

A FAMILY GUIDE TO ABIDE



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Hey there!

How are you feeling?

These have been crazy times for all of us!

You & your family might be feeling tired, overwhelmed and disconnected.

Maybe you've been working hard to stay connected to church and do family devotions - but it's getting hard and tiring!

Well, I have good news for you!

Listen to Jesus' words in John 15:4:

ABIDE IN ME.

The word "abide" here means to rest, or remain. Doesn't that sound nice?

Resting?


Remaining?

In God's presence?

This guide is designed to help all the members of your family do just that. There are no devotionals to read - just a simple acronym and activity guide to follow. It is meant to help you & your family spend time in God's presence - amidst these chaotic days!

Using each letter of the word **ABIDE**, you will find steps you can do daily to invite God's presence into your home.

We hope this guide encourages you and helps you find God's peace and presence in your home daily.





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A: Ask.

B: Bible.

I: Investigate.

D: Dwell.

E: Everyone.



A is for Ask.

When you wake up in the morning, **ASK** God to show up during your day! Here are some ideas:

- When you wake everyone up, take a minute to say: "Good morning! Let's ask God to bless our day!"
- At the breakfast table, take a moment as you say grace to say: "God, let us feel your presence today!"
- During your morning routines, challenge older kids to pray while they get dressed, brush their teeth, etc. and ask God to show up during their day!
- As you pour up your coffee, say - "God, let me see your presence in my day with my family today!"

B is for Bible.

The Bible is one of the ways God speaks to us. Before lunch, find a way to hear from God's Word.

Change it up by:

- Choosing a family memory verse & reciting it together every morning.
- Listening to a chapter from the Bible on the Bible App.
- Finding an audiobook or album of kids' Bible stories & listening to them

Instead of worrying about **QUANTITY**, focus on letting God's Word get into your heart!




I is for Investigate.

Kids love to **INVESTIGATE**! Today, take some time to **INVESTIGATE** and look for God's presence. This is simply the practice of pausing and asking – "Where can we see God today?" Here are some ideas:

- When you're outside playing, take some time to observe creation around you, and remind your kids – "God made that!"
- When you have conversations with family or friends virtually, look for ways you can share God's love, or ways they are showing God's love to you!
- Encourage your kids to listen for God's voice or look for His work all throughout their day. Have everyone report at dinnertime what they heard or saw.

D is for Dwell.

One of the best ways to abide in Jesus is to **DWELL** in God's presence! Try to take at least two minutes each day to dwell in His presence. Here are some ideas:

- Challenge everyone to be quiet for 1 minute in your house! While they're being quiet, get them to think about the things they love about God.
 - Play a worship song (or playlist), shut off all other devices, and have everyone sing or worship along.
 - As you sit around the dinner table, add a little extra time to your grace (only a moment!) to pause and thank God for everything He's done today – without rushing!
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E is for Everyone.

No one in your house is too young or too old to **ABIDE** in Jesus! **EVERYONE** can participate. Here are a few tips:

- **Start small with your toddlers and preschoolers!** Use one-sentence prayers to start the day. Narrate what's happening during your day and point to God: "We're going for a walk! I love to look at what God made." Use a short memory verse to get God's word in their hearts.
- **Let your elementary age kids really take the lead on investigating and looking for God!** Let them choose the Bible stories or passages you'll listen to together, or the worship song for the day. Remember there are no "right" answers when you reflect on where you saw God - and encourage them to dig deeper.
- **Make your preteens the leaders of this adventure in your home.** They will love the opportunity to choose a family memory verse, lead the conversation by asking everyone - "Where did you see God today?" or choosing how your family will dwell in God's presence today.
- **Even teens and young adults can participate in this exercise!** Encourage them to follow these steps in their own, private times - they may want to listen to the Bible on their own, or have their own time of "dwelling in God's presence." Try to facilitate a family conversation once a day or at least, a couple times during the week, to talk about what they've been experiencing.
- **Adults need to abide too!** You may not have time for intensive Bible study or prayer during this season, but you can definitely follow these steps to continue to abide in Jesus' presence.