



Navigators Discipleship Tool



5 Ideas for Spending Time with God as a Family

Spending time with God each day is an important part of deepening your relationship with Him. Do you ever wonder how to carry that intentionality into your family time? Setting aside time with God as a family will strengthen your relationship with God and each other.

Whether it's in the middle of your routine or times when there are both work and school breaks, try out these five ideas for spending time with God as a family. Depending on the season your family is in, adjust and adapt these to fit your family's needs. Discover where you notice God and the ways He's loving, leading, and caring for your family.

1. Spending Time with God in the Mornings

“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days” Psalm 90:14 (NIV).

Would you like to invite peace into those chaotic mornings? Here is an idea for spending time with God as a family in the mornings.

Create a calming environment for breakfast, by playing a favorite worship album and encourage your family to leave their electronic devices in another room. Ask each person to share what they're specifically thankful to God for that day. Take the opportunity to tell God during breakfast and encourage your family to do the same.

Additional idea: Try our [30 Thankful Prayers](http://navlink.org/30thankfulprayers) (navlink.org/30thankfulprayers) resource during your morning times together.

2. Spending Time with God in Those In-Between Moments

“Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be” Psalm 139:16 (NIV).

Have you ever wondered how to be intentional with those moments in between — whether commuting to the next thing on the schedule or waiting in line? Here is an idea for spending time with God as a family during those in-between moments.

When you're in those in-between moments, offer the question, “Imagine Jesus with us now. What would you like to ask Him today?” The answers could lead to deeper conversation, to certain Bible stories where Jesus answered that question, or even expressing these questions to Him through prayer.

When the in-between moment has ended and it's time to move forward, make sure to make a note of the questions and come back to them later.

Additional idea: Try [The Prayer Hand](http://navlink.org/prayer-hand) (navlink.org/prayer-hand) resource which makes prayer simple and easy to remember, even during those in-between moments.



3. Spending Time with God During Meals

“How priceless is your unfailing love, O God! People take refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights” Psalm 36:7-8 (NIV).

Do you have a few nights each week when everyone is home to enjoy a meal together? Here are ideas for spending time with God during family meal times.

Consider using your family meal times as an opportunity to share a Bible passage and talk about it. One idea is sharing stories of meals throughout the Bible. Here are some Bible story references to start with: Genesis 25; Judges 6; 2 Samuel 9; Matthew 26; John 21:1-14. If you have younger children, consider reading from a children’s Bible or even listen to an audio Bible version of the story while you eat. Ask each person in your family where they see themselves in the story and why.

Another idea is to use a portion of your meal time to pray for others. You could even pick a specific day for those you pray for. For example: Monday - family; Tuesday - friends; Wednesday - neighbors; Thursday - city/town; Friday - country; Saturday - world/missions; Sunday - those who don’t yet know Jesus.

Additional idea: If you have young children, try sharing stories from [Discipleship For Kids: Helping Children Grow in Christ](http://navlink.org/discipleshipkids) (navlink.org/discipleshipkids) by NavPress during your family meal times.

4. Spending Time with God During Outdoor Activities

“The heavens declare the glory of God; the skies proclaim the work of his hands” Psalm 19:1 (NIV).

Does your family have a favorite outdoor activity? Here are a few ideas for spending time with God during outdoor activities.

If your outdoor activity moves slow, then use that time and journey to invite your family to notice their surroundings and where they see God’s handiwork. Consider making it into a game for younger kids, like “I Spy.”

If your outdoor activity moves fast, then when there is a break, invite your family to notice how God created each of them uniquely. Use that time to encourage one another with how they reflect God’s handiwork: “I see Jesus in you because of... (this character quality and even how it’s lived out in their lives).”

Additional idea: Try incorporating prayer for your neighbors as you spend time with God outside with our [30 Days of Praying Through Your Neighborhood](http://navlink.org/neighborhood) (navlink.org/neighborhood) resource.

5. Spending Time with God While Ending the Day

“In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety” Psalm 4:8 (NIV).

Does your family have an evening routine? Try adding these ideas for spending time with God as a family while you end the day.

Take turns praying for each person in your family and thanking God for who He is and the day that is almost finished. Sometimes the one-word prayers of thanks simplify prayers for the younger ones in your family: “God, thank You for being...(Love, Mighty, Peace, King, etc.).”

Another idea is to select a Bible verse for the week and read it each night before bed. Give each family member who is able to read an opportunity to read it. See who has memorized this verse by the end of the week. The [Topical Memory System](http://navlink.org/tms) (TMS) (navlink.org/tms) and [TMS for Kids](http://navlink.org/tms-kids) (navlink.org/tms-kids) are great options for finding verses to memorize.

Additional idea: Try the resource [How To Meditate on Scripture Day and Night](http://navlink.org/meditate) (navlink.org/meditate) as an outline for including Scripture in your end of the day routine.