

Simple Ways to Follow Jesus Together As a Family

Life gets busy, and many families want to find ways to grow closer to God and one another. But often what families really need is a place to start—simple ideas that fit into regular moments like the dinner table, car rides to school, and bedtime routines.

This activity guide provides practical ideas and conversation starters to help your family connect with God and each other in the mundane moments of everyday life.

The goal isn't to do everything on this list. Rather, it's a menu of ideas you can pick from to fit your schedule and season of life.

Mealtimes

- Go around the table and have each family member give one praise and one prayer request from the day. Then, each member prays for someone else at the table.
- Engage with one of our discussion prompts at the dinner table (see page 2).
- Ask your pastor or Bible study leader for a devotional recommendation for your family.

Car Ride Conversations

- Share a story of how God brought you through something, or something God is teaching you this week.
- If you're on the way to school, pray together for their teacher or a friend who may be struggling at school.
- On the way home from school or practice, pray over your child's day with them and ask them where they saw God move that day.



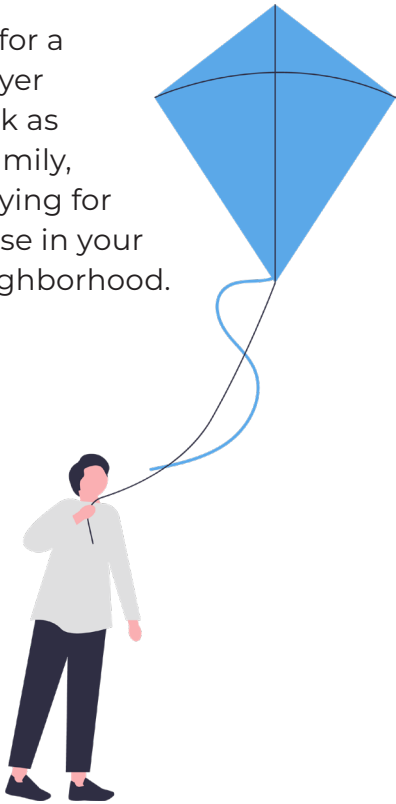
Encourage Your Family

- Take turns texting a prayer or encouragement to your family.
- Write Bible verses on sticky notes to slip in their lunchboxes or stick on the bathroom mirror.
- Play "Secret Service." Assign each child a secret mission: Do one kind thing for a sibling during the week and keep your identity hidden.



Play

- Make space to get away as a family, like attending a Life Action retreat or Family Camp.
- Play “Scripture Dash.” Scatter sticky notes with individual words from a verse all over the house or yard. Your kids must sprint to find every hidden note and assemble them in the correct order before the timer hits zero!
- Go for a prayer walk as a family, praying for those in your neighborhood.



Bedtimes

- Read a chapter of a children’s Bible together.
- Pick a Scripture for the week to pray over your family, and pray it with your child.
- Play worship music as they are brushing their teeth, putting on pajamas, and getting ready for bed.
- Pray for protection and good rest for your family as they sleep.



Serve Your Community Together

- Ask your pastor if there is an event where your whole family can serve at church.
- Create backpacks with supplies and a Bible for those experiencing homelessness, then donate them to a homeless shelter. Ask the shelter what supplies they commonly need.
- Bake cookies for people who live in a nursing home, for a neighbor, or for someone you know who needs encouragement. Attach a Bible verse to the cookies, or write it on a card.

Media

- Listen to a Christ-centered, family-friendly audio drama like Base Camp Adventures.
- Collaborate on a family worship playlist together.
- Listen to a sermon or a chapter in the Bible together.
- Watch an episode or movie from a Christian streaming platform like Pure Flix, Yippee TV, Angel Studios, or RedeemTV.



Conversation Starters

Discussion Questions for Families with Older Children and Teenagers

Questions About God

- What is one way you see God loving you right now?
- Do you have any questions about God or the Bible?
- What are you grateful to God for right now?
- If you had to describe God to someone who didn't know Him, what would you say?
- What is something you've learned about God lately that has surprised you?

Questions About Family

- What is something you love about each member of our family?
- What is something our family is really good at doing together?
- Is there anything I've said that has hurt your feelings this week? I'd like to make it right.
- If God gave our family \$100 to give away each month, where should we give it?



Questions About Others

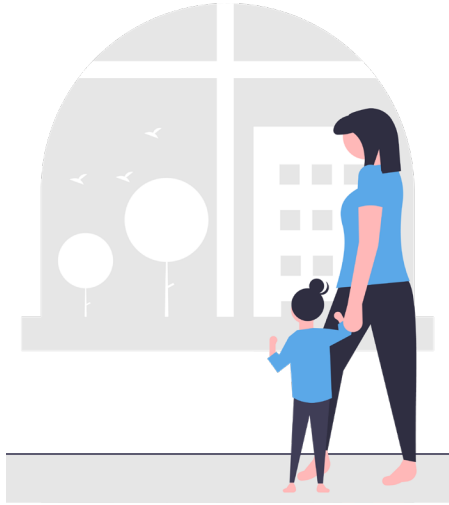
- Is there a friend of yours we can pray for? What makes you want to pray for them?
- If you could describe our church family in three words, what would they be, and why?
- Who do we know who seems lonely, sad, or stressed? How could we encourage them this week?
- Is there anyone you saw shine their light for Jesus this week? What did they do?



Questions About Them

- Is there something you're worried about or that feels heavy on your heart that we can pray to God about together?
- What is something you've learned in church recently?
- If someone were to ask you to give your testimony in 30 seconds, what would you say?
- What's an emotion that you've been feeling this week, and why?

Discussion Questions for Families with Younger Children



- If you could ask God to make a brand-new animal today, what would it look like and what sound would it make?
- What color reminds you of God's love? What color reminds you of the feelings happy, sad, angry, etc.?
- If Jesus gave you a giant hug right now, what do you think it would feel like?
- Jesus lives in our hearts. What do you think He's doing in there today? Is He helping you be brave? Is He helping you love more?
- Jesus can do anything! What is one miracle He did in the Bible that you think is the coolest?
- What is one thing God created that makes you say "Wow!"?

- Who helped you today?
- Is there anything that happened today that felt a little scary? Let's tell God about it so He can hold your hand.
- You can go to God about anything! Is there anything you want to tell Him today?
- What is something Mommy/Daddy/Sister/Brother did today that made you feel loved?
- Can you point to something or someone in this room that makes you happy? Let's thank God for it/him/her!
- What is something you love about Mommy/Daddy/Sister/Brother?

