

**SHARING GOD’S STORY @ HOME**

**SCRIPTURE OF THE WEEK** – All you people: Trust in him at all times! Pour out your hearts before him! God is our refuge! ~Psalm 62:8

**PRAYER OF THE WEEK** - Loving God, you created me with thoughts and feelings, and you meet me in all of them. Thank you that I don’t have to pretend in your presence. Teach me to name what’s real, to pour out my heart, and to receive your peace. Help me become a safe and sacred space for others, just as you are for me. In the name of Jesus, who wept, rejoiced, and felt deeply—Amen.

**DAILY BIBLE READINGS**

As you read the stories for the week, ask yourself: **What do you think is the point of each story?**

<b>SUNDAY</b>	Psalm 62	<b>THURSDAY</b>	Romans 15:7-13
<b>MONDAY</b>	Hebrews 4:14-16	<b>FRIDAY</b>	1 Kings 19:1-13
<b>TUESDAY</b>	Romans 12:1-2	<b>SATURDAY</b>	2 Corinthians 1:3-5
<b>WEDNESDAY</b>	Psalm 139:1-14	<b>SUNDAY</b>	Matthew 11:28-30

*\*If your household includes younger children, use a child-friendly Bible. You might find that the children’s Bible you use may not include the story assigned for the DAILY BIBLE READINGS. **Read to your kids anyway. Just pick a story!***

**SERVICE CHALLENGE**

*SERVICE is how we enact God’s great love for the entire world.*

This week, be a neighbor who makes room for real emotions.

**Ideas for Practicing Compassionate Presence**

- Ask someone, “How are you *really* doing?”—and give them time to answer.
- Write a note to someone who may be grieving, overwhelmed, or isolated.
- Create a “safe corner” in your home or church with comfort items, scripture, and space to pause.
- Practice holy listening: receive without rushing, fixing, or judging.

*Think about devotions as a continuation of our worship. The following basic pattern could be one way of forming your household’s devotions. Adapt as necessary!*

**GATHERING**

- Light a candle to help you focus this time as “God time.”
- **Prayer of the Week**

**CARING CONVERSATION**

*Take a moment to check in with each other or to use the questions below.*

- **Highs & Lows:** Name one thing you saw today that made you happy. Name one thing you saw today that made you sad.
- **Thinking about This Week’s Story:** We are exploring how emotional honesty is part of our spiritual growth and connection with God. Scripture reminds us that even Jesus felt deeply, and naming our emotions is a faithful and transformative act. As Wesleyan Christians, we are called to grow in grace—head and heart together—creating space for vulnerability in ourselves and in others.
- **Getting Ready for Next Week’s Story:** Next week, we’ll explore the theme “*Anything Mentionable Is Manageable*,” drawing from Matthew 11:28–30 and Psalms of lament. We’ll reflect on how naming our pain—just as scripture teaches—can be an act of courageous faith and a pathway to healing. Through the gift of lament, we find that God meets us in our vulnerability with grace and rest.

**DAILY BIBLE READING**

*Read aloud from the DAILY BIBLE READING from the front. What do you want to remember from this reading?*

**PRAY TOGETHER**

- Hold each other’s hands. Pray together, either silently or aloud, and end with “Amen!”

**CLOSING**

- If you used a candle, extinguish it as a sign of the end of the devotion time.
- **Rituals & Traditions: A Blessing to Share**
  - With permission, mark one another with the sign of the cross on each other’s hands or forehead, and say, “**May you go knowing your feelings are sacred and seen by God. May honesty lead you to healing, and grace shape your heart. Walk in peace, transformed by love. Amen.**”

*The “Four Key Faith Practices”—Caring Conversations, Devotions, Service, and Rituals & Traditions—are a framework developed by the Rev. Dr. David Anderson of Milestones Ministry and used with permission from Vibrant Faith Ministries, Bloomington, MN ([www.vibrantfaith.org](http://www.vibrantfaith.org)).*

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