



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 Milestones Devotion provides a simplified devotional that focuses on recognizing God's movement in our lives. It is best used in conjunction with the Basic or Short Family Devotion. The simplified format means that it is especially useful for families on the go. Once familiar, it can be done while traveling to events, waiting, or at other times.

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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Milestones 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.
 - Explain that "Today, we are celebrating/remembering our milestones"
- **Light a candle and pray**: "Gracious God, thank you for all the good things you have put in our lives and help us to remember them, help us to turn to you in hard times and remember that you help us through them too."
- Start a **caring conversation** about milestones
 - Use one of the following three options to guide your conversation
 - Option A: each person **randomly pick a milestone** and shares from their own experience with that milestone.
 - Option B: **Select a single stone** (or use multiple stones) that everyone will share about. Some common ones might include:
 - Mountain high & Valley Low: Everyone shares something good and something bad from the week.
 - Gratitude: Everyone shares something they are thankful for from the previous week.
 - Care & Quest: Everyone shares what they feel they are called to do this week. (Note: called to do, is not the same as need to accomplish. You may need to accomplish a homework assignment or attend practice, but feel called to take time to pray, spend time with a family member, or do something that renews you)
 - Option C: invite every family member to **pick out the milestone they think is most important** to share about right now. If multiple individuals pick the same one, then take turns hold the stone and share about it.
 - After each person shares, have a **family prayer** for that person. The prayer may include any of the following:
 - If the sharing was a sad moment, ask God encouraging things for the person.
 - If the sharing time was joyful, thank God for something that was shared,
 - Offer a hope or encouragement for the person.
- Recite the **Lord's prayer**
- **Bless one another**