

LIVING IT OUT

Following Jesus When Life Gets Real

I can learn to trust God and follow Him no matter what I face.

HOW TO USE THIS

This isn't an assignment to finish. It's a tool to help your family explore faith, have meaningful conversations, and discover what it looks like to follow Jesus.

TALK — Start with real life.

READ — Read a few verses.

CONNECT — Choose the questions that fit your child.

PRAY — Talk to God together.

Don't ask every question. One great question that leads to a rich conversation is better than finishing the list. Listen more than you teach. If you don't know an answer, “I don't know — let's figure it out together” is a great answer.

We're not just raising kids; we're raising adults. The goal is to help them practice following Jesus for themselves. Let older elementary kids, preteens, and teens read Scripture, choose a question, or lead prayer.

P.R.A.Y.: Praise God • Repent honestly • Ask God for what you and others need • Yield by giving God control and choosing to follow Him.

Read Scripture. Talk honestly. Listen well. Follow Jesus together.

DAY 1 — WHEN LIFE GETS HARD

TALK

What's one thing you're excited about this school year? What's one thing that might be hard?

READ

James 1:2–4

James doesn't say hard things are fun or that we should pretend they don't hurt. He says God can use difficult things to grow our faith and teach us to keep going.

SAY IT SIMPLY

God can help me when things are hard.

CONNECT

PRESCHOOL: What's something that's hard for you to do? • Who can help you when something is hard?

K–3RD: What's something that feels hard right now? • How could remembering God is with you help?

4TH–5TH: What's one challenge you might face this school year? • What would trusting God in that situation look like?

MIDDLE SCHOOL: What's one pressure you're already feeling this school year? • What's the difference between trusting God and pretending something isn't hard?

HIGH SCHOOL: What's one challenge you're carrying that other people might not realize is difficult for you? • What would trusting God in your current situation actually look like?

Pick one or two questions and follow the conversation.

PRAY — P.R.A.Y.

P — PRAISE: God, I praise You because You are with me.

R — REPENT: Forgive me for the times I don't trust You.

A — ASK: Help me with _____.

Y — YIELD: Even when things are hard, I choose to trust You.

DAY 2 — WHEN I DON'T KNOW WHAT TO DO

TALK

What's a decision you've had to make recently?

READ

James 1:5–6

James says that when we need wisdom, we can ask God. Wisdom isn't just knowing a lot; it's knowing how to make wise choices with what we know.

SAY IT SIMPLY

I can ask God for wisdom when I don't know what to do.

CONNECT

PRESCHOOL: Who helps you make good choices? • What's one good choice you can make at school?

K–3RD: What's a choice kids your age sometimes have trouble making? • What's something you want to ask God to help you with?

4TH–5TH: What's the difference between doing what everyone else does and making a wise choice? • Where might you need God's wisdom this year?

MIDDLE SCHOOL: Where do you feel pressure to make decisions based on what other people think? • Where do you need God's wisdom right now?

HIGH SCHOOL: How do you tell the difference between what you want and what is actually wise? • Where do you specifically need God's wisdom right now?

Pick one or two questions and follow the conversation.

YOUR TURN: Let an older child read today's passage aloud.

PRAY — P.R.A.Y.

P — PRAISE: God, I praise You because You are wise.

R — REPENT: Forgive me for choices I knew weren't wise.

A — ASK: Give me wisdom for _____.

Y — YIELD: Help me follow Your way, even when it's different from what I want.

DAY 3 — WHEN I'M TEMPTED

TALK

Why is it sometimes hard to do the right thing even when we know what the right thing is?

READ

James 1:12–15

Temptation is real. Being tempted isn't the same as sinning. James helps us recognize how wrong desires can pull us away from what is good. We can ask God for strength and choose what's right.

SAY IT SIMPLY

God can help me choose what's right.

CONNECT

PRESCHOOL: What's a good choice you can make today? • Who can help you make the right choice?

K–3RD: When is it sometimes hard to do what's right? • What can you do before making a choice you know might be wrong?

4TH–5TH: What wrong choices are easier to make when friends are doing them too? • What's one way you can prepare now to make a good choice later?

MIDDLE SCHOOL: Where do students your age feel the most pressure to compromise? • What's one boundary that could help you before you're under pressure?

HIGH SCHOOL: Why is it dangerous to wait until you're in the moment to decide what you believe? • Where might you need to establish a boundary before temptation comes?

Pick one or two questions and follow the conversation.

PRAY — P.R.A.Y.

P — PRAISE: God, I praise You because You are good.

R — REPENT: Forgive me for _____.

A — ASK: Give me strength when I'm tempted.

Y — YIELD: I give You the areas where I want to do things my own way.

DAY 4 — REMEMBER WHAT'S TRUE

TALK

What's something good in your life right now?

READ

James 1:16–18

James reminds us that every good gift comes from God. Circumstances change. Feelings change. God does not.

SAY IT SIMPLY

God is good, and He gives us good things.

CONNECT

PRESCHOOL: What's something good God has given you? • Who is someone you're thankful for?

K–3RD: Name two good things God has put in your life. • Is God still good when you're having a bad day? Why?

4TH–5TH: What good gifts from God do you sometimes take for granted? • How can remembering God's goodness change a difficult day?

MIDDLE SCHOOL: What tends to affect how you feel about your life? • Where can you see God's goodness right now?

HIGH SCHOOL: What's the danger of deciding whether God is good based only on whether life is going the way you want? • What evidence of God's goodness can you recognize today?

Pick one or two questions and follow the conversation.

YOUR TURN: Let a child choose which CONNECT question your family discusses.

PRAY — P.R.A.Y.

P — PRAISE: God, I praise You because You are good.

R — REPENT: Forgive me for taking Your gifts for granted.

A — ASK: Help me recognize Your goodness today.

Y — YIELD: I trust You with my circumstances.