hearts, and bring peace where there has been hurt.

As a family, we should ask God to help us use words that are kind, truthful, and helpful. Healing words are gracious and gently spoken. They point others toward what is right and remind them that they are loved.

Jesus said that His people are to be like salt and light in the world (Matthew 5:13–14). Colossians 4:6 also tells us to let our words be gracious, like salt that adds good flavor to our conversations. Every day, we have the opportunity to make our homes, friendships, and conversations better through the words we choose.

Let's ask the Lord to guard our mouths and soften our hearts, so that our words bring healing, encouragement, and peace to those around us.

Discussion Questions

1. What can happen if we are careless with our words?
2. What should I do if my words have hurt someone?
3. How can we use our words to be more like Jesus?

Prayer

Father, thank you for teaching us wisdom and for speaking words that help others and do not hurt them in any way. Help us choose our words easily today in all our conversations. Amen

Daily Bread
(Wednesday Week 5)

Read Together

Proverbs 12:19- Truthful words stand the test of time, but lies are soon exposed.

Devotional Thought

Have you ever built a sandcastle at the beach? It can be so much fun! With a bucket, a shovel, and a little imagination, you can make towers, walls, and even a moat around the outside.

Now imagine you build a big, beautiful sandcastle. Maybe it is almost as tall as you are! Then you find a special rock from your collection and place it in front of the castle, like a strong stone sitting in the castle yard.

Later in the day, something always happens at the beach: the tide comes in. The waves move closer and closer. Little by little, the water washes over the sandcastle until it is gone, almost as if it had never been there.

But do you know what is still there? The rock. It stays in place, strong and steady, even when the waves crash around it.

Telling the truth is like that rock. Truth lasts. It stands firm even when life gets hard. But telling lies is like building a sandcastle too close to the water. Sooner or later, the lie comes crashing down, and everyone can see that it was not strong enough to stand.

Discussion Questions

1. Can you remember a time when telling the truth made you feel strong?
2. Why should we always tell the truth, even when it's hard?

Prayer

Father, thank you for the courage you give us to always tell the truth, even when it's hard. Help us always remember that honesty and integrity provide a solid foundation for our lives. Amen.

Daily Bread
(Thursday Week 5)

[This devotional is adapted from: JoHannah Reardon, “Learning to Be Fair” *Proverbs for Kids: A Family Devotional Guide* (Broken Arrow, OK: Smashwords Publishing, 2001). Pg. 8]

Read Together

Proverbs 2:8 -He guards the paths of the just and protects those who are faithful to him.

Devotional Thought

Brad was very excited. He was going on his first overnight camping trip with the Boy Scouts.

Brad knew many of the boys. Some of them were his friends from school. He thought the trip would be fun because they would sit by the campfire, hear stories, go on hikes, and have adventures.

When the boys got to the campsite, they started talking about who would sleep in each tent.

There was one boy the others did not know. His name was Sam. Sam had just moved to town, and he seemed shy. He also wore a brace on his leg.

Some of the boys whispered about Sam. They thought the brace might make hiking harder for him. No one asked Sam to sleep in their tent.

Brad did not whisper with them. He remembered how it felt to be the new kid.

After a little while, Brad walked over to Sam. He smiled, put his arm around him, and said, “You can stay in my tent.”

The other boys were surprised. But during the weekend, they saw that Sam was kind and fun. He could keep up on the hikes, even with his brace.

The boys respected Brad even more. Brad had been a good friend to Sam. And everyone learned that being kind helps others feel welcome.

Discussion Questions

1. How did Brad express fairness to others?
2. How does God help us when we are fair to others?

Prayer

Father, thank you for reminding us how important it is to be fair and kind to others. Help us to always consider the needs of others, especially when we can help. Amen.

Daily Bread
(Friday Week 5)

Read Together

Proverbs 11:1 - The LORD detests the use of dishonest scales, but he delights in accurate weights.

Devotional Thought

Imagine the hottest day of summer. A boy opens a lemonade stand and makes a bright sign: Ice-cold lemonade — 16 ounces for \$2.00!

Then he has an idea: “No one can tell the difference between a 14-ounce cup and a 16-ounce cup. If I use smaller cups but still advertise 16 ounces, everyone will think they are getting a full cup.”

Each customer would lose only 2 ounces, and most would never notice. They would walk away thinking they received exactly what they paid for.

But God notices.

The problem is not the smaller cup. The problem is promising one thing while secretly giving less. That is dishonesty, even if no one complains.

Proverbs 11:1 says, “*The Lord detests the use of dishonest scales, but he delights in accurate weights.*”

In Bible times, merchants used scales to sell goods. Some used false weights so customers paid for more than they received. It looked fair, but it was cheating.

God detests dishonest scales because dishonesty takes advantage of people. He delights in accurate weights because honesty reflects His character. God is truthful, and He wants His children to be truthful too.

Whether we are selling lemonade, doing homework, playing a game, returning change, or telling what happened, God calls us to integrity. Honesty matters to Him, even in small things.

Discussion Questions

1. Why was it dishonest for the boy to sell a 14-ounce cup as if it were 16 ounces?
2. What is one way you can choose honesty this week at home, school, or church?

Prayer

Father, thank you for teaching us to love our neighbor as ourselves and to treat others fairly, with honesty, in the way we want to be treated. Help us today to be honest in all our ways. Amen.