

FREE PRINTABLE • DEVOTIONAL

5-MINUTE FAMILY DEVOTIONALS

16 short, Scripture-based starters for the dinner table, the car ride or bedtime. Read a verse, talk it over and pray together.

“And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”

DEUTERONOMY 6:6-7 • ESV

16 DEVOTIONS

About five minutes each

READ • TALK • PRAY

Verse, question, prayer

TRY IT

One simple idea for the week

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FIVE MINUTES IS ENOUGH

You don't need a seminary degree or a perfect family to lead your kids in faith. You just need to start. Each devotion takes about five minutes.

READ

1 min

Read the verse out loud.
Let a child read it if they can.

THINK

1 min

Read the short thought, or say it in your own words.

TALK

2 min

Ask the question. Listen more than you talk. Dad answers too.

PRAY

1 min

Pray the prayer, or let someone pray their own.

Tips for dads

- Pick a regular time: dinner, the drive to school or bedtime.
- Keep it short. Stop while they still want more.
- There are no wrong answers in the talk time.
- Little kids? Ask a simpler version of the question.
- Missed a night? Just pick it up again tomorrow.
- Each devotion ends with an optional "Try it" idea for the week.

Our devotion time

- ☐ At dinner
 ☐ In the car
☐ At bedtime
 ☐ Other: _____

Days: ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

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01 SAY THANK YOU

☐ We did this on _____

READ

“Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!”

PSALM 107:1 • ESV

THINK

God gives us good things every day: food, family, sunshine, friends. Saying thank you to God reminds us that every good thing comes from Him.

TALK

What is one thing from today you want to thank God for?

PRAY

God, thank You for being good to us. Help us notice Your gifts every day and remember to say thank You. Amen.

TRY IT

Write a thank-you note to someone together this week.

NOTES

02 TREAT OTHERS WELL

☐ We did this on _____

READ

“And as you wish that others would do to you, do so to them.”

LUKE 6:31 • ESV

THINK

Jesus gave us a simple rule: treat people the way you would want to be treated. It works at school, at work and right here at home.

TALK

How would you want someone to treat you if you were having a bad day?

PRAY

Jesus, help us treat others the way we want to be treated, even when it's hard. Amen.

TRY IT

Do one kind thing for a brother, sister or friend without being asked.

NOTES

03 BE BRAVE

☐ We did this on _____

READ

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

JOSHUA 1:9 • ESV

THINK

Being brave doesn't mean we never feel scared. It means we remember God is with us, so we can do the right thing even when we're afraid.

TALK

When is a time you felt scared? How could remembering God is with you help?

PRAY

God, thank You that You are with us wherever we go. Make us strong and brave. Amen.

TRY IT

Have each person name one brave thing they'll try this week.

NOTES

04 HAND OVER YOUR WORRIES

☐ We did this on _____

READ

"...casting all your anxieties on him, because he cares for you."

1 PETER 5:7 • ESV

THINK

Worries can feel heavy, like carrying a backpack full of rocks. God invites us to hand those worries to Him, because He cares about us.

TALK

What is something you've been worried about lately?

PRAY

God, we give You our worries tonight. Thank You for caring about every one of us. Amen.

TRY IT

Write your worries on slips of paper, pray over them together, then throw the paper away.

NOTES

05 TELL THE TRUTH

☐ We did this on _____

READ

“Lying lips are an abomination to the LORD, but those who act faithfully are his delight.”

PROVERBS 12:22 · ESV

THINK

Telling the truth builds trust. When we’re honest, even about our mistakes, people know they can believe us. And God delights in it.

TALK

Why is it sometimes hard to tell the truth? What helps?

PRAY

God, give us courage to tell the truth, even when it’s hard. Help us be people others can trust. Amen.

TRY IT

Dad, tell about a time telling the truth was hard for you, and what happened.

NOTES

06 FORGIVE LIKE JESUS

☐ We did this on _____

READ

“...bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

COLOSSIANS 3:13 · ESV

THINK

Everyone gets hurt by someone sometimes. Forgiving doesn’t mean it didn’t matter. It means we let go of getting even, the way Jesus forgives us.

TALK

Is there someone you need to forgive, or someone you need to ask to forgive you?

PRAY

Jesus, thank You for forgiving us. Help us forgive others the way You forgive us. Amen.

TRY IT

If someone at the table needs to say “I’m sorry,” do it tonight.

NOTES

07 WORDS ARE POWERFUL

☐ We did this on _____

READ

“Death and life are in the power of the tongue, and those who love it will eat its fruits.”

PROVERBS 18:21 • ESV

THINK

Our words can build people up or tear them down. A kind word can turn someone’s whole day around.

TALK

What is something kind someone said to you that you still remember?

PRAY

God, help our words bring life to the people around us. Amen.

TRY IT

Each person says one encouraging thing to someone else at the table.

NOTES

08 SERVE LIKE JESUS

☐ We did this on _____

READ

“For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

MARK 10:45 • ESV

THINK

Jesus is the King of everything, yet He came to serve others. Serving means looking for ways to help, even when no one notices.

TALK

What is one way you could help someone in our family this week?

PRAY

Jesus, thank You for serving us. Show us how to serve each other with joy. Amen.

TRY IT

Pick one chore to do for someone else in the family tomorrow.

NOTES

09 WONDERFULLY MADE

☐ We did this on _____

READ

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

PSALM 139:14 • ESV

THINK

God made you on purpose. Your laugh, your gifts, even the way you think: He planned it all, and He calls it wonderful.

TALK

What is something God made special about the person sitting next to you?

PRAY

God, thank You for making each of us the way You did. Help us see ourselves the way You see us. Amen.

TRY IT

Tomorrow morning, look in the mirror and say, "God made me on purpose."

NOTES

10 WAITING ON GOD

☐ We did this on _____

READ

"...but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

ISAIAH 40:31 • ESV

THINK

Waiting is hard, whether it's for a birthday or for a prayer to be answered. God promises to give us strength while we wait and trust Him.

TALK

What is something you are waiting for right now?

PRAY

God, give us patience and strength while we wait. Help us trust Your timing. Amen.

TRY IT

Plant a seed in a cup and watch it grow over the next few weeks. Talk about waiting.

NOTES

11 LISTENING TO PARENTS

☐ We did this on _____

READ

"Children, obey your parents in the Lord, for this is right."

EPHESIANS 6:1 • ESV

THINK

God gave kids parents to love, guide and protect them. Listening and obeying is one way kids honor God, and parents get to lead with love.

TALK

Why do you think God asks kids to listen to their parents? Dad, what's your part?

PRAY

God, help our family listen to each other with respect, and help us parents lead with love. Amen.

TRY IT

Kids, try to do one thing this week the first time you're asked. Dad, say thank you when they do.

NOTES

12 A CHEERFUL GIVER

☐ We did this on _____

READ

"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."

2 CORINTHIANS 9:7 • ESV

THINK

God loves it when we give because we want to, not because we have to. Giving with a happy heart is a way to show God's love.

TALK

What is something you could share or give away this week?

PRAY

God, everything we have comes from You. Make us cheerful givers. Amen.

TRY IT

Choose a toy, book or piece of clothing in good shape and give it away together.

NOTES

13 A TRUE FRIEND

☐ We did this on _____

READ

"A friend loves at all times, and a brother is born for adversity."

PROVERBS 17:17 • ESV

THINK

A real friend sticks with you on good days and hard days. Brothers and sisters can be some of the best friends we'll ever have.

TALK

What makes someone a good friend? How can you be one this week?

PRAY

God, thank You for our friends and our family. Help us love each other at all times. Amen.

TRY IT

Invite a friend over, or write a short note to a friend this week.

NOTES

14 LET YOUR LIGHT SHINE

☐ We did this on _____

READ

"You are the light of the world. A city set on a hill cannot be hidden."

MATTHEW 5:14 • ESV

THINK

Jesus said His followers are like a light that can't be hidden. When we're kind, honest and loving, people see a little of God through us.

TALK

What is one way you could shine God's light at school or work tomorrow?

PRAY

Jesus, help us shine Your light everywhere we go. Amen.

TRY IT

Do one secret kindness for a neighbor as a family.

NOTES

15 GOD SO LOVED

☐ We did this on _____

READ

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

JOHN 3:16 • ESV

THINK

This is the heart of the whole Bible: God loves us so much that He gave His Son, Jesus, so we could be with Him forever.

TALK

How does it feel to know God loves you that much?

PRAY

God, thank You for loving us and for sending Jesus. Help us trust Him and love You back. Amen.

TRY IT

Work on memorizing John 3:16 together this week.

NOTES

16 MAKE THE DASH COUNT

☐ We did this on _____

READ

“So teach us to number our days that we may get a heart of wisdom.”

PSALM 90:12 • ESV

THINK

A headstone has two dates with a little dash between them. That dash is the whole life we live. God helps us spend our days wisely, on what matters most.

TALK

If you could do one thing this week that really matters, what would it be?

PRAY

God, teach us to make every day count. Help us love You and love each other well. Amen.

TRY IT

Plan one thing to do together this month that you'll still remember a year from now.

NOTES
