

# 40 Days of Spiritual Nourishment for Your Family



## Dinner Table Devotions: 40 Days of Spiritual Nourishment for Your Family by Nancy Guthrie

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In today's fast-paced and often chaotic world, it can be challenging to find time for spiritual nourishment. But as parents, it is our responsibility to provide our families with the tools and resources they need to grow in their faith and develop a strong relationship with God.

One way to do this is to embark on a family devotional journey. By setting aside dedicated time each day to focus on spiritual growth, we can create a lasting impact on our children's lives.

This article provides a detailed plan for 40 days of spiritual nourishment for your family. Each day includes a specific activity, discussion topic, and resource to help you connect with God and each other.

## Day 1: Begin with Prayer

Start your journey by gathering your family together for a time of prayer. Ask God to guide your family on this journey and to open your hearts to His Word.

**Discussion topic:** What does it mean to pray? How can we make prayer a regular part of our family life?

**Resource:** How to Pray as a Family

## **Day 2: Read the Bible Together**

Choose a passage of Scripture to read together as a family. You can use a children's Bible or a family devotional book to help you select an appropriate passage.

**Discussion topic:** What does this passage teach us about God? How can we apply it to our lives?

**Resource:** Bible Gateway

## **Day 3: Sing a Hymn or Worship Song**

Music is a powerful way to connect with God. Choose a hymn or worship song that your family enjoys and sing it together.

**Discussion topic:** What does this song tell us about God? How can we use music to worship Him?

**Resource:** 100 Christian Worship Songs

## **Day 4: Share a Story of Faith**

Take turns sharing stories of how God has worked in your lives. This could be a personal testimony or a story from the Bible.

**Discussion topic:** How can we share our faith with others? What are some ways that we can live out our faith in our daily lives?

**Resource:** How to Share Your Faith Effectively

### **Day 5: Serve Others**

One of the best ways to grow in our faith is to serve others. Find a way to serve your community together, such as volunteering at a local soup kitchen or visiting a nursing home.

**Discussion topic:** Why is it important to serve others? How can we make service a regular part of our family life?

**Resource:** VolunteerMatch

### **Day 6: Reflect on God's Creation**

Take some time to observe and appreciate God's creation. Go for a walk in nature or look up at the stars. Discuss how God's creation reveals His character.

**Discussion topic:** What does God's creation teach us about Him? How can we use creation to worship Him?

**Resource:** Creation Ministries International

### **Day 7: Rest and Recharge**

Take a day to rest and recharge. This could involve spending time in nature, reading a book, or taking a nap. Use this time to reflect on what you have learned so far and to prepare for the week ahead.

**Discussion topic:** Why is it important to take time for rest? How can we make rest a regular part of our family life?

**Resource:** The Importance of Rest and Recovery

### **Day 8: Read a Book About Faith**

Choose a book about faith that is appropriate for your family's age and stage of life. Read a chapter together each day and discuss what you have learned.

**Discussion topic:** What are the main themes of this book? How can we apply them to our own lives?

**Resource:** Christian Book Distributors

### **Day 9: Watch a Christian Movie or Documentary**

Watching a Christian movie or documentary together can be a great way to learn about faith and values. Discuss the movie or documentary after you watch it and talk about what you have learned.

**Discussion topic:** What did you learn from this movie or documentary? How can we apply what we learned to our own lives?

**Resource:** Dove.org

### **Day 10: Listen to a Christian Podcast**

There are many great Christian podcasts available that can help you grow in your faith. Choose a podcast that is appropriate for your family and listen to it together.

**Discussion topic:** What did you learn from this podcast? How can we apply what we learned to our own lives?

**Resource:** Podchaser

### **Day 11: Pray for Your Family**

Take some time to pray for your family. Pray for your children's faith, your marriage, and your family's overall well-being.

**Discussion topic:** Why is it important to pray for our family? What are some specific ways that we can pray for each other?

**Resource:** How to Pray for Your Family

### **Day 12: Discuss Your Family Values**

Take some time to discuss your family values. What are the most important things to you? How do your values influence your decisions and actions?

**Discussion topic:** What are our family values? How can we live out these values in our daily lives?

**Resource:** Family Values

### **Day 13: Create a Family Mission Statement**

A family mission statement is a statement that expresses your family's values and goals. It can help you to stay focused on what is important to you and make decisions that are in line with your values.

**Discussion topic:** What is our family mission statement? How can we



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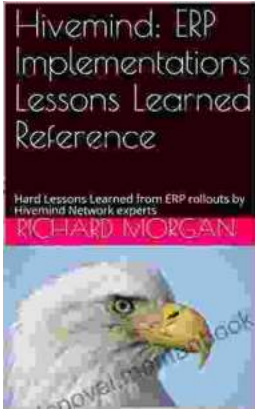
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