

Fully Alive

Family and Children's Devotional



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WEEK FOUR | Relationally Alive

Day 1

READ: ECCLESIASTES 4:9-10

Two people are better than one. They can help each other in everything they do. Suppose either of them falls down. Then the one can help the other one up. But suppose a person falls down and doesn't have anyone to help them up. Then feel sorry for that person!

SAY: Can someone tell a story about a time when they fell down and got hurt? Did anyone help you? What did they do to help? What would it be like if no one was around to help you up? How do you think you would feel?

There will always be times when we need someone else. No one is supposed to be alone. If we were alone all the time, we could not be **fully alive**. The Bible says we are meant to be together and to help each other.

Read the story of the Good Samaritan in **Luke 10:25-37**. In this story, Jesus makes it clear who our neighbor is and how we ought to treat people. Jesus said to treat others the way we want to be treated. When we fall down and get hurt, we want someone to be there to help us up. What do you think we should do when someone falls down and gets hurt? Help them get back up.

DO: What do you think it would feel like if you were hurt and no one could hear you calling out for help? How would it feel to finally hear someone respond, "I hear you and I'm going to help you"?

Everyone choose a partner for this activity. Take turns trying to stand on one leg. Now, hold on to your partner's shoulders as each of you stand on one leg at the same time. You should be able to hold yourself up better with someone to help you balance.

Jesus is the person who will always hear you when you call out for help. We want to follow Jesus by being a family that will help each other up whenever we fall down. Our family is committed to help each other without complaining or making fun of the person who falls.

PRAY: Jesus, when we fall help us to remember you will always be there to help us get up again. Help us to always help others when they fall. Amen.

WEEK FOUR | Relationally Alive

Day 2

READ: JEREMIAH 32:38-39

They will be my people. And I will be their God. I will give them a single purpose in life. Then, they will always have respect for me. Then all will go well for them. And it will also go well for their children after them.

SAY: Today's scripture tells us that we belong to God and that he is our God. This relationship means that God is the most important person in our family. God wants us to make sure that our family always puts him in first place.

God wants us to be in the habit of turning to him when we are going through a tough time. When bad things happen or when we experience loss, the first thing he wants us to do is pray. In both happy times and sad times, God wants us to make an agreement with him that we will put him first.

DO: Together, write a family mission statement that you can put on a poster or print out in large letters.

Some tips:

- Your mission statement should be simple and only one line
- It should explain what it means to be part of your family and how you will honor God
- Have each of your family members sign it
- Place your poster somewhere in your home where everyone can see it every day

Here is an example:

The Smith Family

We will be a family that values: Faith, Fun, Honesty, Respect and Responsibility.

Signed by each family member.

PRAY: Jesus, Help us to be committed to our family mission statement. Amen

WEEK FOUR | Relationally Alive

Day 3

READ: EPHESIANS 5:13

But everything the light shines on can be seen. And everything that the light shines on becomes a light.

SAY: What are some of the things we like to do in the daytime? What happens when the day becomes night? Do we do the same activities? No, darkness limits what we are able to do. The daylight allows us to play and do many things because we can see everything. If we go into a dark place like a windowless room or a cave, we must bring a light so we can see and not get hurt. Light is important because it allows us to see.

Every refrigerator has a light so that you can see the good food and avoid eating anything that has spoiled. The Bible works the same way. The Bible shines a light into our hearts and minds. We see things that are good about ourselves and things that we need to change.

DO: Choose one of these activities:

- Clean out your refrigerator together. As you clean out the fridge, look for things that have gone bad or are outdated.
- Hide two items in your refrigerator: one item that doesn't belong (like a toy or a roll of toilet paper) and a fun snack. Once the kids find both items, enjoy the snack together while you finish today's devotional.

We want to be a family that shines a light upon each other's lives. We want to talk about the good things that we see and help each other avoid any bad behaviors. Talk about some good things you see in each other. Take a few minutes to talk about behaviors that you changed and how things are better now. Be gentle and loving. You are not trying to embarrass someone. Being part of a family means that we trust each other and that we want to be relationally alive by shining a light on each other's lives.

PRAY: God, thank you that the Bible helps us to see the good in each other and that we can avoid any behaviors that cause conflicts or arguments. Help us to be gentle and responsive when we talk to each other about these things.

WEEK FOUR | Relationally Alive

Day 4

READ: 1 CORINTHIANS 12:27

You are the body of Christ. Each one of you is a part of it.

SAY: In this verse, it says that you are part of the body of Christ, which is also called the church. Look at your own body. Notice how everyone in our family has a similar body with hands, feet, eyes, ears, heads, and inside we each have a heart and a brain. No matter what it does, every part of your body is important. They may be small, but even your fingernails have a job to do.

Just as each part of your body has a different job, every member of the body of Christ has a special job to do. Some people preach or sing on the platform and some people pass out crackers at snack time in children's ministry, but each job is important. It's also important to be thankful for every person who belongs to the body of Christ, and for the job that they do.

DO: Get out your phone and talk about all the different things you can do with it:

- Call someone
- Text information
- Take pictures and share them with others
- Schedule appointments
- Watch movies and play games
- Search the Internet
- Use GPS

Just like our phones have many parts to make it work and do all sorts of different things, the body of Christ has many people to make it work in a variety of ways. By working together as the body of Christ we will feel fully alive. Everyone in the body of Christ is important no matter how young or old we are. It's important that we all do our part.

Take turns discussing your gifts and talents and how you work together as the body of Christ.

PRAY: God, thank you that you put us together as a family and that we each have a special job to do in the body of Christ.

WEEK FOUR | Relationally Alive

Day 5

READ: MATTHEW 25:35-36

I was hungry. And you gave me something to eat. I was thirsty. And you gave me something to drink. I was a stranger. And you invited me in. I needed clothes. And you gave them to me. I was sick. And you took care of me. I was in prison. And you came to visit me.

SAY: When you think of Jesus, how do you picture him? Do you see him hanging on the cross or dressed in a robe or teaching the multitudes? Is he calming the storm or healing a blind man or doing some other activity we read about in the Bible? Take some time to discuss.

This Scripture helps us to see Jesus as someone in need. It can be hard to imagine, but we need to see Jesus in lives of people that need him most. What this means is that we treat others who are in need the way we would treat Jesus. If we saw Jesus needing food or was thirsty or lonely or needing clothes or sick or in prison, what would we do? We would be kind and generous because we love him. Jesus wants us to treat others in the same way.

DO: Whenever we help a hungry person we are helping Jesus. Draw a picture of a person. Give your person a name and pretend they are homeless. What do you think this person would need to live every day? If you're struggling to come up with ideas, think about the things that you need every day and what helps you to feel fully alive. Add these things to your drawing. What can you offer a homeless person in our city? Next, go through your cabinets or go shopping for items to give to the Lighthouse or the Sharing Place Food Bank to help a homeless person or family.

PRAY: God, thank you for allowing us to help others. Help us to see people as you see them. Show us how we can help them. Amen.