

## **FAMILY WORSHIP**

Family devotions do not need to be complicated to be meaningful. The goal is not perfection, but consistency. What matters most is that the Bible is opened, God is talked about, and prayer becomes normal in the home. This rhythm is designed for real families with real stress and takes about 10 minutes or less.

### **1. Gather (1 minute)**

Sit together at a table, couch, or floor. There is no need for a perfect setup. Kids may be wiggly and that is okay. Simply say, “We are going to spend a few minutes with God,” and begin. No need to set the mood.

### **2. Read (2 minutes)**

Read 1 to 3 verses or a short story. Keep it simple. The Gospel of Mark works well for kids because it is fast and clear. Psalms also work because they are emotional and relatable. Do not over explain. Just read clearly.

### **3. Ask (3 minutes)**

Ask one simple question such as, “What stood out to you?”, “What does this show us about God?”, or “What should we do because of this?” Let each child respond at their level. Some will answer deeply, some simply, and some not at all. Silence is okay. You are training, not performing.

### **4. Pray (3 minutes)**

Keep prayer short and real. You can have one child pray, even one sentence, and then close. A simple structure works well: “God, thank You for \_\_\_” and “Help us with \_\_\_.” That is enough.

### **5. Bless and Go (1 minute)**

End with a simple truth like, “God is with us today,” or “Let’s love each other well.” Add a hug or high five and move on. Do not extend the moment.

### **Weekly Rhythm**

Do this 2 to 4 times per week. Same general time each day, such as dinner or before bed. If a day is missed, skip it without guilt. No catching up is needed.

### **What It Looks Like in Real Life**

One child may be distracted. One may give a silly answer. One may not respond. Prayer may feel uneven. That is normal. If you showed up, read Scripture, and prayed, it counts. That is success.

### **Guardrails**

Do not turn it into a sermon. Do not correct every answer. Do not force participation. Do not go past 10 minutes. Keep it light, consistent, and imperfect.

### **A Note for Families with Teens**

The same rhythm still works, but the tone should shift. Teens need honesty more than performance. Use slightly deeper questions like, “What do you think about this?”, “What is hard about this?”, or “Where do you see this in real life?”

Listen more than you speak. Do not rush to fix every response. Let them wrestle. Prayer may feel awkward, and that is normal. Keep it simple and model honesty.

Respect their independence while staying present. The goal is connection, not control.

### **What Really Matters**

Your kids will not remember perfect devotionals. They will remember that the Bible was opened, that God was talked about, and that prayer was normal in their home.

That consistency, even when it is imperfect, is what shapes them over time.

## **2-WEEK ALL AGES FAMILY WORSHIP PLAN**

### **Week 1**

#### **Day 1 — Jesus calls His first followers**

Mark 1:16–20

**Ask:**

“Why did the men follow Jesus right away?”

“What do you think it means to follow Jesus?”

**Simple direction:**

Following Jesus means listening and trusting Him.

#### **Day 2 — Jesus heals a man**

Mark 1:29–34

**Ask:**

“What does this show us about Jesus?”

**Simple direction:**

Jesus cares about people and helps them.

#### **Day 3 — Jesus calms the storm**

Mark 4:35–41

**Ask:**

“Why were the disciples scared?”

“Why wasn’t Jesus scared?”

**Simple direction:**

Jesus is in control—even when life feels scary.

### **Week 2**

#### **Day 1 — The paralyzed man and his friends**

Mark 2:1–12

**Ask:**

“What did the friends do for him?”

“What kind of friend should we be?”

**Simple direction:**

We help people get to Jesus.

#### **Day 2 — Jesus feeds a huge crowd**

Mark 6:30–44

**Ask:**

“What did the boy give Jesus?”

“What happens when we give Jesus what we have?”

**Simple direction:**

Jesus can do a lot with a little.

#### **Day 3 — Jesus welcomes children**

Mark 10:13–16

**Ask:**

“Why did Jesus want the kids to come to Him?”

**Simple direction:**

Jesus loves and welcomes your kids—right now, as they are.

## 2-WEEK TEEN FAMILY WORSHIP PLAN

Focus: honesty, real life, and letting Scripture challenge thinking—not just give answers.

### WEEK 1

#### Day 1 — Following Jesus costs something

Mark 1:16–20

##### questions:

Why do you think they actually dropped everything to follow Him?

What would it cost someone your age to really follow Jesus today?

Do people your age think following Jesus is attractive or limiting? Why?

**Truth:** Following Jesus requires real trust, not convenience.

#### Day 2 — Jesus cares about real pain

Mark 1:29–34

##### questions:

What does this show you about what Jesus is like?

Do you think most people your age see Jesus as caring or distant?

Where do people your age go when they are struggling instead of God?

**Truth:** Jesus is not distant from human pain.

#### Day 3 — Jesus and anxiety in the storm

Mark 4:35–41

##### questions:

What stands out more: the storm or Jesus sleeping? Why?

What are the “storms” teens deal with today that feel out of control?

What would trusting Jesus actually look like in those moments?

**Truth:** Jesus is present even when life feels out of control.

### WEEK 2

#### Day 1 — Friendship that actually helps

Mark 2:1–12

##### questions:

What stands out about the friends in this story?

What kind of friends pull people closer to Jesus vs away from Him?

What kind of friend are you usually?

**Truth:** Faith shows up in how we treat others.

#### Day 2 — What you have is enough

Mark 6:30–44

##### questions:

Why do you think Jesus used something so small?

Why do people your age feel like they are “not enough”?

What would it look like to give what you *do* have to God?

**Truth:** God works through what we bring, not what we lack.

#### Day 3 — Jesus and identity

Mark 10:13–16

##### questions:

Why do you think Jesus stops everything for kids?

How do people your age usually try to “prove” their worth?

What does this say about how Jesus sees you?

**Truth:** Your worth is not earned, it is received.

## 2-WEEK FAMILY WORSHIP PLAN FOR HARD-TO-REACH TEENS

### Tone:

**Don't preach at them**  
**Don't over-explain Scripture**  
**Don't force participation**  
**Don't chase emotional responses**  
**Let silence exist without filling it**  
**Treat them like adults in the room, not projects**  
**The goal is not agreement.**  
**The goal is exposure to Scripture + honest space.**

### WEEK 1

#### Day 1 — Jesus calls ordinary people

Gospel of Mark 1:16–20

##### **Say less. Ask more:**

Why do you think they would actually walk away from their jobs like that?

What do you think people lose when they follow Jesus?

What do people your age think they lose if they take faith seriously?

##### **Don't rush answers. Let it sit.**

**Truth (only if needed):** Jesus calls people into real commitment, not convenience.

#### Day 2 — Jesus touches the “unclean”

Mark 1:29–34

##### **Questions:**

What stands out to you in this story?

What does this say about the kind of people Jesus is willing to be near?

Why do you think people avoid God when they feel “not good enough”?

**Truth:** Jesus moves toward people, not away from them.

#### Day 3 — The storm and silence of Jesus

Mark 4:35–41

##### **Questions:**

Be honest, what feels more relatable here: the storm or the silence?

Why do you think Jesus sleeping bothers people in the story?

What do you usually do when life feels out of control?

##### **Let silence breathe. Don't fix it.**

**Truth:** Jesus is present even when He feels absent.

### WEEK 2

#### Day 1 — Friends who carry you

Mark 2:1–12

##### **Questions:**

What kind of friendship is this?

Do people actually have friends like this today?

What kind of friend are you when someone is struggling?

**Truth:** Faith is often shown through people, not just beliefs.

#### Day 2 — Not enough becomes enough

Mark 6:30–44

##### **Questions:**

Why do you think Jesus uses something so small?

Where do people your age feel like they are “not enough”?

What do you usually do when you feel like you don't have much to offer?

##### **Don't correct. Just listen.**

**Truth:** God works with what is offered, not what is impressive.

#### Day 3 — Worth without performance

Mark 10:13–16

##### **Questions:**

Why do you think Jesus stops everything for this moment?

What do people your age usually think they have to do to matter?

What would it feel like if your value didn't have to be earned?

**Truth:** Jesus gives worth, not just instruction.

**How to actually lead this with hard-to-reach teens**

Don't fill every silence

Don't correct every answer

Don't turn it into a teaching moment

Don't push for emotional response

Stay calm, steady, and normal

If they say "I don't know" or nothing at all, that is still participation.

**What success actually looks like.**

Not:

engagement

emotional response

deep discussion

But:

they were in the room

Scripture was read out loud

they were asked real questions

they were not pressured or controlled

That is how trust is rebuilt over time.