



ABIDEROOTED

7 Days to Bring Faith Back Into Everyday Family Life

A One-Week Reset for Scripture, Conversation,
Prayer, Grace, and Service



FAMILY · 7-DAY JOURNEY · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

Find your next section

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A 7-day family reset to bring faith from the edges to the center of everyday life, with daily scripture, teaching, and simple practices.

You love your family. You believe in God. But somehow, between school runs, work deadlines, and the endless to-do list, faith has become something you 'get to' when there's time - and there never seems to be time. You're not alone. Many Christian parents feel this tension: faith is important, but it lives at the edges of family life, not at the center. This 7-day reset is for you. It's not another program to add to your schedule. It's a gentle, practical way to weave Scripture, conversation, prayer, grace, and service into the ordinary moments you already share. Each day takes about 15 minutes and includes a simple practice you can do together. Use this week to begin one sustainable rhythm that will help your family grow in faith together - not because you have to, but because it becomes part of who you are.

TEACHING

Day 1: The Heart of the Home

Deuteronomy 6:6-9

“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. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates.”

God's design for faith in the family is not that it happens in a weekly hour at church, but that it is woven into the fabric of daily life. Deuteronomy 6 shows us that faith is to be in our hearts first - then it naturally overflows into our homes. The 'words' are not just to be memorized, but to be lived and talked about in the ordinary rhythms: sitting, walking, lying down, rising up. This is not about adding another activity; it's about recognizing that every moment is an opportunity to point our children to God. Today, we begin by examining our own hearts and asking God to make His Word central in us, so that it can flow naturally to our children.

Put It Into Practice

Choose one mealtime this week (breakfast, lunch, or dinner) to be your 'faith table' time. Put a Bible or a card with today's verse on the table as a visual reminder. Before the meal, read the verse together and ask one simple question: 'Where did you see God today?' or 'What is one thing you're thankful for?' Keep it short and natural. This is not a formal Bible study; it's a beginning.

Reflect & Talk Together

1. What is one thing that currently pushes faith to the edges of our family life?
2. How can we make our home a place where God's words are naturally talked about?

Prayer

Lord Jesus, You are the center of all things. Forgive us for the times we have let other concerns crowd You out. Begin a new work in our home today. Put Your Word in our hearts so that it may overflow in our conversations and routines. Amen.

TEACHING

Day 2: Talking About God in the Ordinary

Deuteronomy 6:7

“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.”

Yesterday, we began with a simple mealtime practice. Today, we expand our vision: faith conversations are not limited to 'spiritual' moments. God wants us to talk about Him in the car, at the dinner table, during chores, and before bed. This is not about lecturing; it's about sharing life and noticing God's presence in the everyday. When you see a beautiful sunset, mention the Creator. When you face a challenge, pray about it together. When you make a mistake, talk about God's forgiveness. These 'teachable moments' are often more powerful than any formal lesson. The goal is not to have all the answers, but to create an open, natural dialogue about faith.

Put It Into Practice

Today, be intentional about having at least one faith conversation outside of your mealtime. It could be in the car on the way to school, during a walk, or while preparing dinner. Use a prompt like: 'What is something you wonder about God?' or 'How do you think God feels when we help each other?' Listen more than you talk. The goal is connection, not a sermon.

Reflect & Talk Together

1. What is one ordinary moment today where I can naturally bring up God?
2. How can I become a better listener when my children talk about faith?

Prayer

Heavenly Father, thank You that You are with us in every moment. Help us to see You in the ordinary and to speak of You naturally with our children. Give us wisdom to know when to speak and when to listen. Amen.

TEACHING

Day 3: Prayer as a Family

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 not just a personal discipline; it is a family privilege. When we pray together, we invite Jesus into our midst in a special way. But family prayer can feel awkward, especially if you're not used to it. It doesn't have to be long or eloquent. It can be as simple as thanking God for the day and asking for His help. The key is consistency and sincerity. Today, we will establish a simple family prayer rhythm that you can continue beyond this week. Remember, prayer is not about performance; it's about relationship. God delights in the prayers of His children, no matter how simple.

Put It Into Practice

Begin a simple bedtime prayer routine tonight. Gather together (even if it's just for a few minutes) and have each person share one thing they are thankful for and one thing they want to ask God for. Then, pray together, either aloud or silently. You can use a simple formula: 'Thank you, God, for... Please help... In Jesus' name, Amen.' Keep it short and genuine. This is a rhythm you can continue every night.

Reflect & Talk Together

1. What has kept us from praying together as a family in the past?
2. How can we make our bedtime prayer time a consistent and meaningful habit?

Prayer

Lord Jesus, You promised to be with us when we gather in Your name. Thank You for the gift of prayer. Teach us to pray with simplicity and trust. May our family prayer time be a source of unity and peace. Amen.

TEACHING

Day 4: Extending Grace at Home

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.”

Home is often where we let our guard down - and sometimes that means we are not as kind as we should be. We can be quick to criticize, slow to forgive, and harsh in our words. But as followers of Christ, we are called to clothe ourselves with compassion, kindness, humility, gentleness, and patience. This is especially important in the family, where we see each other at our best and worst. Today, we focus on extending grace. Grace means giving what is not deserved, just as Christ gave us grace. When we forgive, we reflect the gospel. When we are patient, we show the love of Christ. This is not easy, but it is possible through the Holy Spirit.

Put It Into Practice

Today, be intentional about showing grace in a specific way. Perhaps you need to apologize to a family member for a harsh word. Or maybe you need to forgive someone who has hurt you. Write a note, say a kind word, or do an act of service for that person. At dinner, share what you did and how it felt to extend grace.

Reflect & Talk Together

1. In what situations do I find it hardest to show grace to my family?
2. How does Christ's forgiveness of me motivate me to forgive others?

Prayer

Father, thank You for Your incredible grace toward us. Help us to extend that same grace to our family members. Give us humble hearts to ask for forgiveness and willing hearts to forgive. May our home be a place where grace abounds. Amen.

TEACHING

Day 5: 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.”

Serving is a natural outflow of faith. When we serve, we follow Jesus' example, who came not to be served but to serve. Serving together as a family not only helps others but also bonds us together and teaches our children the joy of giving. It doesn't have to be a big project; it can be as simple as baking cookies for a neighbor, writing a card to a grandparent, or helping at a local food bank. The key is to do it together and to talk about why we serve: because Christ first served us. Today, we will plan and begin a simple act of service.

Put It Into Practice

As a family, brainstorm one simple way you can serve someone this week. It could be a relative, a neighbor, or someone in your church. Choose one idea and plan when you will do it. If possible, do it today. Afterward, talk about how it felt to serve and how it reflects God's love.

Reflect & Talk Together

1. What needs do we see around us that our family could meet?
2. How does serving together help us grow in faith?

Prayer

Lord Jesus, You came to serve, not to be served. Help us to have that same servant heart. Show us opportunities to serve others as a family. May our acts of love point others to You. Amen.

TEACHING

Day 6: God's Word in Our Hearts

Psalm 119:11

"Thy word have I hid in mine heart, that I might not sin against thee."

Scripture is not just for reading; it is for hiding in our hearts. When we memorize and meditate on God's Word, it shapes our thoughts, desires, and actions. This is especially important for children, who are forming their worldview. But memorization can feel like a chore. The goal is not to recite verses without understanding, but to internalize truth that will guide us. Today, we will choose a short verse to memorize together as a family. This will be a tool for life, a reminder of God's promises and commands.

Put It Into Practice

Choose a simple verse that is meaningful for your family. Suggestions: 'I can do all things through Christ which strengtheneth me' (Philippians 4:13) or 'Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you' (Ephesians 4:32). Write it on a card and place it where you will see it often (e.g., bathroom mirror, fridge). Practice saying it together several times today. At dinner, discuss what the verse means and how you can live it out.

Reflect & Talk Together

1. What verse would be most meaningful for our family to memorize?
2. How can we help each other remember and live out this verse?

Prayer

Lord, thank You for Your Word. Help us to treasure it in our hearts. Give us the discipline to memorize and meditate on Your truth. May Your Word guide our family in all we do. Amen.

TEACHING

Day 7: A Rhythm for the Long Run

Joshua 24:15

“And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.”

Today, we look back on the week and look forward to the future. You have taken intentional steps to bring faith back into your family life. But the challenge is to make these practices sustainable. A rhythm is not a one-time event; it is a pattern that becomes part of your family's identity. Joshua's declaration, 'As for me and my house, we will serve the LORD,' is a commitment that must be renewed daily. As you go forward, remember that you are not alone. The Holy Spirit is with you, and God is faithful to complete the work He has begun. Choose one practice from this week that you will continue, and commit to it with your family.

Put It Into Practice

Gather your family and review the practices you tried this week: mealtime faith talk, prayer, grace, service, and Scripture memory. Discuss which one was most meaningful or easiest to continue. As a family, decide on one 'rhythm' you will keep going forward. Write it down and post it somewhere visible. Celebrate with a special treat or activity, thanking God for the week.

Reflect & Talk Together

1. Which practice from this week do we want to continue as a family?
2. What might get in the way, and how can we overcome it?
3. How can we support each other in keeping this rhythm?

Prayer

Lord Jesus, thank You for what You have done in our family this week. Help us to continue the good work You have begun. Give us perseverance and joy as we seek to serve You together. May our home be a place where Your love is evident. Amen.

Continue Abiding

You have completed the 7-day reset. You have taken important steps to bring faith back into the center of your family life. Remember, this is not about perfection; it's about direction. God is faithful, and He who began a good work in you will carry it on to completion. Keep the rhythm you've established, and trust that God will use your small, consistent efforts to shape your family for His glory. May your home be a place where faith is lived, not just talked about.

Go Deeper

If this week has stirred a desire to see faith woven more deeply into your family's daily life, you'll find a trusted companion in the book 'Faith Begins at Home.' It offers a comprehensive vision and practical guidance for making your home a place where faith is naturally caught and taught. Continue the journey and discover how the rhythms you've started can become a lasting legacy.