



Milestones

Family Devotions are the core of faith formation. It is important to make them a regular part of your week. As they become routine, you will find the time comes to be more meaningful for the whole family.

You may choose to do family devotions at a time that works for your family. Some choose to do it before bed, at a meal time, or on a Saturday. For additional ideas about doing Family Devotions, visit our website.

Devotion times focus around key elements that support our faith life:

- Recognizing God's movement in our lives through milestones
- Reading Scripture
- Caring Conversation
- Service
- Blessing each other

The Basic Family Devotion provides a complete liturgy (outline) that covers all the key elements. It will take between 15 and 30 minutes to complete. If the family is doing devotions once a week, this is a good liturgy to use because it covers everything.

Resources you'll need:

- Bible
- Taking Faith Home (TFH) handout
- Candle (optional)
- Milestones (optional)
- A basket or box for cell phones

There are other options for Devotions that are available on our website. If this one doesn't work for you, consider using one of the others available.

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Basic Family Devotions

- Begin by **announcing it is time for devotions**. Ask everyone to silence their phones and collect them in a basket. Set the basket aside, out of reach and out of view.
- **Light a candle and pray**: "Gracious God, help us focus on you and each other during this time."
- **Acknowledge any milestones** that have or will be happening (these may be suggested in the bulletin/chimes, in TFH, or may be individual/family ones).
 - Pick out the milestone that is being acknowledge and invite every family member to share their thoughts about it.
- Read a **scripture** and reflect upon it
 - End with the suggested prayer, your own, or "Holy Spirit guide us in your love today and always. Help us remember this conversation and what it means for us."
- Invite a **caring conversation**
 - Option A: use the conversation starters in TFH or the Chimes
 - Option B: Invite each family member to share one of the following milestones that happened this week.
 - Mountain high - something significant or good
 - Valley Low - something that hurt or was not good
 - Gratitude - something that happened you're thankful for
 - Or another or the core stones (handout available)
 - End with a prayer
 - Option A: if heartfelt conversation has been shared, it may feel appropriate to pray after each person shares rather than after all have shared. Different family members can take turns.
 - Option B: conclude the time of conversation with "Lord Jesus, help us to hold each other and all that is shared in our hearts."
- Share a **service experience** or plan one to complete this week.
- **Recite the Lord's Prayer together**
- **Bless one another**
 - Option A: Take turns making the sign of the cross on each other's forehead and saying one of the following:
 - "Name, you are a child of God, special and important"
 - "Name, may the Lord bless you and keep you."
 - "Name, go forth with God's blessing."
 - Option B: use the weekly blessing suggested in TFH
- **Extinguish the candle** and return everyone's cell phones.