

Faith-Filled Minutes

5 Minutes of Daily Faith For Families



It could be argued that the four most powerful words a Christian can say are “*I don’t know but...*”

There’s a lie that has been fed to many of us in the past that we must be biblical experts to share the Bible with others. That couldn’t be further from the truth.

Yes, the more that we learn about God, the more opportunities are created in which we can share God with others. However, God doesn’t call the top-qualified people. He calls all of us, and He can only use those that say yes.

The best way to talk about faith with others is by starting at home.

What are Faith-Filled Minutes Cards?

These “Faith-Filled Minutes” cards are meant to talk about faith for at least five minutes of the day with your family, no matter what age your family members are.

Each month, you will receive 30 cards. The idea is that you can pull any card out, in any order, and be able to talk for at least 5 minutes as a family about faith. Your schedule may call for more or less, but the goal is to be talking about God at least 5 minutes a day.

These are not fancy cards that require any planning. It is a way to keep faith simple and easy to access.

Who are these Faith-Filled Minutes Cards for?

Any family.

These cards can be for you and your spouse in your empty nest house. They could be for you and your spouse, your three-year-old, and your baby. They could be for a house full of teens. It doesn’t matter what your family looks like.

We learn through experience, especially children, so it is about having a safe and comfortable space for families to talk about faith. Remember: even if the conversation seems above children’s heads, we will always be surprised by how much they retain and understand.

So what if you pull out a Faith-Filled Minutes card and you don’t know the right thing to say? What if your young children are looking at you bright-eyed and bushy-tailed, waiting for an answer and you don’t have it?

What if I don't know the answer to the questions myself? Or what if my kid asks a question that stops me right in my tracks?

There are three great ways to respond to this. No matter how you choose to respond, make sure that teaching our kids how to respond to faith questions they don't yet have the answers to is part of the journey. What happens when they are older and they have a question about their faith? We want them to go to the right place. So part of this is to encounter questions that you have to tackle as a family, so your children don't have to tackle it on their own in the outside world.

If a family member asks you a question you do not know the answer to, here are four possible ways you can respond:

- I don't know, but that's a great question. Let's look it up together.
- I don't know, but that's a great question, why don't we ask our pastor or church leader?
- I don't know, but I do know this: _____.
- I don't know, but let's pray on it.

In a world where our children are used to instant-access answers to questions, this creates the groundwork of understanding a faith in which answers do not often come instantaneously.

These Faith-Filled Minutes are not just to create time to talk about faith. It's to create a journey of walking in faith, and for most families, it only gets harder as life goes on. However, if we are solidified in God's truth, God's truth will always overpower any of our doing or anything that is going on in our lives. God's truth is greater than our circumstances.

Helpful Hints On Doing Faith-Filled Minutes:

- Have a family Bible(s) and find the passage in the Bible. It is incredible how much simply finding the verse in the paper Bible can teach kids.
- Let kids lead. If someone wants to read out loud, let them. If kids want to ask the questions, go for it.
- However, only let kids lead as they feel comfortable. None of this should feel forced or become a chore. Instead, do whatever is in your power to make this an enjoyable part of the night. Kids may not remember what is said, but they will remember happy feelings when talking about faith, which can be building blocks for the future.
- Context helps. If you need to read before or after the passage of the day, do what is best for your family.
- Having a small "save for later" box to discard used cards is helpful. Don't throw them away- they can be used year after year! Either your kids will not remember the exact card, or they will be able to build on it. These create building blocks of faith.

Enjoy your Faith-Filled Minutes!

Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty water will not reach them. You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.
(Psalm 32:6-7)

Questions:

1. This Psalm is written after God has forgiven the writer of the psalm for the mistakes he has made. The writer is explaining how happy He is that God has forgiven him, and explaining why prayer is great. Why do **you** think prayer is great?
2. How do you think God is our hiding place?
3. How does God protect us from trouble?

A Psalm 32:6-7 Prayer

Dear Lord, We pray for those who follow You God, that their prayers may increase daily. May they be protected by You. Thank you God for being my hiding place when things are scary. I know I can go to You in prayer and be safe. Amen.



Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love.
(1 Corinthians 16:14)

Questions:

1. Do you think it's possible to do **everything** in love?
2. What are the hardest actions to do in love?
3. Think about the last week. What is one thing that you could have done in love but didn't? How can you ask God for help next time?

A 1 Corinthians 16:14 Prayer

Almighty God, You us in Your image, which means that You understand all of our emotions. Then you sent your Son to come live out emotions. You truly understand everything we think and feel. Help us take any emotion we have today and tomorrow, and turn it into love. Amen.

“The Lord bless you and keep you.”
(Numbers 6:24)

Questions:

1. What does the word “bless” mean to you?
2. Sometimes we get stuck in our ways. Some people are “kept” by the mistakes they have made- they cannot move on. Or sometimes we are “kept” by what others have done to us- we can't let it go. What do you think it means that the Lord “keeps” us?
3. Why do you think God wants to bless us and keep us?

A Numbers 6:24 Prayer

Dear God, We know by Your Word that You want to bless us and keep us. In a world where too many things try to distract us, help us stay focused on what it looks like to receive Your blessings. Thank you for loving us, Amen.

Jesus Christ is the same yesterday, today and forever. (Hebrews 13:8)

Questions:

1. How old are you? What are the ways you are different now from when you were ___(cut age in half)?
2. How do you think God is the same now as He was yesterday, or even 2000+ years ago?
3. Does God expect you to remain the same? Why or why not?

A Hebrews 13:8 Prayer

Dear Jesus, I am amazed that You can be the same yesterday, today, and forever. That means You are all-knowing but also all-caring. Help me grow in Your wisdom and Your love, Amen.

Trust in the LORD with all your heart, and do not lean on your own understanding. (Proverbs 3:5)

Questions:

1. What do you think it means to trust God?
2. Why do you think God doesn't want us to use our own understanding? Aren't we pretty smart?
3. What is one step you can take to trust God more tomorrow?

A Proverbs 3:5 Prayer

O Merciful God, please help me to trust You with my whole entire heart. Help my understanding become more like Your understanding each and every day. Amen.



Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love. (1 Corinthians 16:14)

Questions:

1. Do you think it's possible to do **everything** in love?
2. What are the hardest actions to do in love?
3. Think about the last week. What is one thing that you could have done in love but didn't? How can you ask God for help next time?

A 1 Corinthians 16:14 Prayer

Almighty God, You us in Your image, which means that You understand all of our emotions. Then you sent your Son to come live out emotions. You truly understand everything we think and feel. Help us take any emotion we have today and tomorrow, and turn it into love. Amen.

When I am afraid, I put my trust in you. (Psalm 56:3)

Questions:

1. What does the word "bless" mean to you?
2. Sometimes we get stuck in our ways. Some people are "kept" by the mistakes they have made- they cannot move on. Or sometimes we are "kept" by what others have done to us- we can't let it go. What do you think it means that the Lord "keeps" us?
3. Why do you think God wants to bless us and keep us?

A Numbers 6:24 Prayer

Dear God, We know by Your Word that You want to bless us and keep us. In a world where too many things try to distract us, help us stay focused on what it looks like to receive Your blessings. Thank you for loving us, Amen.

Your word is a lamp to my feet and a light to my path. (Psalm 119:105)

Questions:

1. Think about a time that you had to walk in the dark. Maybe walking out of your bedroom in the night, or when the power was out. What are the most difficult parts of walking in the dark?
2. God never wants us to feel like we felt when walking in the dark. When we do life always thinking about God, it is like walking in a bright place. How can reading the Bible help us with understanding God's light?

A Psalm 119:105 Prayer

Dear God, I think about the times I have stumbled in the dark. I know You will never give me that feeling. You are the Father of lights (James 1:17) with whom there is no change like how shadows change. Help me follow You always, Amen.

Let everything that has breath praise the LORD!
Praise the LORD! (Psalm 150:6)

Questions:

1. Tell a time that you did something really well and received praise for it. Did you feel like you deserved the praise? Why or why not?
2. Knowing that God created everything, from every little tiny creature to us, why do you think it is important that we praise God?

A Psalm 150:6 Prayer

Dear God, Help us to praise You whenever we can. Remind us every day everything that You have created and that You are always worthy of praise, no matter what happens in life. Everything that is good comes from you. Amen.



We love because he first loved us. (1 John 4:19)

Questions:

1. As people, we try to love whenever we can. However, God doesn't only love us: He IS love. Do you think His love for us can change? Why or why not?
2. How can we love people in our family the way that God loves us?
3. How can we love people that are hard to love the way God loves them?

A 1 John 4:19 Prayer

Almighty God, We love because You love. Because of that, we want our love to be like Yours. Show us the next few days how we can love each person we talk to the same type of love You show us daily. Amen.

I can do all this through him who strengthens me.
(Philippians 4:13)

Questions:

1. Now that you have read Philippians 4:13, read Philippians 4:12 and 4:13 together. What type of things is Paul talking about having strength in?
2. What is something that happened in the last week that was not good? How can we ask God to help us be content in that situation? How can we use God's strength?

A Philippians 4:13 Prayer

Dear Lord, it is hard to understand that we can be content in all situations. However, You alone give us that power. Help us to see the world the way You do, and give us strength in everything. Amen.

Do to others as you would have them do to you.
(Luke 6:31)

Questions:

1. How would you explain this verse to a friend?
2. Can you share an example from your own life when you treated someone the way you would want to be treated, and it made a positive difference in your relationship with them?
3. Why do you think it's important to follow the idea of treating others the way you want to be treated? How can this principle help make the world a better place?

Luke 6:31 Prayer

Dear God, help us to always remember to treat others the way we want to be treated, with kindness, love, and respect, just as Your Word in Luke 6:31 teaches us. Amen.

The LORD is good to all; he has compassion on all he has made. (Psalm 145:9)

Questions:

1. How does this verse make you feel about God's love and care for everyone?
2. Can you think of some ways in which you've experienced or witnessed God's goodness and compassion in your life or the lives of others?
3. How can knowing that God is good to all and has compassion on everything He has made inspire us to show kindness and compassion to others in our daily lives?

A Psalm 32:6-7 Prayer

Dear God, thank you for your goodness and compassion towards all of us. Help us to learn from your example and show kindness and compassion to everyone we meet. Amen.



The Lord will fight for you. All you have to do is keep still. (Exodus 14:14)

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Questions:

1. Think about the last time you played freeze tag. Was it super loud and chaotic when you had to be still, or was it calm and peaceful?
2. Why do you think God wants us to be still sometimes?

An Exodus 14:14 Prayer

Dear God, thank you for the assurance that You will fight for us. Help us to find peace and strength in being still and trusting in Your protection during difficult times. Amen.

Set your minds on things above, not on earthly things. (Colossians 3:2)

Questions:

1. What are some examples of “earthly things” versus “things above”?
2. How can we remind ourselves to focus on things that God would focus on? Go through examples of things that happened during the week and how we could have focused on “things above” instead of earthly worries.

A Colossians 3:2 Prayer

Dear God, help us to keep our minds focused on heavenly and positive things, so that we may reflect Your love, kindness, and grace in all that we do. Amen.

For the Son of Man came to seek and to save the lost. (Luke 19:10)

Questions:

1. Have you ever needed help, and someone was there to make you feel better? How does it make you feel knowing that Jesus came to help people who need it?
2. How can we be like Jesus and be kind to others who might be feeling sad or needing a friend to cheer them up?

A Luke 19:10 Prayer

Dear Jesus, thank you for coming to help and save those who are lost. Help us to be like you and show kindness to people who need our help and love. Amen.

Do not be overcome by evil, but overcome evil with good. (Romans 12:21)

Questions:

1. Do you know what it means to be kind when someone is not being nice to you? Why is being kind important?
2. Can you think of a time when you were nice to someone who was not nice to you? How did it make you feel?
3. How can we be nice to others even when they are not nice to us? Why should we?

A Romans 12:21 Prayer

Dear God, help us to be kind and good, even when others are not, so we can make the world a better and happier place. Amen.



Every word of God proves true; he is a shield to those who take refuge in him. (Proverbs 30:5)

Questions:

1. Why do you think it is important that we believe that every word of God is true?
2. Can you think of a time when you read or heard something from the Bible that was helpful or meaningful to you? What was it, and how did it make you feel?
3. How can we better understand and apply the teachings from the Bible in our everyday lives?

A Proverbs 30:5 Prayer

Dear God, thank you for your flawless words in the Bible. Help us understand and follow your teachings to live a good and loving life. Amen.

Never stop praying. (1 Thessalonians 5:17)

Questions:

1. The verse says, "Pray continually." What do you think it means to pray continually, and why might it be important?
2. Can you share a time when you felt like talking to God in prayer, and how did it make you feel?
3. How can we remember to pray throughout the day and why is it a good habit to have in our lives?

A 1 Thessalonians 5:17 Prayer

Dear God, help us remember to talk to You throughout the day, and may our prayers bring us closer to You and help us find guidance and peace. Amen.

Children, obey your parents in everything, for this pleases the Lord. (Colossians 3:20)

Questions:

1. Why is it important for kids to listen to their parents and do what they say? How does this make parents and God happy?
2. Can you think of a time when you did something your parents asked, and it turned out well? How did it make you feel?
3. How can we show love to our parents by doing what they ask, and why is it good for our families?

A Colossians 3:20 Prayer

Dear God, help us to listen to our parents and do what they ask for the purpose of pleasing You, Amen.

Trust in the LORD forever, for the LORD GOD is an everlasting rock. (Isaiah 26:4)

Questions:

1. Do you know what it means to trust in God?
How does it feel to trust in God?
2. Can you think of something you're worried about, and how can trusting God make you feel better about it?
3. How can we show our trust in God, like when we say our prayers or help others?

A Psalm 32:6-7 Prayer

Dear God, we trust in You like a strong and everlasting rock. Help us feel safe and happy knowing that You are always with us. Amen.



To him who alone does great wonders, His love endures forever. (Psalm 136:4)

Questions:

1. What are some “great wonders” of this world?
2. Can you share a time when you felt amazed or grateful for something wonderful that God has created or done? What was it, and how did it make you feel?
3. How can we express our gratitude to God for the amazing things He does in our lives and the world around us?

A Psalm 136:4 Prayer

Dear God, we thank you for the wonderful and amazing things you do. Help us remember to appreciate and give thanks for your great wonders every day. Amen.

Seek the LORD and his strength; seek his presence continually! (1 Chronicles 16:11)

Questions:

1. What do you think it means to seek the Lord and His strength? Why is it important?
2. Can you share a time when you felt close to God's presence or strength, and how did it make you feel?
3. How can we seek God's presence continually in our everyday lives, and why is it a good idea to do so?

A 1 Chronicles 16:11 Prayer

Dear God, help us to look for You and Your strength every day. We want to be close to You and feel Your love. Amen.

His great love is new every morning. Lord, how faithful you are! (Lamentations 3:23)

Questions:

1. Think about when You wake up every morning. You still remember everything You did, right? God remembers too, but His great love starts a brand new every morning! What does that mean for your life knowing His love is brand new every day?
2. How can we love others in a Lamentations 3:23 type of way?

A Lamentations 3:23 Prayer

Dear Jesus, I am amazed that You can love us in a brand new way every day, even though You know us inside and out. We love You God! Amen.

But Peter and the apostles answered, “We must obey God rather than men.” (Acts 5:29)

Questions:

1. What do you think it means to obey God rather than people?
2. Can you think of a time when you had to make a choice between doing what you knew was right and what someone else wanted you to do? How did you make that decision?
3. How can we follow the idea of obeying God rather than people in our daily lives, and why is it sometimes necessary to do so?

An Acts 5:29 Prayer

Dear God, help us to do what is right and follow Your ways, even when it's hard. We want to obey You above all. Amen.



The simple believe anything, but the prudent give thought to their steps. (Proverbs 14:15)

Questions:

1. Another word for prudent is wise or thoughtful. What do you think makes someone wise?
2. Can you think of a time when you had to think carefully before making a decision, like choosing what game to play or how to solve a problem? What happened, and how did it turn out?
3. How can we become more "prudent" and make wise choices in our everyday lives, and why is it a good idea to do so?

A Proverbs 14:15 Prayer

Almighty God, You us in Your image, which means that You understand all of our emotions. Then you sent your Son to come live out emotions. You truly understand everything we think and feel. Help us take any emotion we have today and tomorrow, and turn it into love. Amen.

If you believe, you will receive whatever you ask for in prayer. (Matthew 21:22)

Questions:

1. Why do you think it is important to believe a prayer that we pray?
2. Can you share a time when you prayed for something, believed it would happen, and it came true? What did you ask for, and how did it make you feel?
3. How can we strengthen our belief in prayer and understand what things are good to ask for in our prayers to God?

A Matthew 21:22 Prayer

Dear God, we believe in Your love and kindness. Help us in our prayers and guide us to ask for good things that bring happiness and peace. Amen.

But I call to God, and the LORD will save me. (Psalm 55:16)

Questions:

1. Can you share a time when you felt like calling to God for help or comfort? What happened, and how did it make you feel?
2. How can we remember to call to God when we need help or when we're feeling worried or sad, and why is it important to do so?

A Psalm 55:16 Prayer

Dear God, when we need help, we call to You, and You are always there to save us. Thank you for being our helper and our friend. Amen.