

Seven daily Bible reading tips for busy families



Follow these seven easy steps to start including family worship in your daily routine, whether you have five or more minutes. (These tips are based on the “Wisdom for families” reading plan on the book of Proverbs)

These steps and durations below are *only for your reference*. Wisely adapt the time to suit the need(s) and constraints of your family. As a principle, to make daily family devotions time sustainable and engaging for all (small and old), keep it between five minutes to 20 minutes. Of course, you can always have an evening session too.

Tip #1 - Agree on a time (prep work)

Work, school, studies, business, caring for the elderly, shopping... it is easy to feel drained by life's hectic schedule. So, agree on a time /duration and try to keep at it daily. This "wisdom for family" framework is flexible - all you need is five minutes minimum to start off—one step at a time. So...

- Breathe (deeply)
 - Pray silently for yourself (as the leader)
 - Gather your family
 - Grab your Bible and the bookmark
- and you are good to go!

Tip #2 - Start with a prayer (1 minute)

As you come together as a family, consider placing this special moment of Bible reading under God's peace and Holy Spirit's guidance.

Tip #3 - Read the verses for the day (3 minutes)

Take turns as you prayerfully share the reading among you. Or call a friend if you live by yourself. Consider using a Bible in paper version if you can, or Bible apps can also work wonder if you are on the go, school run and co.

Tip #4 - Reflect on the question(s) (5 minutes)

This step is more relevant to older children, youth and adults. This moment of reflection will act as a door opened to the prompts of the Holy Spirit and a catalyst for further family discussions.

"Our work for Christ is to begin with the family, in the home..... There is no missionary field more important than this." Adventist Home - Ellen G White p. 35

Tip #5 - Complete the daily Bible puzzle (5 mins)

If time allows, have fun with your children with these Bible puzzles, quizzes, word searches, etc. This is the time to engage with the younger ones and build positive memories around family Bible reading time. Why not offer a token of appreciation or words of affirmation to children for finding the solution to a puzzle?

Tip #6 - Pray (1 minute)

To conclude, consider thanking God for the time spent in His word; asking the Holy Spirit to continue to prompt each family member to apply the learnings from the verse of the day. Finally, place your family under God's protection for the day ahead.

Tip #7 - Repeat the next day

Practice does not make "perfect", but it makes "permanent". Keep the session to the agreed time. By prayerfully reading the book of Proverbs daily, you and your family are on your way to emotional, mental and spiritual growth. May God bless your efforts!

And, that's it! Ready?

Now that you know the main steps for a dynamic and inspired Family Bible reading plan, it's time to move into action and connect to today's verses and activities. May God's peace and grace rest upon you and yours. Stay blessed!

"And the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus." Philippians 4:7 (NKJV)