



FAMILY DEVOTIONAL



FAMILIES

SABBATH REBEL - WEEK 1

Sometimes, we think of the Sabbath as an optional practice, or we put it at the bottom of our list of priorities. But the sabbath is a gift that God prioritizes and has called us to experience.



Read Genesis 2:1-3 as a family before you talk with your kids then engage in the discussions below for each age group.



Pre-School

- Who cares for you and wants you to rest?
- What does the word “Sabbath” mean?
- What do you like to do when you rest?



Elementary

- What does the word “Sabbath” mean?
- What things keep you busy or tired?
- What is something you could choose not to do this week so you can observe the Sabbath?



Students

- When you hear the word “Sabbath”, what goes through your mind?
- What about life makes you feel the most tired?
(*emotionally, spiritually, physically, mentally*)
- What does the world say about “rest” or “sabbath”?
How is that different from what God says?

PARENTS

Work to memorize this verse as a family (have fun with it).

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.” Deuteronomy 5:12-14

*Send us a video of your family saying this verse together to
jwkids@jacobswellchurch.church*

SABBATH REBEL - WEEK 2

When we're used to over-extending ourselves, sitting down to relax or live in the moment can feel virtually impossible-especially when there's still plenty to get done.



Read Luke 10:38-42 as a family before you talk with your kids then engage in the discussions below for each age group.



Pre-School

- Tell me about the story you learned with Mary and Martha.
- What are the two most important things Jesus tells us to do?
(*Love him with all our heart and love others*)
- What is something you can do to spend time with God?



Elementary

- Who do you relate most to in this story? Mary or Martha? Why?
- What are the things that you "Do" for God?
- When do you find time to "Be" with God?



Students

- Do you relate more with Mary or Martha?
- What are some things you feel like you need to "do" for God?
- How different would your life look if you spent more time "being with God" than "doing for God"?

PARENTS

Plan a family dinner together this week. While eating dinner, talk about what each of you do to rest.

SABBATH REBEL - WEEK 3

Everything on our to-do list can feel equally important and it can be difficult to gauge what is most important. In the book of Mark, we see Jesus being, busy while still prioritizing time alone.



Read Mark 1:29-37 as a family before you talk with your kids then engage in the discussions below for each age group.



Pre-School

- Tell me one of the stories you learned from church.
- What did Jesus do before he went out to heal people?
(Prayed and spent time with God)
- How can you take time to spend with Jesus this week?



Elementary

- What does your weekly schedule look like?
(*Take time to write it down*)
- Do you have a rhythm to your schedule that includes God?
- What observations do you see about your schedule?



Students

- Do you find it difficult to “make time for God” in your schedule?
- What could you do this week to make time for God?
- Do you find time alone to be restful or stressful? Why?

PARENTS

Pray for your kids. As they begin a new school year, pray that they will find time to set aside to spend with Jesus, to rest, and create a rhythm.

SABBATH REBEL - WEEK 4

Finding time to observe the sabbath is important. It should be a normal part of our lifestyle-but we should remember that it is a gift rather than a new way to be legalistic.



Read Matthew 12:1-14 as a family before you talk with your kids then engage in the discussions below for each age group.



Pre-School

- Tell me what S.T.O.P. means.
(*Watch JW KIDS online if you don't know*)
- Making sure that we are balancing **BEING** and **DOING** is hard. What does your scale look like?
- What can you stop doing so you can start being with God?



Elementary

- Making sure that we are balancing Being and Doing is hard. What does your scale look like?
- What will you STOP doing so you can start being with God?
- How will you keep Sabbath this week?
- What does the Acronym of STOP mean?
(*Watch JW KIDS online if you don't know*)



Students

- Why do you think it's easier to "do" than to "be"?
- What's one thing you could stop **DOING** so you could start **BEING**?

PARENTS

Schedule a FULL day for your family to observe Sabbath. Try taking a hike where you all take an hour to "be" with God and then gather back together to talk about it.

SABBATH REBEL - WEEK 5

Sometimes we're put in situations that force us to slow down and wait. When slowing down is the only option it can have a great impact on our ability to remain patient.



Read James 5:7-8 as a family before you talk with your kids then engage in the discussions below for each age group.



Pre-School

- Is it hard for you to wait?
- What makes it so hard to wait?



Elementary

- What is something you are waiting for that seems like it is taking forever?
- Slowing down and learning to be patient is hard, what are some ways you are learning to slow down?
- How are you learning to live in the moment and not hurry through life?



Students

- What is something you are waiting for that seems like it is taking forever? (*i.e., driver's license, high school, moving out*)
- Why can it be hard to trust God's timing?
- What's one situation you can ask God for more patience for this week?

PARENTS

Pray that your kids will be more open to being patient and waiting on God's timing.

HELPFUL TOOLS FOR FAMILIES

These tools are available at www.jacobswellchurch.church

ALWAYS AVAILABLE

- **JW Kids Parent Pages/Devotionals**
- **JW Students Devotionals**
- **Parent Cue App** www.theparentcue.org
 - Blogs, Podcasts, Activities - FREE!
- **RightNow Media**
- **Online Ministry** (JW Kids Lessons)
- **Resource Center** (Buy New Resources)
- **Resource Library** (Borrow Resources)
- **Prayer** (Under Care Tab on Website)
- **Student Life Podcast** (New Each Week!)
- **Family Dedication**
- **Baptism Classes** (Online and In-Person)
- **The Hub** (JW Students Space: Before and After Services)
- **Small Group/Pods** (1st - 5th & JW Students)
- **Play Group** (2nd Thursday from 9 - 11am)
- **Support Groups** (See List Under Care Tab on Website)

FAMILY EVENTS

- **Splash** (August 28, 2022)
- **College Fair** (Fall 2022)

COMING SOON

- **JW Family Resource Page on Website**

FAMILY GUIDE

This family discussion guide is designed to create conversations about what we are learning at church and in our own spiritual growth. Use this guide around the dinner table, on the go, or even after you attend church.

This is a tool to help you incorporate spiritual practices into your lives and help you grow spiritually as a family.

