

# faith & family

## Life Source

### Family Devotions

Hopefully your preteen is beginning to develop a habit of personal devotions. But there are still plenty of times when your input is needed—and valued. Encourage your child to read the daily Scriptures. Read the verses yourself. Use the questions to help your preteen understand the verses and apply them to life. Discover and learn from God’s Word—together!

- **SUNDAY**—Read Romans 8:5-8.  
We can’t always choose what thoughts come into our minds, but we can choose which thoughts we will continue to think about. What blessings come when we let the Spirit control our minds?
- **MONDAY**—Read 2 Peter 3:1, 2.  
What’s the different between a wholesome thought and an unwholesome thought? How can we avoid unwholesome thinking that can result from poor media choices?
- **TUESDAY**—Romans 12:2, 3.  
Peer pressure to listen to things we shouldn’t hear and view things we shouldn’t see is a struggle for many Christians. How can we avoid situations where we have to say no?
- **WEDNESDAY**—Read Philippians 4:8.  
Why does thinking happy thoughts tend to make people happier, while thinking negative thoughts tend to make them more depressed? Do our family’s favorite TV shows and music choices match up with the criteria given in this verse for healthy thinking?
- **THURSDAY**—Read Mark 12:28-30.  
What does it mean to love God with all your mind? What can we do to love God with all our minds?
- **FRIDAY**—Read Matthew 18:7-9.  
Jesus wants us to take sin seriously and to avoid it at all costs. How can we apply Christ’s teaching in this passage to the things we choose to think about?
- **SATURDAY**—Read 1 Peter 1:13-16.  
First Peter 1:13 says we are to have minds that are alert. When might alert actions be required to keep our thoughts holy?



**POWER SURGE**

Find this verse in the Bible. Together, memorize the verse.

**Psalm 119:9, 11**

Talk to God! He’s waiting to hear from you!