

# Family Devotion

(for Preschool and Elementary Children)

## “How To Survive A Night With The Lions”



“Building Good Character Makes Me Strong!”



**POWER VERSE**

*“But I will call on God, and the Lord will rescue me.”*  
- Psalm 55:16

Before you start, double some grocery bags and fill them with enough books or canned goods so your children can't lift the bag easily. Then call your children in and ask them to pick up the bag. When they can't, take one item out and ask them to lift it again. Continue doing this until the bag is easy for them to lift.

Ask your children, “If you knew that sometime in the future, your life would depend on you being able to pick up something this heavy, what would you do?” Your children might suggest some type of weight training where they would start with smaller weights and work up to heavier ones. They might also talk about getting someone to train them. Listen to all of their answers and discuss how well they'd work.

Then tell your children that during their lives, they're going to face many types of problems. Some problems will be easy to overcome, but others may not be. All of the problems will be easier to face, though, if they prepare ahead of time by learning to rely on God. Review the story about Daniel in the lions' den, and then talk about the following questions:

- If you never pray, read the Bible, or worship God, how easy do you think it would be to rely on Him when you have a problem?
- Do you think you could pray or worship God for an hour without stopping? *(Most children will say no)*
- How do you think you learn to pray or worship for longer periods of time? *(Remind them of the weights; they should start slowly with shorter goals and build up their spiritual strength. They can also ask someone to help train them.)*

Tell your children that by starting small and building good spiritual habits now, they'll have the strength they need to face any problems that may come their way. Then ask God to help you start developing those spiritual habits so you can rely on Him when you face problems.

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# Family Devotion

(for 6th grade and up)

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Some people have the idea that Christians shouldn't have any problems, but the Bible never says anything like that. In fact, we're told we *will* have problems, but that through God's strength, we can overcome them.

The Boy Scouts have the right idea when it comes to facing problems: be prepared. Read Ephesians 6:10-18 to see how God wants you to prepare for the battles you'll face, then discuss the following questions:

- When we face problems, who are we ultimately fighting against?
- Why is important to always tell the truth (the belt of truth), especially when you're in a battle?
- What does a breastplate guard? How can living right help to guard your heart?
- Verse 15 in the New Living Translation reads, “For shoes, put on the peace that comes from the Good News, so that you will be fully prepared.” What does that mean?
- What does the shield of faith do? How can faith put out the “flaming arrows” the devil shoots your way?
- What does a helmet protect? How can salvation protect your mind when you're in a battle?
- What is the only weapon you have to fight with? How can you fight using the word of God?
- Why is prayer important?

Soldiers train rigorously to learn to fight using all of the gear they wear. We can't expect to be able to fight the enemies that come into our lives if we haven't been preparing ourselves. Training ourselves now to read the Bible, pray, and worship God will help us “be strong in the Lord and in His mighty power.”

Pray, asking God to help you go through spiritual “boot camp” so you'll be prepared to face upcoming battles.

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