

{ Dinnertime Devotionals }



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Weekly Theme: Practice These Things

Verse #1: Philippians 4:2-9

(I use the ESV Bible for these devotionals. Questions are based on that text.)

All Ages Discussion Starter: What is the context of this verse? Do you know who is writing it? To whom is this letter addressed? The challenge for this week is to memorize Philippians 4:8-9.

Spend some time reading over these two verses several times.

Verse #2: Philippians 4:2-3

Jr. Discussion Starter: Parent homework: Using Google can you find out some information about Euodia, Syntyche, and Clement? Share with your elementary age child the importance of why Paul was addressing these people?

Discussion Starter: Family research project: Parents can you work with your teens to find out a bit of info about Euodia, Syntyche, and Clement? Why would Paul address these people specifically by name? How had they helped?

Verse #3: Philippians 4:4-5

Jr. Discussion Starter: What does it look like / mean to rejoice in the Lord always? Also, what does it mean to let your reasonableness be known to everyone? Why is this so important?

Discussion Starter: Is 'rejoicing in the Lord always' an easy task? Everything that is spoken about in this passage can take a lifetime to master. How could you take small steps today to rejoice and have your conduct be viewed as respectable by those who are watching?

Verse #4: Philippians 4:6-7

All Age Discussion Starter: What does it mean to be anxious? Are there things in your life that you feel anxious about? How can you make these concerns known to God?

Can you describe what the peace of God means to you? Can you find peace like this anywhere else? How will the peace of God guard your heart?

Remember to be working on memorizing Philippians 4:8-9

Verse #5: Philippians 4:8-9

All Age Discussion Starter: Philippians 4:8 is my favorite verse in the whole Bible. I believe it is the 'measuring stick' we should use for all choices in life. Not only do we see the qualities we should pursue and fill our minds with in v8 but we also see that we should be doing every day in v9. As a family, each of you take turns trying to say Philippians 4:8-9 from memory. Will you join with me in putting those words into practice?