

## Daily Confessions Devotional

This devotional was written with families in mind. Back in March of 2020, when everything became at a standstill, I knew God had given us a gift. This gift was time! Our family hit the reset button and became very intentional with our devotion to God, His Word, and our time together. This devotional models an approach we took with our children, teaching them the confession of God's Word and the power behind it. Daily, as we began to discuss God's Word as a family, we saw transformation take place in each one of us.

You will see throughout the devotional that there are many scriptures to read and break down. I encourage you to divide the scripture reading between each family member who is able to read. This will get everyone involved. (We allowed our teens to use their Bible app on their phones in order to read in different translations to really get the understanding of the scriptures.)

If your family has never done anything like this before, I want to encourage you that it may not start off as fun or desirable as you would like. Your children may resist. They may get restless. Be patient. Know that seed planting takes some digging up of the hard ground first. But, be consistent. Consistency showed our value in this special time with our children. It showed them that it was important for us as a family to sit down together and study God's Word, listen to His voice, and pray as a family.

Understand that you only need 20-30 minutes in one setting, especially when starting off. When you instruct, instruct with simplicity. Whoever reads specific scriptures, allow them to expound what they think. Help guide them and don't belittle them. If they have a hard time, jump in and help. The last thing you want to do during this time is provoke them to anger or embarrassment. The more consistent you are, the more likely to get involved. Another point I'd like to share is to not make everything so heavy. What I mean by that is you don't have to make every day so full of conviction or use it as an opportunity to lecture. This is an opportunity for your family to grow in God's word together and allow the word to do what it does best! There will be days that conviction comes, a time of repentance comes, but don't measure success by those times. Seed planting and seed watering are what allows the word to take root in our hearts and become life inside of us.

At the end of each devotion, I encourage you to take a moment to pray together as a family. Start by making a list of things you can pray for. Maybe keep a prayer journal that stays with the devotional material so that you can refer to it everyday and add to it as prayer requests come. Start the prayer by praying the personal confession. Based on time, you can choose to do the entire confession or maybe just the portion of the devotional. Either way, it's important to say it out loud! Use it as the start of your prayer. Then begin to pray for some of the requests written down. As your family becomes more comfortable, everyone can choose what request they will pray for. This will build confidence in praying in front of people, as well as a connection between each other. Prayer, intimacy with God, is one of the best ways families grow together.

## **DAY 1**

*I set the course of my life today with my words.*

Theme: Learning the power of our words and how to answer our thoughts

### **READ:**

Luke 4:1-14

*\*Remember that you can break up the scripture reading and allow several to read.*

### **REFLECTION:**

How many days was Jesus tempted? (verse 2)

We see that the devil was tempting him for 40 days. Yet, we don't hear about the 40 days of temptation until the end.

When do you think the temptation became stronger? (verse 2)

The temptation became stronger when Jesus became hungry. When the flesh is weak, temptation screams louder.

Satan immediately tried to tempt Jesus with food, then with power and authority, and last, to doubt who He really was.

How did Jesus answer each temptation?

Jesus answered each temptation with the Word. And not just the written word, but the spoken word. Jesus spoke the Word. Hold to the word no matter how loud the temptation is.

Think about some things that are tempting you.

Just like Jesus used the Word to answer thoughts coming His way, we should do the same.

He knew who He was, He knew what belonged to Him based on the Word inside of Him.

### **CHALLENGE:**

Find a scripture that gives you the victory in something you are being tempted with and begin to quote it throughout the day.

If you have young children, help them do this by focusing on one issue (fear, anger, selfishness, low self-esteem, etc...) and find a scripture that they can use as their voice.