



ABIDEROOTED

7 Days of Faith at Home

A Family Journey to Know God, Trust His Word, and
Grow in Everyday Faith



CHILDREN · 7-DAY JOURNEY · FREE RESOURCE

Begin Here

A 7-day family journey to help children know God, trust His Word, pray, choose what is right, and grow in everyday faith, with daily Bible teaching, practices, reflection questions, and prayers.

Welcome to 7 Days of Faith at Home! This journey is designed for families to explore together what it means to know God, trust His Word, pray, choose what is right, and grow in everyday faith. Each day includes a Bible verse, a short teaching, a simple practice, reflection questions, and a prayer. We pray this time draws your family closer to God and to one another.

TEACHING

God Speaks to Us

2 Timothy 3:16

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.”

The Bible is not just an old book. It is God's message to us! When we read the Bible, we hear God's voice. He tells us who He is, how much He loves us, and how we can live for Him. The Bible is like a lamp that shows us the right path (Psalm 119:105). Think of it as a treasure map that leads us to the greatest treasure of all—knowing Jesus. When we read the Bible together as a family, we are letting God speak into our home. He gives us wisdom for every situation. Even when we don't understand everything, we can trust that every word is true and helpful. God's Word teaches us, corrects us, and shows us how to do what is right. This week, let's open our Bibles with excitement, knowing that God has something special to say to each of us.

Put It Into Practice

Choose a Bible verse together and write it on a piece of paper. Decorate it and place it somewhere you will see it every day, like the fridge or a bedroom wall. Read it aloud together each morning.

Reflect & Talk Together

1. Why is it special that God speaks to us through the Bible?
2. What is one thing you learned about God from the Bible today?
3. How can we make reading the Bible a regular part of our family time?

Prayer

Dear God, thank You for giving us the Bible. Help us to love Your Word and listen to what You say. Teach us and guide us as we read together. In Jesus' name, Amen.

TEACHING

God Is Our Father

Matthew 6:9

“After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.”

Jesus taught us to pray by calling God 'Our Father.' That means God is not far away and uncaring. He is a loving Father who wants a close relationship with us. Just like a good earthly father takes care of his children, our Heavenly Father takes care of us. He provides for us, protects us, and listens when we talk to Him. When we pray, we can come to God with confidence, knowing He loves us and wants what is best for us. We can tell Him our joys, our worries, and our needs. He is always ready to listen. As a family, let's remember that prayer is not just a ritual; it's a conversation with our loving Father. He delights in hearing from His children. So let's pray with trust and expectation, knowing that our Father in heaven hears us and will answer according to His perfect will.

Put It Into Practice

Create a family prayer jar. Write down prayer requests on small pieces of paper and put them in the jar. Each day, take one out and pray together for that request. Watch how God answers over time.

Reflect & Talk Together

1. What does it mean to you that God is your Father?
2. What are some things you can thank God for today?
3. How does knowing God is your Father help you when you are scared or worried?

Prayer

Heavenly Father, thank You for loving us and for being our Father. Help us to trust You and talk to You every day. We love You. In Jesus' name, Amen.

TEACHING

Trusting God's Promises

Joshua 1:9

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

God makes many promises in the Bible, and He always keeps them. One of His greatest promises is that He will be with us wherever we go. In Joshua 1:9, God told Joshua to be strong and courageous because God would be with him. That promise is for us too! When we face new situations—like starting a new school year, moving to a new place, or trying something difficult—we can remember that God is with us. We don't have to be afraid because God is stronger than anything we face. Trusting God's promises means believing that He will do what He said. It means we can be brave because we know God is on our side. As a family, let's memorize this verse and remind each other of it when we feel scared or unsure. God is faithful, and He will never leave us.

Put It Into Practice

Memorize Joshua 1:9 together. Practice it each day. You can make up hand motions to help remember the words. Say it to each other when someone is feeling afraid.

Reflect & Talk Together

1. What is a promise God has made to you?
2. When have you felt afraid, and how can God's promise help you?
3. How can we encourage each other to trust God's promises?

Prayer

Lord, thank You for Your promises. Help us to trust You and not be afraid. Be with us wherever we go. In Jesus' name, Amen.

TEACHING

Choosing What Is Right

Proverbs 3:5-6

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Every day we make choices. Some are easy, like what to eat for breakfast. Others are harder, like choosing between right and wrong. God wants us to choose what is right, and He promises to guide us when we trust Him. Proverbs 3:5-6 tells us to trust in the Lord with all our heart and not rely only on what we think. That means we should ask God for wisdom and listen to His Word. When we choose to obey God, even when it's hard, He is pleased. Sometimes doing the right thing might make us feel different from others, but God's way is always best. As a family, we can help each other make good choices by praying together and talking about what God says. When we acknowledge God in all our ways, He directs our paths. Let's choose to follow Him today.

Put It Into Practice

Talk about a choice your family is facing. Together, write down what God's Word says about it and pray for wisdom. Then make a plan to follow God's direction.

Reflect & Talk Together

1. What is a choice you have to make this week?
2. How can you trust God to help you choose what is right?
3. Why is it important to ask God for wisdom?

Prayer

God, please give us wisdom to choose what is right. Help us to trust You with all our hearts and follow Your ways. In Jesus' name, Amen.

TEACHING

Loving Others Like Jesus

John 13:34

“A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.”

Jesus gave us a new commandment: to love one another just as He loved us. How did Jesus love? He was kind, patient, forgiving, and He served others. He even gave His life for us. As followers of Jesus, we are called to love others in the same way. That means we show love to our family, friends, and even people who are hard to love. We can love by sharing, helping, saying kind words, and forgiving. When we love others, we show them what Jesus is like. Loving like Jesus is not always easy, but He gives us His Holy Spirit to help us. As a family, let's look for ways to love each other and others this week. Maybe we can do a kind deed for a neighbor or pray for someone who is sick. Let's be known for our love, just as Jesus taught.

Put It Into Practice

As a family, choose one act of kindness to do together this week. It could be baking cookies for a neighbor, writing encouraging notes, or helping someone in need. Do it with joy!

Reflect & Talk Together

1. How did Jesus show love to others?
2. Who is someone you can show love to this week?
3. What is one way your family can love others like Jesus?

Prayer

Jesus, thank You for loving us. Help us to love others the way You love. Make us kind, patient, and forgiving. In Your name, Amen.

TEACHING

Growing in Faith

2 Peter 3:18

“But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.”

Just like plants grow, our faith needs to grow too. Peter tells us to grow in grace and in the knowledge of Jesus. That means we should learn more about Jesus every day and become more like Him. We grow in faith by reading the Bible, praying, going to church, and spending time with other believers. We also grow when we trust God in difficult times and see Him work. Growth takes time, but God is the one who makes us grow. He gives us His grace—His undeserved love and help—so we can become stronger in our faith. As a family, let's encourage each other to keep learning and growing. Ask questions about God, read stories about Jesus, and share what you are learning. God wants us to know Him more and more. Let's never stop growing in our faith.

Put It Into Practice

Start a family faith journal. Each day, write or draw one thing you learned about God or one way you saw Him work. Look back at the end of the week and see how you grew.

Reflect & Talk Together

1. What is one way you can grow in your faith this week?
2. What have you learned about Jesus that you didn't know before?
3. How can your family help each other grow closer to God?

Prayer

Lord Jesus, help us to grow in grace and knowledge of You. Teach us more about Yourself every day. We want to be more like You. Amen.

TEACHING

Sharing Our Faith

Matthew 28:19-20

“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.”

Jesus gave His followers a special job: to go and tell others about Him. This is called the Great Commission. We don't have to travel to faraway countries to share our faith. We can start right at home, in our neighborhood, and at school. Sharing our faith means telling others what Jesus has done for us and showing His love in our actions. When we share our faith, we are like lights shining in a dark world. Jesus promised to be with us always as we do this. He gives us courage and the right words to say. As a family, let's think of people we can share God's love with. Maybe we can invite a friend to church, pray for someone who doesn't know Jesus, or simply be kind to someone who is lonely. Let's be bold and share the good news!

Put It Into Practice

Make a list of people your family can pray for and share Jesus with. Choose one person this week to show God's love to in a practical way, like inviting them over or giving them a card.

Reflect & Talk Together

1. Who is someone you can tell about Jesus?
2. What are some ways you can share God's love without using words?
3. How does knowing Jesus is with you help you share your faith?

Prayer

Jesus, thank You for being with us always. Help us to be brave and share Your love with others. Show us who to talk to and what to say. We want others to know You too. Amen.

Continue Abiding

Thank you for taking this 7-day journey together! We hope you have grown closer to God and to each other. Remember that faith is not just for one week—it is for every day. Keep reading the Bible, praying, trusting God, choosing what is right, loving others, and sharing your faith. God is with you always. May He bless your family as you continue to follow Him.



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