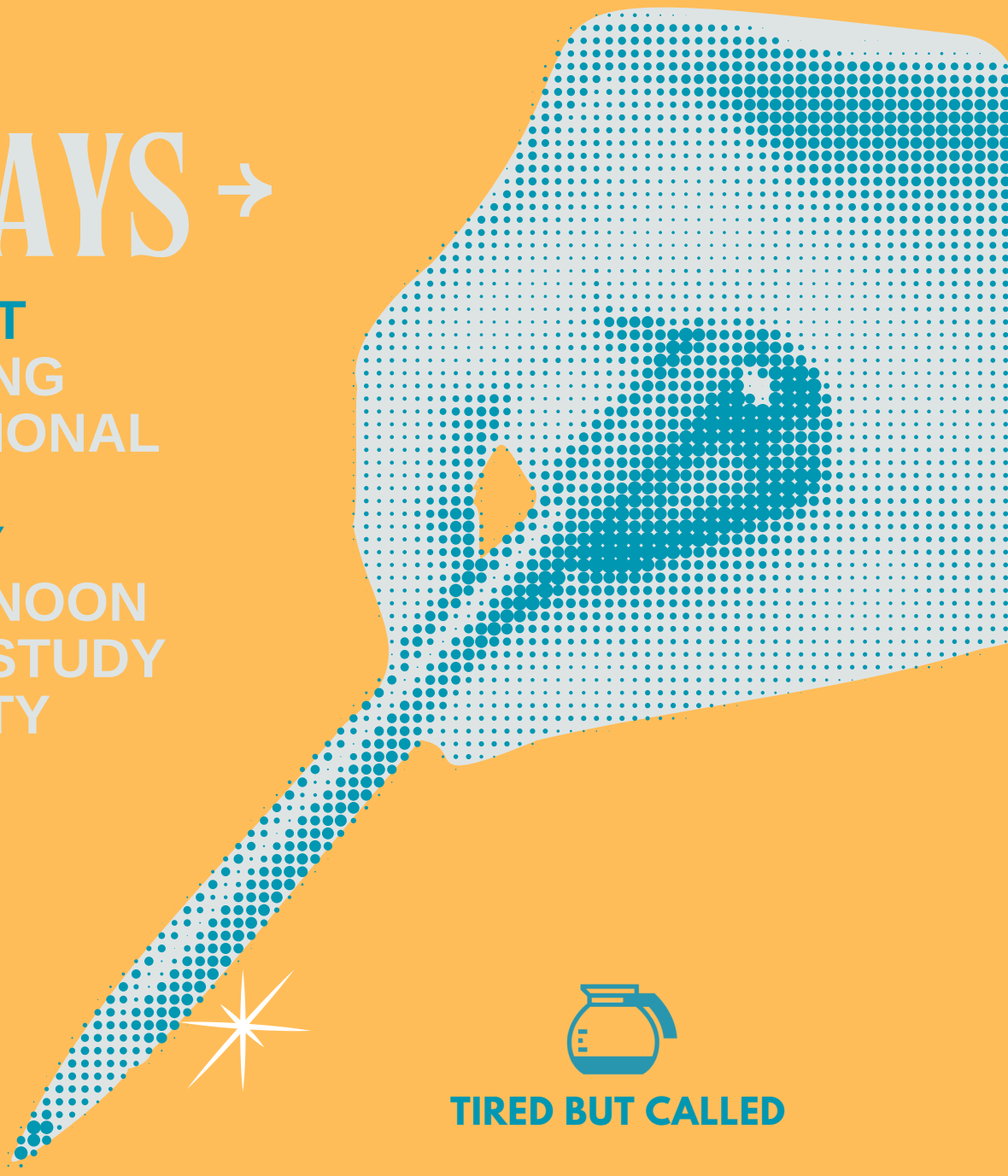
PSALMS FAMILY BIBLE STUDY

6 DAYS

PARENT
MORNING
DEVOTIONAL
+
FAMILY
AFTERNOON
BIBLE STUDY
ACTIVITY



TIRED BUT CALLED

HOW IT WORKS

FOR THE NEXT 6 DAYS

(or the next 6 weeks depending on your family schedule)

IN THE MORNING
PARENT DEVOTIONAL

Start your morning off with the parent devotional. The afternoon family Bible study activity will cover the same material!

1. **Read** the assigned Psalm in your study Bible.
2. **Write** the key verse.
3. **Pray** the guided prayer.

IN THE AFTERNOON
FAMILY BIBLE STUDY ACTIVITY

Gather your family together in the afternoon or after dinner for the family Bible study activity.

1. **Read** the assigned Psalm. (Parents, you will be familiar with this passage from your morning devotional!)
2. **Talk** through one study point. Ask the group one related question.
3. **Do** the easy, no-prep family activity to help your family remember the theme of the Psalm!

DAY 1

MEDITATE

(today's word is "meditate")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 1 in your study Bible. (Optional: Skim the commentary notes on Psalm 1 after your reading.)

2. **Write** key verse **Psalm 1:2** – "His delight is in the law of the LORD, and on his law he meditates day and night."

3. **A Prayer**: LORD, above all you are my delight. You refresh my soul, and you sustain me. You renew my mind and spirit. Draw my thoughts to you and your Word all day long. Thank you for our relationship. Let's do today together. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 1 out loud together. Go back and read key verse **Psalm 1:2**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 1:2** says delight comes from meditating on the Lord's words. What does the word "MEDITATE" mean? (In case you'd like a **second opinion**.)

3. **Do** the family activity. Apply a temporary tattoo or marker a heart on your kids' hands to remind them to think on God throughout the day and week when they see the tattoo or heart.

DAY 2

REFUGE

(today's word is "refuge")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 2 in your study Bible. Skim the commentary notes on Psalm 2 after your reading.

2. **Write** key verse **Psalm 2:12** – "Blessed are all who take refuge in him."

3. **A Prayer**: LORD, you are my great protector. I have refuge in you. You sit in the heavens reigning over every circumstance. You rule the enemy who seeks me. Thank you for watching over me. Safeguard me on my way today. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 2 out loud together. Go back and read key verse **Psalm 2:12**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 2:12** says people who take refuge in Jesus. What does the word "REFUGE" mean? (**Read this article** if you're wondering how our God, who is patient and slow to anger, also kindles wrath quickly.)

3. **Do** the family activity. Walk your kids' bedrooms, touch the doorframes going into each of their rooms together, and pray that God defends each room as a refuge under God's protection.

DAY 3

SUSTAIN

(today's word is "sustain")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 3 in your study Bible. (Optional: Skim the commentary notes on Psalm 3 after your reading.)

2. **Write** key verse **Psalm 3:5** – "I lay down and slept; I woke again, for the LORD sustained me."

3. **A Prayer**: LORD, you are the giver and sustainer of my life and health. You hold me up. You decide how my story will go, and you give me victory. Remind me to lean on you in body, spirit, and mind as I follow your plans for me today. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 3 out loud together. Go back and read key verse **Psalm 3:5**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 3:5** says God sustains us. What does the word "SUSTAIN" mean?

3. **Do** the family activity. Take turns holding your breath for 5-10 seconds to remind your children how precious the breath of life is and that God alone provides life.

DAY 4

SET APART

(today's phrase is "set apart")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 4 in your study Bible. Read the commentary notes on Psalm 4 after your reading.

2. **Write** key verse **Psalm 4:3** – "But know that the LORD has set apart the godly for himself; the LORD hears when I call to him."

3. **A Prayer**: LORD, you have set me apart, and I have your special attention. You hear my prayers. I can come to you in my distress, and you make joy and peace available to me in any circumstance. Help me find the joy and peace you have for me today. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 4 out loud together. Go back and read key verse **Psalm 4:3**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 4:3** says people who love God are set apart. What does "SET APART" mean?

3. **Do** the family activity. Allow your kid to close his eyes. Family members, take turns giving him a hug. Let your kid guess the name of each hugger by their hug. Repeat for each kid. Afterward, remind your children that even when they feel alone, God is giving them special attention.

DAY 5

YOUR WAY

(today's phrase is "your way")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 5 in your study Bible. (Optional: Skim the commentary notes on Psalm 5 after your reading.)

2. **Write** key verse **Psalm 5:8** – "Lead me, O LORD, in your righteousness because of my enemies; make your way straight before me."

3. **A Prayer**: LORD, you pay attention when I struggle. You are working on my behalf. And when your assignment for me here is over, I can come home. Shield me from the enemy's attacks and lead me straight into your plans for me today. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 5 out loud together. Go back and read key verse **Psalm 5:8**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 5:8** says we should follow God's way. How do we know which way is God's way? (hint: read Bible, pray, ask wise believers for advice)

3. **Do** the family activity. Draw pretend shapes on your kid's back through her shirt with your pointer finger (circle, triangle, etc.). Ask her to "follow the path of your finger" on her back and guess the shape. Expect laughs! Repeat for each kid. Remind your kids if they follow God's path for them it will lead to joy.

DAY 6

WEEPING

(today's word is "weeping")

YOUR FOCUS
PARENT DEVOTIONAL

1. **Read** Psalm 6 in your study Bible. (Optional: Skim the commentary notes on Psalm 6 after your reading.)

2. **Write** key verse **Psalm 6:8** – "Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping."

3. **A Prayer**: LORD, you rescue the trapped. When my mistakes lead me to suffering, you accept my prayers for relief and guidance. Deliver me from my weariness today and carry me with you. In JESUS' name, Amen.

FAMILY FOCUS
FAMILY BIBLE STUDY ACTIVITY

1. **Read** Psalm 6 out loud together. Go back and read key verse **Psalm 6:8**. Ask the group, "What stood out to you in this reading?"

2. **Talk** about the key verse. **Psalm 6:8** says the Lord hears our weeping. What does the word "WEEPING" mean? When are we allowed to come to the Lord for help? (hint: no matter how we are feeling)

3. **Do** the family activity. Take pictures of one another making your most convincing, pretend sad faces. Send your pictures to another family member or a friend to pick the winner. Remind your kids that we can come to God even when we feel our absolute worst or saddest. Always!

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