

Daily Bread
Monday (Week 4)

Read Together

Proverbs 15:14 says, “A wise person is hungry for knowledge, while the fool feeds on trash” (NLT).

Devotional Thought

What is your favorite thing to eat? Maybe you love pizza, fruit, candy, cake, or ice cream. God made our bodies to need food, and He gave us the feeling of hunger so we would know when it is time to eat.

God also gave us taste buds so we can enjoy different flavors. Some foods taste really good, but they do not always help our bodies grow strong. A little treat can be okay, but if we eat too much junk food, we may not be hungry for the healthy foods our bodies need.

That is why we need to pay attention to what we eat. We can ask God to help us grow healthy appetites for good foods like fruits, vegetables, and other foods that nourish our bodies. The same thing is true for our hearts and minds. We do not only need food for our bodies—we also need good things for our spirits. What we read, watch, play, and listen to can shape the way we think and live.

Video games, shows, music, and social media can be fun, but they should not take up the biggest part of our lives. God’s Word, what we learn in school, and the wisdom our parents and teachers share with us help us grow strong on the inside.

Proverbs 15:14 teaches us that a wise person is hungry for knowledge. Let’s ask God to help us be hungry for what is good, true, and wise—and to stay away from things that can fill our minds with “trash.”

Discussion Questions

1. What are some foods that are good for us? Why do you think God wants us to take care of our bodies?
2. What are some good things we should put in our hearts and minds every day to be spiritually healthy?

Prayer

Father, thank you for creating so many good things to eat. Help us to hunger for truth and righteousness, and to know what is not good for our hearts and minds. Amen

Daily Bread
Tuesday (Week 4)

Read Together

Proverbs 2:20 says, "Follow the steps of the good, and stay on the paths of the righteous" (NLT).

Devotional Thought

Have you ever seen a moving sidewalk at an airport? It is like a flat escalator that helps people move faster so they can get where they need to go.

Usually, there are two moving sidewalks side by side. One goes one way, and the other goes the opposite way. If you step onto the one going the wrong way, it can carry you backward. You might even stumble or fall if you try to fight against it.

But if you step onto the moving sidewalk going the right way, it helps you. Walking becomes easier, and you get to your destination faster.

Friendships can be like that. Some friends are following Jesus and walking in the right direction. When you spend time with them, they can help you love God, make good choices, and keep going the right way.

Other people may be walking away from Jesus. If you keep following them, they can lead you in the wrong direction. That can hurt your heart and your life.

So, always choose to be around friends who are on the right path and who help you follow Jesus.

Discussion Questions

1. Why is it important who we choose to be our friends?
2. How does choosing the right friends help me follow Jesus?

Prayer

Father, thank you for the friends you have put in my life. In making new friends, help me to choose wisely those who will lead me on the right path of life.

Daily Bread
Wednesday (Week 4)

[This devotional is adapted from:
Brittany Rust, “Working Hard,” *5-Minute Family Devotional* (Naperville, Ill: Callisto Publishing, 2022). 54.]

Read Together

Proverbs 10:4 - *Lazy hands make for poverty, but diligent hands bring wealth.*

Devotional

When you were little, did you ever feel like playing was much more fun than chores, like washing dishes or picking up your room? Most kids feel that way. Even grown-ups can feel that way sometimes. Adults may want to do a good job at work, but work can still feel hard and tiring.

Here’s something important: many adults are actually *glad* they had chores when they were kids. Why? Because chores taught them how to work. God tells us in the Bible that learning to work hard matters. When someone chooses laziness over and over, they may not be able to take care of themselves or help take care of a family someday.

But when we practice working hard while we’re young, we learn responsibility. We learn how to finish what we start. And we learn how to use what we have to help others. So the next time you would rather go play than do homework, clean your room, or help make dinner, remember this:

God is using those moments to teach you diligence—how to work with a willing heart—and to prepare you to help your family as you grow.

Discussion Questions

1. What is the chore you least like doing?

2. Why do you think God cares about learning to work hard?

3. What does working hard when we are young teach us about working a job when we are older?

Pray

Father, thank you for the strength and ability you give us to work. Help us to understand the importance of being diligent and working hard in everything we do. Amen

Daily Bread
Thursday (Week 4)

Read Together

Proverbs 10:9 - *People with integrity walk safely, but those who follow crooked paths will be exposed*" (NLT).

Devotional Thought

Have you ever walked on snow or ice? If you have, you know that an icy sidewalk can be slippery and dangerous. You have to take small, careful steps because one wrong move can make you slip and fall.

Integrity means being the same on the inside and the outside. It means doing what is right even when no one is watching. For example, if you find a five-dollar bill and you know who it belongs to, integrity means giving it back instead of keeping it for yourself.

Integrity also means telling the truth, even when it is hard, and keeping your promises, even when you feel tempted to break them. A person with integrity chooses the right path again and again.

Living without integrity is like trying to walk across ice. Sooner or later, you may slip, fall, and get hurt—and your choices may hurt others, too. But living with integrity is like walking on a clear sidewalk on a sunny day. You can move forward with confidence because you are walking on a safe path.

Discussion Questions

1. What are some other ways we can demonstrate integrity?

2. How does telling the truth keep us safe?

3. What can happen if I don't have integrity?

Prayer,

Father, thank you for you for showing us the right path to walk. Help us to always remember that integrity will keep us on a safe pathway as we live our lives. Amen

Daily Bread
Friday (Week 4)

Read Together

Proverbs 11:13 (NLT): “A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.”

Devotional Thought

Have you ever had someone talk about you behind your back? Or maybe someone shared something private that you trusted them with? That kind of thing hurts. Gossip is when we share someone else’s personal information, mistakes, or struggles without their permission.

That can happen in a conversation, in a text, in a group chat, or on social media. Sometimes gossip sounds like, “I’m just telling you because you need to know,” but if it is not our story to tell, we need to be careful. Proverbs 11:13 reminds us that gossip breaks trust, but a trustworthy person knows how to keep a confidence.

Here’s what makes gossip so dangerous. Even when we are sorry for what we told, we should have, we can apologize, but we can never take back the words. The book of James says that our words can be like starting a fire that spreads and cannot be put out until it does a lot of damage.

So before you repeat something about someone else, ask yourself: “Is this mine to share? Will this help them or hurt them?” This week, choose to be the kind of person others can trust with their words, their struggles, and their story.

Discussion Questions

1. How can I know whether I should repeat something I know about someone else?
2. What should I do if someone shares a secret about someone else they shouldn’t tell?

Prayer

Father, thank you for your Word that teaches us how we should live and love others. Help us always to think before we speak and to consider how our words may impact someone else. Help us to be trustworthy in all that we do. Amen