

DEVOTIONAL

for parents



Can you imagine needing to walk through the desert? You'd be surrounded by cacti, sand, snakes, and more sand. With the heat of the sun, we'd wind up so thirsty and wondering "Are we there yet?" That's probably how the Israelites felt as they wandered around the desert, waiting to enter the Promised Land. But no matter how tired our feet get, we can focus on what's happening in our lives right now rather than just on where we're going. In this five-week series based on stories from Exodus, we'll explore how **we can choose to be thankful, love God and others, turn to God when we're lost, go to God when we need rest and remember God's promises.**

Spend a few minutes each week **studying** the passages of Scripture we'll be teaching, **praying** about what God wants to do in your family, and **growing** by putting God's words into practice.

WEEK 1

We can choose to be thankful.

Exodus 17:1–7; Philippians 2:5–16



STUDY

Take a moment to read the passages of Scripture we'll be covering this week. **What stands out to you and why?**



PRAY

This week, choose either to start or end your days with a prayer of gratitude.



GROW

So what's your next step? Do you need to start a gratitude journal? How can you introduce gratitude into your relationships? Could you tell someone "I'm grateful you're in my life?" Whatever your next step is right now, take it.

WEEK 2

We can love God and others.

Exodus 20:1–4, 7–9, 12–20; Matthew 22:34–40



STUDY

Take a moment to read the passages of Scripture we'll be covering this week. **What stands out to you and why?**



PRAY

This week, ask God to help you with the people you struggle to love. Ask God to give you chances to grow or to show you why you may struggle with certain people.



GROW

So what's your next step? Could you show love to someone through a random act of kindness? Is there a conversation you need to have to clear the air? Do you need to commit to loving God in a new way? Whatever your next step is right now, take it.

WEEK 3

We can turn to God when we're lost.

Exodus 32:1–14; Philippians 4:4–9



STUDY

Take a moment to read the passages of Scripture we'll be covering this week. **What stands out to you and why?**



PRAY

Whether it's a relationship, guidance on what's next for your life, or the state of the world, there may be some things making you feel lost. This week, turn these things over to God.



GROW

So what's your next step? Maybe you need to stick reminders of God's faithfulness somewhere you can see them each day. Maybe you could remind someone else about how God helps us find our way. Whatever your next step is right now, take it.

WEEK 4

We can go to God when we need rest.

Exodus 33:7–23; Matthew 11:25–30



STUDY

Take a moment to read the passages of Scripture we'll be covering this week. **What stands out to you and why?**



PRAY

This week, pray for God to restore your soul as you rest.



GROW

So what's your next step? Is there something you need to say "no" to? Could you clear your calendar to take a rest day? Could you help take a responsibility so someone else can rest? Whatever your next step is right now, take it.

WEEK 5

We can remember God's promises.

Numbers 20:1–13; Deuteronomy 34:1–12; Psalm 90



STUDY

Take a moment to read the passages of Scripture we'll be covering this week. **What stands out to you and why?**



PRAY

It can be hard to remember some of the promises God has made to us. This week, pray for reminders of God's love, comfort, peace, rest, and protection.



GROW

So what's your next step? Could you tell someone about God's promises? Do you need to remember the promises yourself? Do you need to ask for forgiveness for breaking a promise to God? Whatever your next step is right now, take it.