

# 5-DAY FAMILY DEVOTIONAL

“

Your word have I hidden in my heart  
that I might not sin against you.

Psalm 119:11

---

## OVERVIEW | NOTES FOR PARENTS

Psalm 119:11 says, “Your word have I hidden in my heart that I might not sin against you.” During the time that Jesus walked the earth, religious leaders were required to have the entire Bible memorized by the time they turned 30 years old. These religious leaders were the people who had the most difficult time recognizing Jesus as the Messiah; the one they’d learned so much about. Eventually, they convinced the people and government leaders to crucify Jesus. They definitely sinned against God.

In Mark 5:1-20, the man with the legion of demons came to Jesus and, in verse 7, said “...Jesus, Son of the Most High God...” Besides John the Baptist, this man identified Jesus as the Son of God before anyone else recognized who He was. I ask the question, how is it a man possessed by thousands of demons recognized Jesus but the men possessing thousands of verses did not? How could these men, who knew the Scriptures better than anyone, still sin against God the way they did?

I believe the Word was memorized in their heads but wasn’t hidden in their hearts. I have pondered these questions for some time and desire to see a generation of children who know how to hide God’s word in their hearts and, as a result, not sin against Him.

My hope is that this short devotional would lead your family on a journey of learning to do more than just memorize words written on a page; but rather, have them hidden in your hearts.

Blessings with Much Joy,

Seth Dahl



## DAY #1: FROM HEAD TO HEART

---

**Summary:** This game serves as a fun way to illustrate the process of getting God's Word from your child's head to their heart! There are three options for teaching this devotional. The options depend on which item you choose to use in the "What You Will Need" section. As you can see, the three options vary in price and age level.

**Verse:** "I have hidden your word in my heart that I might not sin against you." (Psalm 119:11)

### What You Will Need:

- Option #1: Money Maze Puzzle Bank  
Best for ages 7-10 | Costs \$7 | [Order it here.](#)
  - Option #2: Print-Out Maze  
Best for ages 7 & under | Free | [Get Maze #1 Here.](#) or [Get Maze #2 Here.](#)
  - Option #3: Heart Maze Puzzle  
For ages 3 and over | [See Example Here.](#) *(This item tends to run out of stock online. However, similar items are usually available at local department stores.)*
- 

### OPTION #1

Write Psalm 119:11 on a piece of paper. Roll the piece of paper up and insert it into the Money Maze Puzzle Bank. Using the instructions provided with the bank, have your child complete the puzzle in order to retrieve the piece of paper with the verse written on it.

Once they've retrieved the paper, explain to them that hiding God's word in their heart is like this puzzle. When we hear or read a Bible verse, that verse goes into our mind. But then we need to get that verse down into our hearts so it can open us up to the good things God has put inside those verses.

*\*For another use for Money Maze Puzzle Bank, see the end of today's devotional!*

---

## **OPTION #2**

Print out the maze(s) and instruct your child on how to complete it. When your child finishes the maze, write "Psalm 119:11" at the ending place of the maze. Then help them find Psalm 119:11 in the Bible.

Talk to them about hiding His word in our hearts, not just remembering it in our minds. Explain that there are many people who only remember God's word in their minds, but they still sin against God. We want to live lives where we don't sin against Him, and one of the ways to do so is to hide His word in our hearts. Explain that over the next few days, as a family, you're going to do this together!

---

## **OPTION #3**

Instruct your child on how to complete it. When your child finishes the maze, flip over the maze where you have written "Psalm 119:11" on the back. Then help them find Psalm 119:11 in the Bible.

Talk to them about hiding His word in our hearts, not just remembering it in our minds. Explain that there are many people who only remember God's word in their minds, but they still sin against God. We want to live lives where we don't sin against Him, and one of the ways to do so is to hide His word in our hearts. Explain that over the next few days, as a family, you're going to do this together!

---

## **ADDITIONAL USE FOR THE MONEY MAZE PUZZLE BANK**

**Note For Parents:** You may want to wait a few weeks before doing this activity, as you'll be using the Money Maze Puzzle Bank toy again.

**Bible Verse:** "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." Hebrews 11:6

On a piece of paper, write Hebrews 11:6. Slip the paper into the puzzle bank. If you want, you could add \$1 or another Bible verse. Instruct your child on how to complete the puzzle bank. When they get the bank opened and read the verse, explain from the verse that God is a rewarder of those who diligently seek Him, and it pleases Him that we believe this. Explain to your children that, when they were trying to complete the puzzle bank, they were “seeking diligently” (really focused) to get the ball into the center. And they were rewarded for their diligence!

Reference Psalm 119:11, “I have hidden your word in my heart that I might not sin against you.” Remind your child that when we read the Bible and hide God’s word in our hearts, we are diligently seeking Him.



## DAY #2: PLANTING THE SEED

---

### What You Need:

- Soil
- Small flowerpot
- Sunflower seeds (Available at your local nursery or garden center)
- Kid's Gardening Kit (Optional) | [Order it here.](#)

**Note To Parents:** Depending on your child's age, you may need to explain more or less of this object lesson.

**Additional Resource:** In this lesson, we will be growing sunflowers for an object lesson. We chose sunflowers because they grow easily. If you would like more information on how to grow sunflowers, [click here.](#)

---

### OBJECT LESSON

Put some of the soil into the small flowerpot. Set a sunflower seed on top of the soil and ask your child if the seed is planted. When they tell you "no" they will most likely also tell you that you need to bury it under the soil before it is truly planted.

Play around a little, asking them if they are certain it's not planted. Tell them jokingly that you think the seed should start growing now that it is sitting on top of the soil. Go back and forth with them a little until you've covered the seed with soil and it is buried. Ask them more questions about what a seed needs to grow. They'll likely answer by saying things like sunshine and water.

---

### EXPLANATION

We would never take a seed, set it on the soil, and think that it would grow. But many people treat God's word like this. Many verses in the Bible are like seeds. When we plant these verses in our hearts, our lives grow what the verse says. But if we only

have these verses in our mind, they're like seeds sitting on top of the soil. They will be very difficult to grow.

---

### **DIG INTO THE BIBLE - PSALM 119:11**

If you played the game from Day #1: Heart To Head (above), reference back to the verse, Psalm 119:11. Explain to your child that many people know a lot of Bible verses, but still sin against God. If you didn't play the game from Day #1, look up the verse, Psalm 119:11, show it to your child and explain it to them.

---

### **CLOSING**

We are going to do a couple more things coming up that will teach us how to plant, water, and give sunshine to God's words. First we will learn to bury them in the soil of our hearts.



## DAY #3: BURYING THE SEED

---

### INTRODUCTION

Take a moment to think about your child's favorite movie. What is their favorite character in that movie? Has your child ever "become" that character in your house?

At one point, my daughter loved the movie "Cars," and she quickly became Lightning McQueen. I became Mater. Her mom became Doc, and her brother became The King. I can't tell you how many nights we spent racing around sofas and coffee tables. Every time there was a flat tire, I would tow Lightning or The King to Doc's shop (the dining room). To say the least, it was hilarious!

Not only was she "Lightning McQueen" at home, she told her teachers to call her by her new name. We all loved it. We all became the story. She was watching the movie over and over in her head then acting it out in our home.

---

### DISCUSSION: IMAGINING YOURSELF IN THE MOVIE

*"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people..." Ephesians 1:18*

Show your child the verse Ephesians 1:18. Point out that our hearts have eyes. In the verse Luke 1:51, the word for heart is translated as "imagination". If we want to hide His word in our hearts, we need to watch it in our imaginations.

Ask your child if they've ever imagined themselves in their favorite movie. If they have imagined themselves in their favorite movie, ask them if they'd like to tell you about it. If they've actually acted out their favorite movie, like my daughter did, remind them of that. Share with them that it's like they are watching the movie in their hearts when they aren't watching it on the screen.

---

### ACTIVITY: IMAGING YOURSELF IN THE MOVIE

Have your child either lie down or sit somewhere that they'll be comfortable. If you want, you can play some instrumental or soaking music as well. Have your child close

their eyes and, as you read the following verse, imagine or “watch” themselves in the Bible verse as you read it, just like they’ve done with their favorite movie.

You’ll notice that I’ve added a bit more text than just the verse below. My hope is to help you see how you can lead them in this exercise. Take your time and don’t rush. Give them time to “watch” the verse.

Philippians 4:6-7 (NLT) “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

“Don’t worry about anything; instead, pray about everything. Tell God what you need...”

Think about something that you’ve been worried about. Imagine you’re here at home or in school, and you remember the thing you’ve been worried about. Now, instead of worrying about it, watch yourself pray about it. Watch yourself tell God what it is you need for that thing you’re worried about.

“...and thank Him for all he has done...”

Now, tell God “thank you” for something specific that He’s done for you. For example, thank Him for loving you, for working on this for you, and because you know He’s going to turn it into something good.

“Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Picture and feel His peace coming over you. Picture it like a shield and helmet coming on you and guarding you. Feel His peace keeping you safe and protected.

---

## **CLOSING**

When you finish this exercise, have your child share what they saw and how they feel now. Reference the sunflower seed and point out that, when we watch God’s word in our hearts, we bury His seed inside us.



## DAY #4: WATERING THE SEED

---

### INTRODUCTION

Now we are going to learn to water the seeds we've planted by acting out the Bible. I have a friend from our church that leads many of the outreaches we do. He sees miracles all the time, but he didn't always see them.

When my friend was first learning to minister to people, he would practice at home. He would go into his closet, take a pair of his jeans that were hanging up, and practice praying over them as if they were a person! He would kneel down in front of his jeans, put his hands on the knee area of the jeans, and pray, "Be healed in Jesus's name!!" He would even ask the jeans, "How does it feel? It's all better? PRAISE JESUS!" He acted out in private what he wanted to see in public.

---

### BIBLE STORIES

You will want to gather your whole family for this section!

Have your child pick one of the following three Bible stories:

- Bible Story #1: Healing of the Crippled Man
- Bible Story #2: Feeding the Five Thousand
- Bible Story #3: Woman with the Issue of Blood

Have your children pick one story for you read. If your child is older, have them do the reading. As you are reading the story, have your child identify the characters in the story. Then have them decide which members of your family should act out which characters from the story. Usually the number of characters in the story will be more than the number of people in your family, so only pick the characters that really need to be included.

Ask your child questions like, “What’s important in the story that needs to be acted out? What do you think your character was feeling during this time and how can you show that in the expression on your face?”

As a guide, I have written a list of the main points for each story. Feel free to add to it. Then, you will act out the story from the Bible. Remember to become the part! Step into character, see, and experience what it was really like to be in the Bible! I’d also recommend filming this with your phone or camera if you are able. You don’t need to know much about filmmaking to create a pretty decent video. Your kids might also know enough to be able to oversee this part. I’ve given children an iPad and a Bible story and been absolutely blown away by the video they come away with. By filming, your family can watch it over and over and when they do, it continues to grow more in their hearts.

#### **EXAMPLE VIDEO**

If you’d like to see the video of the Bible story that the children filmed using just an iPad, [click here!](#)

I’ve included three stories below for you to choose from. You don’t have to do just one, feel free to do different stories with your family every once in a while. Finish these three then go find your own, or ask your children what stories they would like to act out.

---

### **BIBLE STORY #1: HEALING OF A CRIPPLED MAN**

**Verses:** John 5:1-15

**Characters:** Jesus, the disciples, the lame man, people around pool

**Narrators:** Parent or older child

**Scenes:**

- Lame man sitting by the pool
- Jesus and the disciples walk up to lame man
- Jesus and the lame man talk
- The lame man gets healed!

**Simplified Version for Narration:**

Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. Crowds of sick people—blind, lame, or paralyzed—lay on the porches, waiting for a certain movement of the water, for an angel of the Lord came from time to time and stirred up the water. And the first person to step in after the water was stirred was healed of whatever disease he had. One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?” “I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.” Jesus told him, “Stand up, pick up your mat, and walk!” Instantly, the man was healed! He rolled up his sleeping mat and began walking!

---

## **BIBLE STORY #2: FEEDING THE FIVE THOUSAND**

**Verses:** John 6:1-13

**Characters:** Jesus, the disciples, the boy with the lunch, the multitude of people

**Narrators:** Parent or older child

**Scenes:**

- The multitude of people follow Jesus everywhere
- Everyone sits down on a mountain
- Jesus asks the disciples to feed the multitude of people
- Disciples respond to Jesus’ request
- The boy gives his lunch
- Jesus gives thanks
- The disciples pass out food to the multitude of people
- The disciples gather the leftover food

**Simplified Version for Narration:**

After this, Jesus crossed over to the far side of the Sea of Galilee, also known as the Sea of Tiberias. A huge crowd kept following him wherever he went, because they saw his miraculous signs as he healed the sick. Then Jesus climbed a hill and sat down with his disciples around him. (It was nearly time for the Jewish Passover celebration.) Jesus soon saw a huge crowd of people coming to look for him.

Turning to Philip, he asked, “Where can we buy bread to feed all these people?” He was testing Philip, for he already knew what he was going to do. Philip replied, “Even if we worked for months, we wouldn’t have enough money to feed them!” Then Andrew, Simon Peter’s brother, spoke up. “There’s a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?” “Tell everyone to sit down,” Jesus said. So they all sat down on the grassy slopes. (The men alone numbered about 5,000.)

Then Jesus took the loaves, gave thanks to God, and distributed them to the people. Afterward he did the same with the fish. And they all ate as much as they wanted. After everyone was full, Jesus told his disciples, “Now gather the leftovers, so that nothing is wasted.” So they picked up the pieces and filled twelve baskets with scraps left by the people who had eaten from the five barley loaves.

---

### **BIBLE STORY #3: WOMAN WITH THE ISSUE OF BLOOD**

**Verses:** Luke 8:43-48

**Characters:** Jesus, the disciples, the woman with the blood issue, crowd of people

**Narrators:** Parent or older child

**Scenes:**

- The crowd gathers around Jesus
- The woman with the issue of blood touches Jesus’s robe
- Jesus heals her and asks who touched His robe
- The disciples respond
- The woman comes forward
- Jesus responds to her

**Simplified Version For Narration:**

As Jesus went with him, the crowds surrounded Him. A woman in the crowd had suffered for twelve years with constant bleeding, and she could find no cure. Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped.

“Who touched me?” Jesus asked. Everyone denied it, and Peter said, “Master, this whole crowd is pressing up against you.” But Jesus said, “Someone deliberately touched me, for I felt healing power go out from me.” When the woman realized that she could not stay hidden, she began to tremble and fell to her knees in front of him. The whole crowd heard her explain why she had touched him and that she had been immediately healed. “Daughter,” he said to her, “your faith has made you well. Go in peace.”



## DAY #5: GIVE THE SEEDS SUNSHINE

---

Now that you've completed days 1-4 with your family, I know the Bible verses and stories you've read have been planted within you and your children's hearts! In the same way that a seed needs to push through the surface of the soil in order to grow and produce fruit, it's important for us to step out!

A great way to begin watering the seeds God has planted in your heart is to begin watching for actual opportunities to "act them out" in public.

I encourage you to look for sick people who are in need of a miracle. Look for people who could use some food or some encouragement. Look for any opportunity for you and your children to let the verses grow out in public!

---

### **CLOSING PRAYER FOR YOUR FAMILY**

God, we want our families to have your word hidden in our hearts that we might not sin against you. We want our children to grow up in love with your Word, in love with you, and in love with people.

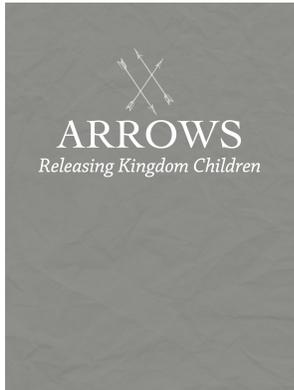
We do our part to plant these seeds, not only in the minds of our children, but also in their hearts. We thank you that your word will not return void, but it will accomplish what you've sent it to do.

Thank you that the kingdom is growing within our children and will change the world around them! Amen!

# SUGGESTED RESOURCES

VISIT [WWW.SETHDAHL.COM](http://WWW.SETHDAHL.COM) TO ORDER!

---



## **COMING SOON - FOR PARENTS!**

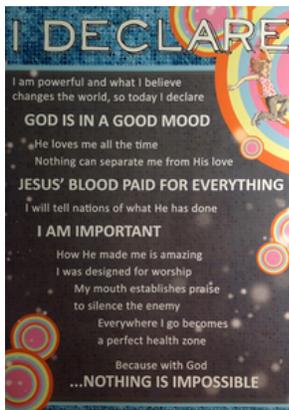
### **ARROWS: RELEASING KINGDOM CHILDREN - COURSE**

*Like arrows in the hands of a warrior are children born in one's youth. (Psalm 127:4)* In Psalm 127, God refers to children as arrows - mighty weapons that are powerful enough to alter the course of battle and hit the enemy before he even knows you're there. As parents, we create the culture our children live in, and, in many ways, we are the ultimate children's leaders. It is our job to help form these precious arrows and release them to do what they were created for! Yet, many parents feel ill equipped to lead their children into the things of God. The purpose of this upcoming video-and-workbook course is to help parents feel confident, equipped, and successful in leading their children in a relationship with God and to help families create a lifestyle where experiencing God in the supernatural and knowing Him as a loving Father is normal and easy.



### **4 MOST IMPORTANT THINGS CURRICULUM**

Jumpstart your children into a supernatural lifestyle! With this 4-lesson curriculum, your children will learn WHO God is, WHAT Jesus did for them on the cross, WHY He did it, and HOW they get to live because of it. The material covers the core values of Bethel Church: 1. God is in a good mood 2. Jesus' blood paid for everything 3. I am important 4. Nothing is impossible. We expect that as you teach these lessons to your children, you will experience things you may have only dreamt of before. Great for Ages 4-10.



### **I DECLARE POSTER**

Commonly known as Bethel Church's "Offering Reading #4", this powerful declaration originated in Bethel Church's Children's Ministry! This poster features powerful truths such as "God is in a good mood", "I am important", "Jesus' blood paid for everything", and "Nothing is impossible." At 18"x 24", this poster is the perfect size to be hung in a child's bedroom or a children's ministry department. Great for ALL ages, as these truths transcend all ages - children and adults!