



building blocks family devotional



Groups

# EGYPT™

Joseph's Journey  
from prison to palace



## building blocks family devotional

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# continue building faith together!

## Eat more meals together.

Sounds simple, but there's power in a family meal. Studies show that we get better at family meals the more we do them. Sharing goes up, tension goes down. There's even a connection between higher grades and family meals. So carve out time to eat together as a family.

## Keep dinners simple.

The best menus are meals where there's sharing, such as a build-it-yourself burrito meal with plenty of cooperation required in passing around bowls. Don't stress over dinner.

## Turn off the television. And the cell phones. And the computer.

The goal is to connect with *each other*, not a favorite program or people who aren't at the table. Set this time aside for your family. Remove any distraction that interferes with conversation.

## Ask, and then listen.

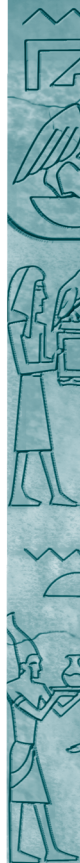
This isn't the time to critique grades or air grievances. Rather, ask questions and listen. Share stories from your day. Seek the positive.

## Use these quick devotions to spark conversation.

Pulling out this booklet may feel contrived at first, but give it time. These devotions provide 10 chances to connect as you dig deeper into the Scriptures you discovered in Egypt. And because everyone at the table gets involved, these devotions become a shared family experience.

And those busy teenagers who can't wait for the meal to end so they can text their friends? The CASA study found that a majority of teenagers who shared three or fewer meals with their families per week wanted to increase the frequency. Keep them at the table the first three meals, and soon they'll want to be there.

These 10 easy-to-lead family table-time devotions will help you stay connected...launch fun discussions...and take you deeper into God's Word—all at the same time! Enjoy your family time!



# 1

## in good times, in bad times

Create a reminder that God cares for us all the time.

1. Ask a family member to read aloud Jeremiah 29:11: **“‘For I know the plans I have for you,’ says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope’”** (Jeremiah 29:11).
2. Discuss these questions:
  - **How do you feel when you hear those words?**
  - **When would it help you to remember this verse?**
3. Say: **God doesn’t promise that bad things won’t happen. But he does promise that we always have hope. The Bible is filled with stories of people who had to deal with really hard things! Let’s see what they did.**
4. Have family members take turns looking up these passages to see how Bible-times people reacted to hard times:
  - ▷ ***Jacob lost his son Joseph (Genesis 37:34).***
  - ▷ ***King Saul and David’s best friend, Jonathan, died (2 Samuel 1:11-12).***
  - ▷ ***Job lost everything he had (Job 1:20).***
5. Tear a heart shape from a piece of paper. On the heart, write something you’re sad about. Tear the heart from top to bottom.
6. Together, read Jeremiah 29:11 aloud. **“‘For I know the plans I have for you,’ says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope.’”**
7. Exchange your “broken” hearts with each other, and let family members tape the pieces back together. Then pray for each other, thanking God for giving us hope even when we’re brokenhearted.



# 2

## the great unknown

*Talk about what the future might hold...  
and what we know it will hold.*

1. Flip through your family's calendar, looking at the days and months yet to come. Point out some things you're looking forward to...and *not* looking forward to. Discuss the following question, letting each person respond:
  - **What three things do you hope will happen in your future?**
2. Have a family member read aloud the following passage: **"For I know the plans I have for you," says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope'"** (Jeremiah 29:11).
3. Discuss the following question:
  - **What do you think God's future holds for you? Why?**
4. Say: **Some people try to figure out the future by using something fake—like a crystal ball, a horoscope, or going to a palm reader. But only God knows our future...and he promises that it's something good.**
5. Lay your family calendar in the middle of the table, and join hands around it. Take turns praying, asking God for his guidance and blessing during the coming days and years.

### June 2025

1 Church picnic 5:30 pm	2	3 Shelby to groomer	4	5 Paul: dentist 11:00 am	6	7
8	9	10	11	12	13 Disney World →	14
15 Disney World →	16	17	18	19 Mom & Paul reading @ library 10:30 am	20 Mike: Dr appt 11:00 am	21
22	23	24	25	26	27	28 neighborhood garage sale





# **THIS IS A SAMPLE**

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