

Family Devotion #16

Play

Have family members extend their arms straight out to the sides. Start a timer. See how long everyone can hold this position. When one person's arms drop, the timer stops.

Repeat to try and set a family record. As you do this a second or third time, encourage each other as you grow tired of holding up your arms, so you can set a new family record.

Remember, the goal is the best time as a family. You are **not** competing against one another; you are competing *together* against the timer!

Read

Hebrews 10:24–25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Talk About

- Sometimes encouragement from others can help us do things we couldn't do alone. When is a time when someone has helped you accomplish something? How did they do this?
- Part of being a follower of Jesus is to encourage each other. When is a time when you have encouraged someone else to do something?
- We all need a little encouragement now and then! What is something that is going on in your life right now where you could use a little encouragement? Share that with your family.
- It is important to encourage each other in our walk with Jesus. That means when a family member is going through a tough time or facing a decision or task that seems like a lot, we can pray for each other. What prayer requests do you have today...how can you be praying for each other as family?
 - You could even commit to praying for each other during the coming days; maybe have each family member take another and commit to praying for that person in the coming days.

Pray

Dear God, help us to encourage and help each other. Watch over us and give us opportunities to be encouraging to each other, especially in our faith. Be with our family and help us find ways to love you, God, even more and to find ways to be more like Jesus in the way we act, talk, and live. In Jesus Name, AMEN.

Adapted from Focus on the Family

