



ABIDEROOTED

7 Days to Strengthen Faith at Home

A Family Journey of Grace, Scripture, and Prayer



FAMILY · 7-DAY JOURNEY · FREE RESOURCE

Begin Here

A 7-day family journey to strengthen faith at home through Scripture, prayer, grace, service, and Christ-centered practices.

Welcome to a seven-day journey designed to help your family weave faith into the fabric of your home. Each day offers a simple Scripture, a short reflection, a practical activity, and questions to spark conversation. You don't need to be perfect—just willing to take one step at a time. As you begin, remember that God's grace is already at work in your family. This journey is not about earning God's favor but about creating space to receive and respond to His love. Let's walk together, trusting that even small, consistent steps can lead to lasting transformation.

Day 1: The Heart of the Home

Deuteronomy 6:6-7

“And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.”

In Deuteronomy, Moses calls God's people to let His words dwell in their hearts before they ever speak them to their children. Faith at home begins not with a program but with a posture. When we are rooted in God's love, our words and actions naturally overflow to those we love most. This passage reminds us that faith is not confined to a Sunday morning or a bedtime prayer; it is woven into the ordinary rhythms of life—sitting, walking, lying down, rising up. For families today, this means that every moment is an opportunity to point one another to God. Whether you are sharing a meal, driving to school, or tucking little ones into bed, you can invite Jesus into the conversation. This day is about recognizing that your home is a sacred space where God's story can be told and lived out. It is not about having all the answers but about being willing to share your own journey of faith, including your questions and struggles. As you begin this week, ask God to shape your heart so that His love becomes the foundation of your home.

Put It Into Practice

Choose one ordinary moment today (like mealtime or bedtime) and intentionally share one thing God has done for your family or one verse that encourages you. Keep it simple and natural.

Reflect & Talk Together

1. What is one way you can make faith part of your daily conversations this week?
2. How can you encourage each family member to share their own faith experiences?
3. What might change in your home if you saw every moment as a chance to talk about God?

Prayer

Heavenly Father, thank You for the gift of family. Help us to keep Your words in our hearts so that our home reflects Your love. Give us creativity and courage to speak of You in our everyday moments. May our family grow closer to You and to each other. In Jesus' name, Amen.

DAY

Day 2: Grace for Imperfect Moments

Lamentations 3:22-23

“It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

Every family knows the reality of imperfect moments—harsh words, misunderstandings, and missed opportunities. In those times, we may feel like we have failed at faith at home. But Lamentations reminds us that God's mercies are new every morning. His compassion never runs out, even when our patience does. This is the foundation of our family life: we are not perfect, but we are perfectly loved by a faithful God. When we experience His grace, we can extend that same grace to our spouse, our children, and ourselves. Instead of dwelling on yesterday's mistakes, we can wake up each day with hope, knowing that God is ready to help us begin again. This day invites you to receive God's mercy and to practice giving it away in your home. Perhaps you need to apologize to a family member or forgive someone who has hurt you. Grace is not about pretending everything is fine; it is about acknowledging our need and trusting God to restore what is broken. As a family, you can become a community of grace where everyone is free to be honest and still be loved.

Put It Into Practice

Have each family member share one way they need grace today, then pray for each other, asking God to help you show grace in that specific area.

Reflect & Talk Together

1. When was a time your family experienced God's mercy after a difficult moment?
2. How can you remind each other that God's mercies are new every morning?
3. What would it look like to make your home a place of grace and forgiveness?

Prayer

Gracious God, thank You for Your mercies that never fail. Teach us to receive Your grace and to share it with our family. When we stumble, help us to forgive quickly and love deeply. May our home be a place where Your faithfulness is seen and felt. In Jesus' name, Amen.

Day 3: Praying Together

Matthew 18:19-20

“Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

Prayer is the heartbeat of a Christian home. When we pray together, we invite Jesus to be present in our midst. This promise from Matthew is not a magic formula but an assurance that God hears the united prayers of His people. For families, praying together can be simple and powerful. It does not require eloquent words; it requires humble hearts. You might pray before meals, at bedtime, or when a need arises. The key is consistency and sincerity. When children see their parents pray, they learn that God is real and that He cares about every detail of their lives. When parents hear their children pray, they are reminded of the simple faith that Jesus celebrates. This day encourages you to make prayer a natural part of your family's rhythm. You can pray for each other, for your community, and for the world. You can thank God for His blessings and ask for His help in challenges. As you pray together, you will discover that your family grows closer to each other and to God. Even if your prayers feel short or awkward, remember that God values your presence more than your performance.

Put It Into Practice

Set aside a specific time today to pray together as a family. Let each person share one prayer request and one thing they are thankful for, then take turns praying aloud.

Reflect & Talk Together

1. What are some ways your family can make prayer a regular part of your day?
2. How does knowing Jesus is present when you gather affect the way you pray?
3. What prayer request can you agree on as a family and bring before God this week?

Prayer

Lord Jesus, thank You for the promise to be with us when we gather in Your name. Teach us to pray with faith and honesty. Help our family to bring our joys and burdens to You together. May our prayers unite us and deepen our love for You and for each other. Amen.

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Day 4: Serving Together

Galatians 5:13

“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.”

God calls us to freedom in Christ, but that freedom is not for selfish purposes. Instead, we are free to serve one another in love. In a family, serving is an everyday opportunity. It can be as simple as helping with chores, listening to a sibling, or encouraging a parent. When we serve with love, we reflect the heart of Jesus, who came not to be served but to serve. This day invites your family to look beyond yourselves and find ways to bless others. You might serve a neighbor, a relative, or someone in your church or community. Serving together as a family creates bonds and teaches children the joy of generosity. It also shifts the focus from our own needs to the needs of others. As you serve, remember that God is not impressed by the size of the task but by the love behind it. Even a small act of kindness done in Jesus' name can have an eternal impact. Let your family be known for its love, expressed through practical service. In doing so, you will discover that serving others is not a burden but a privilege and a path to joy.

Put It Into Practice

Choose one act of service your family can do together this week, such as baking cookies for a neighbor, writing encouraging notes, or helping with a church ministry. Do it with joy and love.

Reflect & Talk Together

1. What are some ways your family can serve each other at home this week?
2. Who is someone outside your family that God might be calling you to serve?
3. How does serving together help your family grow in faith and love?

Prayer

Heavenly Father, thank You for the freedom we have in Christ. Help us to use that freedom to serve one another in love. Show us practical ways to bless our family and our neighbors. May our service be a reflection of Your grace and a witness to Your love. In Jesus' name, Amen.

DAY

Day 5: Speaking Life

Proverbs 18:21

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”

Words have incredible power. They can build up or tear down, bring life or bring death. In the close quarters of family life, our words can easily become careless or hurtful. But God calls us to speak life to one another. This means using our words to encourage, affirm, and bless. When we speak life, we reflect the character of God, who spoke the world into existence and who speaks words of grace over us. This day challenges your family to be intentional about the words you use at home. You can start by noticing the positive things each family member does and expressing gratitude. You can replace criticism with constructive encouragement. You can apologize quickly when your words cause harm. As you practice speaking life, you will see your home become a place of healing and hope.

Remember that your words are not just heard by your family; they are also heard by God. He calls us to use our speech to honor Him and to build up those around us. Let your home be a place where words of love, truth, and kindness are spoken freely.

Put It Into Practice

Have each family member share one encouraging word or affirmation for every other family member today. Write them down and place them where everyone can see them as a reminder.

Reflect & Talk Together

1. What kind of words are most common in your home—life-giving or hurtful?
2. How can you be more intentional about speaking encouragement to your family?
3. What is one way you can use your words to bless someone today?

Prayer

Lord, help us to use our words to bring life to our family. Guard our tongues from harshness and fill our mouths with kindness. Teach us to encourage one another and to speak the truth in love. May our words reflect Your grace and build a home where everyone feels valued. In Jesus' name, Amen.

DAY

Day 6: Forgiveness and Reconciliation

Colossians 3:12-13

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”

No family is immune to conflict. When we live closely with others, we will inevitably hurt and be hurt. But God calls us to a different way—a way of forgiveness and reconciliation. This passage reminds us that we are chosen by God, holy and beloved. Because we have received mercy, we can show mercy. Because Christ has forgiven us, we can forgive others. Forgiveness is not always easy; it requires humility and grace. But it is essential for a healthy family. When we hold onto grudges, we create walls that separate us. When we forgive, we open the door to healing and restoration. This day invites your family to practice forgiveness. If there is a conflict that needs resolution, take steps toward reconciliation. If you have hurt someone, ask for forgiveness. If someone has hurt you, choose to forgive as Christ forgave you. Remember that forgiveness is not about pretending the hurt didn't happen; it is about releasing the other person from the debt we feel they owe us. As you forgive, you will experience the freedom that comes from letting go and trusting God to bring healing.

Put It Into Practice

If there is a current conflict in your family, take time today to talk it through and ask for or offer forgiveness. If not, discuss how you can be quick to forgive in the future.

Reflect & Talk Together

1. Is there someone in your family you need to forgive or ask for forgiveness?
2. How does remembering Christ's forgiveness help you forgive others?
3. What steps can your family take to prevent conflicts from creating lasting distance?

Prayer

Merciful Father, thank You for forgiving us through Christ. Help us to extend that same forgiveness to our family members. Give us humble hearts to ask for forgiveness and grace to grant it. Heal any broken relationships in our home and make us agents of reconciliation. In Jesus' name, Amen.

DAY

Day 7: Blessing and Sending

Numbers 6:24-26

“The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace.”

As this journey comes to a close, we look outward. God's blessing is not meant to be hoarded but shared. In Numbers, Aaron's blessing was a way of placing God's name on the people and sending them forth with His peace. Your family can be a source of blessing to others. This day is about recognizing that God has equipped you to be a light in your neighborhood, your church, and the world. You can bless others through hospitality, generosity, and acts of kindness. You can also bless them by sharing the hope you have in Christ. As you go from this week of intentional faith-building, remember that God goes with you. He promises to bless and keep you, to shine His face upon you, and to give you peace. This is not a guarantee of an easy life but a promise of His presence. Let that peace fill your home and overflow to everyone you meet. Consider how your family can continue to grow in faith beyond these seven days. Perhaps you will adopt a regular family devotion time, commit to serving monthly, or memorize Scripture together. Whatever you choose, do it with the confidence that God is with you and that He will use your family for His glory.

Put It Into Practice

As a family, write a short blessing for one another and for someone outside your family. Share it aloud and then pray it over that person. Consider how you can continue to bless others in the coming weeks.

Reflect & Talk Together

1. How has this week changed the way you think about faith at home?
2. What is one practice from this journey you want to continue as a family?
3. Who is someone your family can bless and share God's love with this week?

Prayer

Lord, thank You for the time we have spent together seeking You. Bless our family and keep us. Make Your face shine upon us and give us peace. Send us out to be a blessing to others, sharing Your love and grace. May our home always be a place where faith is lived and Your name is honored. In Jesus' name, Amen.

Continue Abiding

Thank you for taking this journey with your family. We pray that these seven days have planted seeds of faith that will continue to grow. Remember that God's grace is sufficient for every step, and His Spirit is at work in your home. Keep talking about Jesus, praying together, serving in love, and forgiving as you have been forgiven. May your family be a beacon of hope and a testimony of God's faithfulness. Go in peace, and may the Lord bless you and keep you.



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