

Remembering His Promises:

A 52-Week Chronological
Family Sabbath Devotional



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Bonus Sabbath-Friendly Breakfast & Dessert Ideas

Welcome to Our Sabbath Table

Dear Friend,

Welcome! I am so incredibly grateful that you have opened this binder and chosen to embark on this year-long journey with your family. Whether you are completely new to the concept of biblical rest or you are looking for a fresh, meaningful way to connect your children to the roots of our faith, I am honored to walk alongside you.

In our fast-paced, noisy world, it is so easy for our days to blur together. Between school, activities, work, and endless to-do lists, our families are often running on fumes. Yet, from the very beginning of creation, our FATHER modeled a beautiful solution for our weary souls: the Sabbath.

The Sabbath isn't a restrictive rule or a heavy burden to carry; it is a holy pause. It is a gift designed to help us disconnect from the striving of the world so we can reconnect with our Creator, remember His faithfulness, and enjoy each other. Over the next 52 weeks, your family will walk chronologically from the pages of Genesis all the way through the New Testament, discovering how the grand story of redemption unfolds week after week.

A Note from My Heart to Yours (Our Disclaimer)

Before you turn to Week 1, I want to share a deeply important truth with you: I am not a theologian, a pastor, an academic, or an expert. I don't have an advanced ministry degree, and I don't have it all figured out. I am simply a parent and a believer who loves the Lord, standing right here in the trenches with you.

Everything shared in this guide is simply the fruit of what I have learned through the resources made available to me as our family has sought to walk out God's Word.

My singular heart and prayer in creating this guide is to help our families remember our FATHER, HIS Words, and HIS eternal promises.

Please hear me: this guide is a tool, not a rulebook.

- There is no standard of perfection here.
- If you miss a week, give yourself grace.
- If a recipe doesn't turn out right, laugh about it and order pizza.
- If your kids are wiggly during the devotional, know that God is pleased just by their presence at the table.

This guide is designed to take the pressure *off* your shoulders. By using the master checklists and the seasonal, make-ahead slow-cooker meals, the heavy lifting is done before the Sabbath even begins. That way, when Friday evening rolls around, you can truly step into a space of peace and rest.

Thank you for letting me share this journey with you. May our FATHER bless your home, open your eyes to His wonders, and give your family sweet, holy rest this year.

With love and a learning heart,

Susie @ pollywogsplace

To make sure your Sabbath remains a true day of rest, preparation is everything. This Sabbath Preparation Master Checklist is designed to take the stress out of your week. It breaks down the tasks into a manageable timeline so that by the time Friday evening arrives, your home is peaceful, your meals are ready, and your heart is focused on our FATHER.



Mid-Week Prep (Wednesday / Thursday)

Focus: Planning and Shopping

- **Review the Devotional:** Look ahead at the upcoming week's scripture focus and discussion question.
 - **Check the Activity:** Gather any basic household supplies needed for the hands-on family activity (e.g., mason jars, paper chains, craft supplies).
 - **Finalize the Recipe:** Look at the week's seasonal slow-cooker or make-ahead meal and check your pantry.
 - **Grocery Run:** Buy all ingredients for the Sabbath meal, plus any special breakfast foods or treats for the weekend.
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Day Before Prep (Thursday Evening / Friday Morning)

Focus: Doing the "Heavy Lifting" Early

- **Chop & Prep Vegetables:** Dice any onions, potatoes, or veggies needed for your slow-cooker or bake dishes. Store them in airtight containers in the fridge.
 - **Assemble Baked Dishes:** If it's a make-ahead oven bake (like the Week 2 Chicken & Rice or Week 5 Pasta Bake), fully assemble the dish in its pan, cover tightly with foil, and place it in the refrigerator.
 - **Measure Slow-Cooker Ingredients:** Group any canned goods, spices, or sauces for the slow cooker together on the counter or in a specific bin in the fridge so they are ready to dump and go.
 - **Tidy the Main Spaces:** Do a quick family pickup of the living room and kitchen table so the environment feels restful.
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Friday Afternoon (The Final Countdown)

Focus: Setting the Atmosphere

- **Start the Slow Cooker / Oven:** Based on cooking times, turn on the slow cooker or pop your pre-made casserole into the oven so dinner is ready exactly when your Sabbath begins.
 - **Set the Sabbath Table:** Set out the plates, napkins, and utensils. If your kids gathered items from a nature walk (like in Week 1), place them in the center as a reminder of God's creation.
 - **Print or Open the Devotional:** Have the week's scriptural focus and discussion questions printed out or ready on your device.
 - **Power Down Devices:** Consider putting phones, work laptops, and tablets on chargers in another room or turning off notifications to minimize distractions.
 - **Take a Deep Breath:** Gather the family, pause, thank our FATHER for His faithfulness, and step into His rest.
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Week 1: The First Sabbath (Old Testament Chronology Begins)

- **Scripture Focus:** Genesis 1:31 – 2:3 (God creates the world and blesses the seventh day of rest)
- **Family Devotional:** Our FATHER didn't rest because He was tired; He rested to show us that His work was complete and good. He invites us to pause, step away from our busy schedules, and remember that He provides everything we need.
- **Discussion Question:** What is one beautiful thing our FATHER made this week that you are thankful for?
- **Hands-On Family Activity: The Creation Walk.** Take a slow family walk around your neighborhood or a nearby trail. Challenge the kids to find one item from nature that represents each day of creation (a smooth stone, a green leaf, a flower, etc.) and bring them back to set on your Sabbath dinner table.
- **Make-Ahead Sabbath Meal: Slow-Cooker Harvest Beef Stew.** A hearty mix of beef cubes, carrots, potatoes, and onions tossed into the slow cooker on low the morning of your Sabbath. It fills the whole house with a warm, comforting aroma and is completely ready to ladle into bowls by dinner time.

Week 2: The Rainbow Promise

- **Scripture Focus:** Genesis 9:12-17 (God sets His bow in the clouds as a sign of the covenant)
- **Family Devotional:** When Noah and his family stepped off the ark, everything was brand new. Our FATHER gave them a physical sign—a rainbow—to remind them of His everlasting covenant. Every time we see a rainbow, we are looking at a physical reminder that our FATHER never breaks HIS Words.
- **Discussion Question:** How does it make you feel to know that God always, always keeps His promises to us?
- **Hands-On Family Activity: The Promise Jar.** Decorate a simple mason jar together as a family. On colorful strips of paper, write down things your family is praying for or specific promises from scripture. Throughout the year, look back at the jar to see how God answers and provides.
- **Make-Ahead Sabbath Meal: Layered Chicken & Rice Bake.** Assemble this comforting dish the day before with pre-cooked chicken, rice, cream of mushroom soup, and crisp broccoli. Cover it and leave it in the refrigerator. When you are ready for dinner, simply pop it in the oven to heat through—zero active kitchen prep required on the Sabbath!

Week 3: A Journey of Faith

- **Scripture Focus:** Genesis 12:1-4, 15:5-6 (God calls Abraham to step out in faith and promises descendants like the stars)
- **Family Devotional:** Abraham didn't know where he was going, but he knew *Who* was leading him. Our FATHER asked him to trust Him completely, even when the path didn't make sense. Following God's promises means taking one faithful step at a time, knowing He goes before us.
- **Discussion Question:** Is there anything new or scary you are facing right now where we need to trust God together?
- **Hands-On Family Activity: Stargazing Reflection.** If it is a clear night, head outside after dinner with blankets. Look up at the stars and try to count them. Remind your kids that just like God knew every star by name and promised Abraham a massive family, He knows every detail of their lives too.
- **Make-Ahead Sabbath Meal: Slow-Cooker Pulled Pork or Chicken Sliders.** Place a pork shoulder or chicken breasts in the slow cooker with your favorite savory seasonings and a splash of apple cider vinegar. Let it cook low and slow. By evening, shred the meat directly in the pot. Serve on make-ahead or store-bought slider buns with a side of pre-made coleslaw.

Week 4: The Welcome Guest

- **Scripture Focus:** Genesis 18:1-8 (Abraham opens his tent and shows hospitality to three mysterious visitors)
- **Family Devotional:** Abraham rushed to welcome these travelers, offering them water, shade, and a beautiful fresh meal. Our FATHER loves hospitality because it reflects His welcoming heart to us. When we open our homes, our tables, and our hearts to others, we are honoring Him.
- **Discussion Question:** Who is someone we can pray for or invite to share a meal with us soon to show them God's love?
- **Hands-On Family Activity: Welcome Mat Blessings.** Grab a piece of heavy paper or a simple, inexpensive canvas mat. Have the family use markers or paint to write a welcoming scripture verse or blessing on it (like "Peace be to this house"). Place it by your doorway to remind everyone who enters that they are loved.
- **Make-Ahead Sabbath Meal: Overnight Slow-Cooker Breakfast Casserole.** Perfect if your family prefers a warm, comforting Sabbath morning brunch. Layer frozen hashbrowns, cooked sausage or bacon, eggs, milk, and cheese in the slow cooker the night before. Set it on low, and wake up to a completely cooked, hot breakfast.

Week 5: God Turns Harm Into Good

- **Scripture Focus:** Genesis 50:15-21 (Joseph forgives his brothers and declares God's sovereignty)
- **Family Devotional:** Joseph went through many hard times—he was sold by his brothers, falsely accused, and put in prison. Yet, our FATHER never left him. God took all the bad things that happened and turned them into a rescue plan for an entire nation. When we face hard times, we can trust that our FATHER is always working behind the scenes for our good.
- **Discussion Question:** Can you think of a time when something felt bad or sad at first, but God brought something good out of it later?
- **Hands-On Family Activity: The "God Turns It Around" Game.** Grab a pile of mismatched socks or scrap items. Give the family five minutes to work together to turn those scraps into something useful or creative (like a puppet or a game). Talk about how God is the master at taking broken pieces and making something beautiful.
- **Make-Ahead Sabbath Meal: Freezer-to-Oven Chicken Alfredo Pasta Bake.** Prepare this comforting dish a day ahead by tossing cooked penne pasta, shredded chicken, alfredo sauce, and a topping of mozzarella cheese into a baking dish. Cover and refrigerate. On the Sabbath, simply pop it in the oven to bake until bubbly and golden.

Week 6: Heard and Remembered

- **Scripture Focus:** Exodus 2:23-25, 3:1-10 (God hears the cries of Israel and calls Moses at the burning bush)
- **Family Devotional:** The Israelites were struggling in slavery, and it felt like they were forgotten. But our FATHER heard their groaning, and scripture says *He remembered His covenant*. He met Moses in a burning bush to launch a rescue plan. Whenever you feel lonely or overwhelmed, remember that our FATHER hears your prayers and never forgets His children.
- **Discussion Question:** What is something you want to pray about right now, knowing that God is listening to every word?
- **Hands-On Family Activity: Prayer Walk or Prayer Chain.** Write family prayer requests on strips of paper and loop them together to make a physical chain. Hang it in your living space. Each Sabbath, remove one link, talk about how God is working on that request, and thank Him for hearing you.
- **Make-Ahead Sabbath Meal: Slow-Cooker Cranberry Pot Roast.** Place a beef chuck roast in the slow cooker with a can of whole-berry cranberry sauce, a packet of onion soup mix, and a splash of water. Let it simmer on low for 8 hours. The meat becomes incredibly tender, sweet, and savory—perfect to serve alongside pre-made mashed potatoes.

Week 7: The True Passover Lamb

- **Scripture Focus:** Exodus 12:1-13 (The first Passover in Egypt)
- **Family Devotional:** To protect His people from the final plague, our FATHER instructed them to put the blood of a spotless lamb on their doorposts. When the judgment came, it passed over their homes. This powerful story points directly to Jesus, our ultimate Passover Lamb, whose sacrifice protects us and sets us free forever.
- **Discussion Question:** How does looking at the story of the very first Passover help us appreciate what Jesus did for us on the Cross?
- **Hands-On Family Activity: Doorpost Blessings.** Using cardstock or craft paper, have your children cut out long rectangular strips. Write out a favorite family scripture verse on them. Gently tape or hang them near the doorways of your bedrooms as a visual reminder of God's word guarding your home.
- **Make-Ahead Sabbath Meal: Slow-Cooker Chicken & Flat Dumplings.** Place chicken breasts, diced celery, onions, chicken broth, and cream of chicken soup in the slow cooker. A few hours before dinner, tear refrigerated canned biscuit dough into flat strips and drop them into the bubbly broth. Let them cook until dense and tender for a classic, hands-off comfort meal.

Week 8: Standing Still at the Red Sea

- **Scripture Focus:** Exodus 14:10-22 (God parts the Red Sea for Israel)
- **Family Devotional:** The Israelites were trapped. The roaring Red Sea was in front of them, and Pharaoh's army was rushing up behind them. They were terrified! But Moses told them: *"Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today."* Our FATHER parted the waters, making a path where there seemed to be no way.
- **Discussion Question:** When we feel "trapped" or anxious about a problem, how can we practice "standing still" and trusting God to move?
- **Hands-On Family Activity: The Faith Trust-Walk.** Set up a simple obstacle course in your living room using pillows or chairs. Blindfold one family member and have another guide them safely through using *only* the sound of their voice. Talk about how we have to listen closely to our FATHER's voice when we can't see the path ahead.
- **Make-Ahead Sabbath Meal: Make-Ahead Beef or Turkey Chili.** Chili always tastes better the second day! Cook a big pot of chili with beans, diced tomatoes, and ground meat the day before. Reheat it in the slow cooker or on the stove on Sabbath afternoon. Serve with a side of pre-baked cornbread.

Week 9: Provision in the Wilderness

- **Scripture Focus:** Exodus 16:1-5, 13-18 (God sends Manna and Quail from heaven)
- **Family Devotional:** As the Israelites journeyed through the dry desert, they began to complain that they had no food. Instead of turning His back on them, our FATHER rained down "manna" (bread from heaven) every single morning. He provided exactly enough for each day, teaching them to trust Him as their daily provider.
- **Discussion Question:** What is one way our FATHER provided for our family's physical or emotional needs this past week?
- **Hands-On Family Activity: The Daily Bread Scavenger Hunt.** Before the Sabbath begins, hide small crackers or pieces of cereal around the room. Have the kids hunt for them to simulate gathering manna. Remind them that just like the Israelites had to gather fresh manna daily, we need to spend time in God's Word every single day.
- **Make-Ahead Sabbath Meal: Slow-Cooker Sausage and Potato Hash.** Layer sliced smoked sausage, cubed potatoes, bell peppers, and onions in the slow cooker with a drizzle of olive oil and garlic seasoning. Cook on low. It is a smoky, filling, and deeply comforting one-pot meal that requires zero assembly when you're ready to eat.

Week 10: Thunder on the Mountain

- **Scripture Focus:** Exodus 19:1-9, 16-20 (The Israelites arrive at Mount Sinai and God speaks in thunder and lightning)
- **Family Devotional:** When the Israelites arrived at Mount Sinai, our FATHER showed them His incredible power. The mountain smoked, thunder roared, and lightning flashed! God wanted them to know that He is not just a casual friend—He is the holy, almighty King of the universe. Yet, even in all His terrifying power, He called them His "treasured possession." We can respect and stand in awe of His holiness, while knowing He loves us deeply.
- **Discussion Question:** When you think about how powerful our FATHER is (making stars, oceans, and mountains), how does it feel to know that He cares about you personally?
- **Hands-On Family Activity: The Sound of Thunder.** Turn off the lights in a room and use a flashlight to simulate lightning. Have the family use pots, pans, or their hands on the floor to make a loud "thunder" sound. Read the scripture together and talk about what it must have been like to stand at the bottom of that shaking mountain.
- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Garlic Shells & Chicken.** Place chicken breasts, garlic, chicken broth, and cream cheese in the slow cooker on low. An hour before eating, shred the chicken and stir in uncooked pasta shells. It cooks right in the sauce, creating a thick, creamy, kid-approved comfort dish.

Week 11: Words of Love and Protection

- **Scripture Focus:** Exodus 20:1-17 (God gives the Ten Commandments)
- **Family Devotional:** Our FATHER gave Israel the Ten Commandments not to ruin their fun, but to protect them. Just like parents have rules to keep their children safe (like "don't touch a hot stove"), God gave these commandments to teach His people how to love Him and how to love each other. His rules are a physical picture of His protective love for our lives.
- **Discussion Question:** Which of the commandments do you think helps our family show love to each other the most in our daily lives?
- **Hands-On Family Activity: The Safety Border.** Grab some blue painter's tape or string and mark out a small boundary on the floor. Play a game of tag or a mini-sport where players *must* stay inside the boundary. Talk about how the boundaries kept them safe from bumping into furniture, just like God's boundaries keep our hearts safe from sin.
- **Make-Ahead Sabbath Meal: Hearty Slow-Cooker Lasagna.** Instead of boiling noodles, layer raw lasagna noodles, browned ground beef, marinara sauce, ricotta, and mozzarella cheese directly into the slow cooker the night before. Keep it in the fridge, then turn it on low the next morning. It slices beautifully by dinner time.

Week 12: A Sanctuary in the Wilderness

- **Scripture Focus:** Exodus 25:1-9, 29:43-46 (God instructs Moses to build the Tabernacle so He can dwell among them)
- **Family Devotional:** Our FATHER didn't want to stay far away on top of a smoky mountain. His ultimate goal was to live right in the middle of His people! He told them to build a special, beautiful tent called the Tabernacle. Today, because of Jesus, God doesn't live in a tent or a building made of stone—His Holy Spirit lives right inside *us*!
- **Discussion Question:** How does it change the way we act or speak when we remember that our FATHER's Spirit lives right inside our hearts?
- **Hands-On Family Activity: Living Tabernacle Building.** Use blankets, pillows, and chairs to build a giant family fort or tent in your living room. Gather inside it with a flashlight to read tonight's scripture, reminding the kids that God loved being with His people so much that He chose to tent right alongside them.
- **Make-Ahead Sabbath Meal: Slow-Cooker French Dip Sandwiches.** Place a beef roast in the slow cooker with beef broth, soy sauce, and onion powder. Let it simmer all day until it easily shreds. Serve the juicy meat on hoagie rolls topped with provolone cheese, using the warm broth from the pot as a dipping sauce.

Week 13: Light in the Darkness

- **Scripture Focus:** Exodus 25:31-40, Lev 24:1-4 (The Golden Lampstand / Menorah inside the Tabernacle)
- **Family Devotional:** Inside the dark Tabernacle, there was a beautiful golden lampstand called the Menorah. The priests had to keep its oil filled so its light would *never* go out. It reminded Israel that God's presence brings light into a dark world. Jesus later said, "I am the light of the world," and He commands us to let our lights shine before others, too.
- **Discussion Question:** How can our family bring the light of Jesus to someone who might be having a dark or difficult week?
- **Hands-On Family Activity: The Dark Room Search.** Turn off all the lights in the house until it is completely pitch black. Try to find a specific object. Then, turn on just one small candle or flashlight and notice how much a single light changes the whole room. Talk about how Jesus changes our hearts the exact same way.
- **Make-Ahead Sabbath Meal: Make-Ahead Chicken Enchilada Casserole.** Layer corn tortillas, shredded chicken, enchilada sauce, and black beans in a baking dish on Thursday night. Cover and leave it in the fridge. Pop it in the oven on Sabbath afternoon for a smoky, cheesy, completely hands-off dinner.

Week 14: The Bread of His Presence

- **Scripture Focus:** Exodus 25:23-30, Leviticus 24:5-9 (The Table of Showbread)
- **Family Devotional:** Inside the Tabernacle stood a special wooden table covered in pure gold. Every single Sabbath, the priests placed twelve fresh loaves of bread on it, representing the twelve tribes of Israel. It was called the "Bread of the Presence" because it sat right before the face of God. It showed the people that our FATHER constantly desires to fellowship and share a meal with them.
- **Discussion Question:** Why do you think gathering around our dinner table together as a family is so important to our FATHER?
- **Hands-On Family Activity: The Sabbath Loaf.** On Friday morning, bake or buy a fresh, special loaf of bread (like a braided Challah or a rustic French loaf). At the start of dinner, have everyone break off a piece from the same loaf. Remind them that just like the bread sat in God's presence, we get to rest in His presence right now.
- **Make-Ahead Sabbath Meal: Slow-Cooker Brown Sugar Glazed Ham.** Place a pre-cooked sliced ham in the slow cooker. Rub a mixture of brown sugar, a splash of pineapple juice, and a pinch of cloves between the slices. Let it warm on low for 4–5 hours. It yields a sweet, festive main dish that pairs perfectly with pre-made potato salad or green beans.

Week 15: Seeing with Eyes of Faith

- **Scripture Focus:** Numbers 13:1-2, 25-33; 14:6-9 (The twelve spies explore the Promised Land)
- **Family Devotional:** Moses sent twelve spies to check out the land our FATHER promised them. Ten of the spies came back terrified, complaining about giant enemies and high walls. But Joshua and Caleb saw the exact same things and said, "*Do not be afraid... the Lord is with us!*" They chose to look at the size of their God rather than the size of their problems. Our FATHER wants us to trust His promises, even when things look scary.
- **Discussion Question:** What is a big "giant" or worry you are facing right now where we need to trust that God is bigger?
- **Hands-On Family Activity: The Giant-Sized Target.** Draw a giant monster or problem on a large piece of cardboard or paper and tape it to a wall. Write the word "GOD" on a small beanbag or soft ball. Take turns throwing the ball at the giant, reminding the kids that when God is on our side, no giant is too big to fall.
- **Make-Ahead Sabbath Meal: Slow-Cooker Honey BBQ Chicken Drumsticks.** Place chicken drumsticks in the slow cooker and coat them in your favorite BBQ sauce, a splash of honey, and garlic powder. Cook on low for 6 hours. They become completely tender and fall-off-the-bone delicious, requiring zero effort at dinner time.

Week 16: Look up and Live

- **Scripture Focus:** Numbers 21:4-9 (The bronze serpent in the wilderness)
- **Family Devotional:** When the Israelites grew impatient and grumbled against God, dangerous snakes entered the camp. Realizing their sin, they cried out for help. Our FATHER told Moses to make a bronze snake, put it on a pole, and promise that anyone who looked at it would be healed. Jesus later explained that just like that snake was lifted up on a pole, He would be lifted up on the Cross so that anyone who looks to Him will be saved from sin!
- **Discussion Question:** How does knowing that Jesus took away the "sting" of sin give our family hope when we make mistakes?
- **Hands-On Family Activity: The Healing Look.** Hide a simple cross cut-out or a small cross necklace somewhere in the room. Turn down the lights and give family members a small flashlight. They must find the cross and simply look at it to complete the game. Remind them that salvation isn't about working hard; it's about looking to Jesus in faith.
- **Make-Ahead Sabbath Meal: Freezer-Ready Beef Shepherd's Pie.** Prepare this classic comfort dish on Thursday by browning ground beef with peas and carrots, topping it with a thick layer of mashed potatoes, and storing it covered in the fridge. Pop it in the oven on Sabbath afternoon until the potato topping is beautifully golden and crisp on top.

Week 17: Remember the Path

- **Scripture Focus:** Deuteronomy 4:9-14 (Moses commands the people not to forget what their eyes have seen)
- **Family Devotional:** As the Israelites prepared to finally enter the Promised Land, Moses gave them a passionate warning: *Be careful not to forget the things your eyes have seen.* He knew how easily we forget God's miracles once life gets comfortable. Our FATHER wants us to talk about His goodness constantly so that our children and grandchildren will know His name.
- **Discussion Question:** What is your absolute favorite story of a time when God helped our family or answered a big prayer?
- **Hands-On Family Activity: The Ebenezer Stones.** Gather a few smooth rocks from outside. Using a permanent marker, write a keyword or date on each rock that represents a major answer to prayer or a blessing your family has received. Place these "remembrance stones" on a shelf where you can see them all year long.
- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Chicken & Wild Rice Soup.** Combine cubed chicken breasts, wild rice blend, diced celery, carrots, and chicken broth in the slow cooker. A couple of hours before eating, stir in a splash of heavy cream or half-and-half. It yields a rich, velvety soup that warms the whole house.

Week 18: Teach Them Diligently

- **Scripture Focus:** Deuteronomy 6:4-9 (The Shema – Loving God with all your heart, soul, and strength)
- **Family Devotional:** Moses shared a beautiful prayer called the *Shema*, which means "Hear." He told families to love our FATHER with absolutely everything they have. He said to talk about God's words when you sit at home, when you walk along the road, when you lie down, and when you get up. Faith isn't just for church on Sunday morning; it is meant to weave into every single part of our ordinary, messy days.
- **Discussion Question:** How can we make talking about our FATHER a more natural part of our morning or bedtime routines?
- **Hands-On Family Activity: Scriptural Sticky Notes.** Give everyone a few sticky notes or small cards. Write down a simple phrase of praise or a favorite scripture verse on each one. Have the kids place them on the bathroom mirror, the fridge door, or their pillows so the family is constantly running into God's Word throughout the week.
- **Make-Ahead Sabbath Meal: Oven-Ready Maple Mustard Glazed Pork Loin.** Rub a pork loin with a mixture of dijon mustard, pure maple syrup, and a pinch of thyme on Thursday night. Leave it wrapped tightly in the fridge. On Sabbath afternoon, roast it alongside some pre-chopped sweet potatoes for a sweet, savory, and incredibly easy feast.

Week 19: The Choice of Life

- **Scripture Focus:** Deuteronomy 30:15-20 (Moses sets before the people life and death, blessings and curses)
- **Family Devotional:** At the very end of his life, Moses gave the people a clear choice: *Choose life, so that you and your children may live.* He explained that choosing life means listening to our FATHER's voice, holding fast to Him, and walking in His ways. Every day, our family faces dozens of tiny choices in how we speak, react, and spend our time. God invites us to choose the path that leads to life and blessing.
- **Discussion Question:** What is one choice you can make tomorrow that shows you are choosing to listen to God's voice?
- **Hands-On Family Activity: The Two Paths Game.** Use two long pieces of yarn or tape to create two paths on the floor. One path leads to a sweet treat or small reward; the other path leads to a dead end or a chore. Take turns walking the paths, discussing how making the right choices brings joy, peace, and closeness to God.
- **Make-Ahead Sabbath Meal: Slow-Cooker Beef and Broccoli.** Toss sliced flank steak, beef broth, soy sauce, and brown sugar into the slow cooker. Let it simmer on low all day. Right before serving, toss in fresh broccoli florets and let them steam in the hot sauce for 20 minutes. Serve over pre-made white or brown rice.

Week 20: Be Strong and Courageous

- **Scripture Focus:** Joshua 1:1-9 (Our FATHER commissions Joshua to lead Israel)
- **Family Devotional:** Moses was gone, and it was time for Joshua to lead millions of people into a strange new land filled with enemies. Joshua must have felt completely overwhelmed! But three times in this short passage, our FATHER tells him: *"Be strong and courageous."* God didn't give Joshua a secret weapon or a military army; He gave him a promise: *"I will be with you wherever you go."* When we feel afraid, our courage doesn't come from our own strength—it comes from knowing who is walking beside us.
- **Discussion Question:** What is something you are facing right now where you need to hear our FATHER saying, "Be strong and courageous"?
- **Hands-On Family Activity: The Encouragement Shield.** Cut a large shield shape out of cardboard or paper. Have family members write words or draw pictures on it that remind them of God's attributes (e.g., "Protector," "Faithful," "Strong"). Hang the shield near your front door to remind everyone who leaves the house what armor they are wearing.
- **Make-Ahead Sabbath Meal: Slow-Cooker Chicken Fajita Bowls.** Slice chicken breasts, bell peppers, and onions the night before. Toss them into the slow cooker on Friday

morning with a packet of fajita seasoning and a splash of lime juice. Cook on low. Serve over pre-cooked rice or with warm tortillas, shredded cheese, and sour cream.

Week 21: Twelve Stones from the Riverbed

- **Scripture Focus:** Joshua 4:1-9, 20-24 (Israel crosses the Jordan River on dry ground)
- **Family Devotional:** Just like the Red Sea, the rushing Jordan River stood right in front of the Promised Land. But the moment the priests stepped into the water carrying the Ark of the Covenant, our FATHER stopped the river completely! After everyone crossed on dry ground, Joshua ordered twelve men to grab twelve large stones from the very middle of the dry riverbed. Why? To build a monument so that when their children asked in the future, "What do these stones mean?", parents could retell the story of God's mighty rescue.
- **Discussion Question:** If we were to pick a physical object in our house to remind us of God's goodness, what would it be?
- **Hands-On Family Activity: The "What Do These Mean?" Jar.** Gather twelve small stones or marbles and place them in a clear jar at the center of your table. Go around the room and name twelve specific things our FATHER has done for your family this past year, assigning one blessing to each stone as you drop it in.
- **Make-Ahead Sabbath Meal: Overnight Slow-Cooker Beef Pot Roast.** Place a beef roast in the slow cooker on Friday night with carrots, baby potatoes, celery, and beef broth. Set it on low. Wake up to a house smelling like a classic, cozy home-cooked meal that is perfectly tender and ready by lunch or dinner time.

Week 22: The Walls Fall Down

- **Scripture Focus:** Joshua 6:1-5, 15-20 (The battle of Jericho)
- **Family Devotional:** Jericho was a massive, locked-up city with giant walls. Instead of building ladders or rams, our FATHER gave Joshua a very unusual battle plan: march around the city quietly for six days, and on the seventh day, shout and blow the trumpets! It sounded crazy, but the moment the people shouted in faith, those giant stone walls crumbled straight to the ground. God's ways don't always make sense to the world, but obeying His voice always brings victory.
- **Discussion Question:** Why do you think God chose such an unusual plan instead of a normal battle? (Hint: Who got all the credit when the walls fell?)
- **Hands-On Family Activity: The Jericho Block Collapse.** Build a giant wall or tower using plastic bricks, cardboard boxes, or wooden blocks. March around the tower as a family while humming or playing a trumpet sound. On the seventh lap, give a loud shout of praise ("Our FATHER is faithful!") and let the kids knock the wall down.
- **Make-Ahead Sabbath Meal: Easy Slow-Cooker Chicken Cacciatore.** Place chicken thighs, crushed tomatoes, sliced bell peppers, mushrooms, and Italian seasoning in the

slow cooker. Let it simmer all day until the chicken is incredibly tender. Serve over a bed of pre-made spaghetti or penne pasta.

Week 23: Sun, Stand Still

- **Scripture Focus:** Joshua 10:6-14 (The day the sun stood still)
- **Family Devotional:** Joshua was in the middle of a major battle to defend his allies, but the sun was setting fast. He needed more daylight to finish the job. So, right in front of all Israel, Joshua prayed an incredibly bold prayer: *"Sun, stand still!"* And our FATHER listened. The sun stopped in the middle of the sky for a whole extra day! This reminds us that no prayer is too big or too wild for our FATHER when we are fighting for His kingdom and His promises.
- **Discussion Question:** Is there a "big, impossible prayer" you've been hesitant to pray? Let's pray it together right now.
- **Hands-On Family Activity: The Sundial Experiment.** Step outside during a sunny Friday afternoon and push a stick into the ground. Trace its shadow with a stone. Check on it an hour later to see how much the shadow moved. Talk about how crazy it would be if that shadow just froze in place for an entire day because God stopped the earth!
- **Make-Ahead Sabbath Meal: Freezer-Ready Baked Ziti.** Toss cooked ziti pasta with marinara sauce, ricotta cheese, and cooked Italian sausage on Thursday. Top heavily with mozzarella cheese and store it in the fridge. Bake it on Sabbath afternoon until bubbling and slightly browned around the edges.

Week 24: As For Me and My House

- **Scripture Focus:** Joshua 24:14-18, 21-24 (Joshua's final challenge to the nation)
- **Family Devotional:** At the very end of his long life, Joshua gathered all the tribes together one last time. He reminded them of everything our FATHER had done—from rescuing Abraham to destroying the walls of Jericho. Then, he challenged them to make a definitive choice: decide right now whom you will serve. Then he made his famous declaration: *"But as for me and my house, we will serve the Lord."* Serving God isn't something we do by accident; it is an intentional choice we make as a family every single day.
- **Discussion Question:** What are some everyday actions or habits that show the world our house has chosen to serve the Lord?
- **Hands-On Family Activity: The Family Covenant Declaration.** Take a large sheet of paper or a canvas. Write out Joshua 24:15 at the top ("As for me and my house, we will serve the Lord"). Have every family member sign their name or press their painted handprint at the bottom. Frame it or hang it prominently in your living room as a physical marker of your family's commitment.
- **Make-Ahead Sabbath Meal: Slow-Cooker Hawaiian BBQ Pulled Pork.** Place a pork shoulder in the slow cooker with a bottle of BBQ sauce and a can of crushed pineapples.

Let it cook low and slow for 8 hours. Serve the sweet, tangy pulled pork on pre-made buns with a side of chips or baked beans.

Week 25: A Voice of Wisdom and Courage

- **Scripture Focus:** Judges 4:4-9, 14-16 (Deborah leads Israel with wisdom and bravery)
- **Family Devotional:** After Joshua passed away, the people often forgot our FATHER and fell into trouble. In one of their darkest times, God raised up a wise prophetess and judge named Deborah. She sat under a palm tree, helping the people settle arguments and listening closely to God's voice. When the commander of Israel's army was too afraid to go to battle without her, she stepped up with courage because her trust wasn't in human armies—it was in the promises of God.
- **Discussion Question:** What does it mean to be a leader who listens to God instead of just following what everyone else is doing?
- **Hands-On Family Activity: The Encouragement Palm Tree.** Draw a simple palm tree trunk on a large piece of paper. Have each family member cut out paper "leaves" and write a trait on them that requires courage (like "honesty," "kindness," or "standing up for others"). Tape the leaves to the tree and talk about how our FATHER gives us the strength to grow these traits.
- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Chicken and Bacon Pasta.** Place chicken breasts, cooked crumbled bacon, garlic, and chicken broth in the slow cooker on low. An hour before serving, shred the chicken and stir in uncooked penne pasta and a block of cream cheese. Let it cook through until rich, thick, and velvety.

Week 26: The Smallest Army

- **Scripture Focus:** Judges 7:1-9, 16-22 (Gideon's army of 300 defeats the Midianites)
- **Family Devotional:** Gideon felt small, weak, and hidden. When an enormous enemy army came against Israel, Gideon gathered thousands of soldiers. But our FATHER said there were too many! God shrunk the army down to just 300 men, armed not with swords, but with clay jars, torches, and trumpets. When they broke the jars and blew the trumpets, the enemy fled in confusion. God loves to use small, ordinary things to do big miracles so that we know the victory belongs completely to Him.
- **Discussion Question:** Why does God sometimes choose to use our weaknesses or small beginnings to show His great power?
- **Hands-On Family Activity: The Midnight Torch March.** Turn off all the lights in the house. Give the kids flashlights (representing the hidden torches inside the jars) and small cardboard tubes or cups. Practice hiding the light, then suddenly revealing it while shouting together: "For the Lord!" Talk about how God's light shines brightest when we break through our fears.
- **Make-Ahead Sabbath Meal: Freezer-to-Oven Beef and Bean Enchiladas.** Roll seasoned ground beef, black beans, and cheddar cheese into flour tortillas on Thursday. Arrange

them tightly in a baking pan, cover with red enchilada sauce and extra cheese, and refrigerate. Bake on Sabbath afternoon until hot and bubbling.

Week 27: True Strength

- **Scripture Focus:** Judges 16:16-30 (Samson's strength, mistake, and final prayer for deliverance)
- **Family Devotional:** Samson was given legendary, superhuman strength by our FATHER to protect Israel. However, Samson made many poor choices and forgot that his strength didn't belong to him—it came from God's Spirit. Even when Samson messed up, lost his strength, and found himself in chains, he turned back to God in humility. Our FATHER heard his final prayer and gave him the strength to fulfill his purpose. No matter how badly we stumble, God's grace is always ready to receive us when we turn back to Him.
- **Discussion Question:** What is the difference between being strong on the outside (muscles) and being strong on the inside (character and faith)?
- **Hands-On Family Activity: The "Strong Inside" Fitness Challenge.** Do a fun family physical challenge (like seeing who can hold a plank the longest or do the most jumping jacks). Use it as a bridge to talk about how exercising our hearts through reading scripture, praying, and showing kindness builds a strength that never fades.
- **Make-Ahead Sabbath Meal: Slow-Cooker Brown Sugar and Garlic Chicken Thighs.** Layer chicken thighs in the slow cooker and pour a sweet, savory mixture of brown sugar, minced garlic, soy sauce, and a splash of vinegar over them. Cook on low all day. Serve the tender, glazed chicken over a pre-made bed of rice.

Week 28: A Legacy of Kindness and Loyalty

- **Scripture Focus:** Ruth 1:16-17, 2:11-12 (Ruth chooses to stay with Naomi and trust in the FATHER)
- **Family Devotional:** During the messy days of the Judges, a beautiful story of loyalty took place. Ruth lost her husband and was left with nothing but her mother-in-law, Naomi. Even though she was from a different land, Ruth chose to leave her old life behind to take care of Naomi and serve the true God of Israel. Our FATHER noticed her kind, serving heart and perfectly provided for them, eventually weaving Ruth directly into the family line of King David and Jesus!
- **Discussion Question:** How can our family practice looking out for the needs of others, especially those who might be feeling lonely or sad?
- **Hands-On Family Activity: The Secret Blessing Mission.** Brainstorm one practical thing your family can do this week to bless a neighbor, a grandparent, or someone in need (like baking a treat, writing a card, or helping with yard work). Execute the mission together, reminding the kids that God delights in quiet acts of love.
- **Make-Ahead Sabbath Meal: Slow-Cooker Savory Turkey Breast.** Place a boneless turkey breast in the slow cooker with a splash of chicken broth and a packet of savory herb

seasoning. Let it cook on low for 6 hours until juicy and tender. Slice ahead of time and serve with a side of pre-made cranberry sauce and stuffing.

Week 29: Listening for His Voice

- **Scripture Focus:** 1 Samuel 3:1-10 (The FATHER calls the boy Samuel in the night)
- **Family Devotional:** Samuel was just a young boy helping the priest Eli in the Tabernacle. One night as he slept, he heard a voice calling his name. He thought it was Eli, but after three times, Eli realized it was our FATHER speaking to the boy! Eli taught Samuel to reply: *"Speak, Lord, for your servant is listening."* Our FATHER still speaks to our hearts today through His Word and His Spirit, and He is looking for children and parents who are quiet enough to listen.
- **Discussion Question:** What are some things that make our lives too "noisy" to hear God's quiet voice guiding us?
- **Hands-On Family Activity: The Whispering Game.** Sit the family in a circle and play a classic game of "Telephone," whispering a short scripture promise from one person to the next. Talk about how we have to be completely still, quiet, and focused to catch the whisper, just like Samuel was in the night.
- **Make-Ahead Sabbath Meal: Slow-Cooker Beef Sliders with Caramelized Onions.** Place a beef chuck roast in the slow cooker with sliced onions, beef broth, and a splash of Worcestershire sauce. Let it simmer low and slow. Shred the beef directly in its juices and serve on pre-baked slider buns for an incredibly easy, comforting Sabbath dinner.

Week 30: God Looks at the Heart

- **Scripture Focus:** 1 Samuel 16:1-13 (Samuel is sent to anoint one of Jesse's sons as the next king)
- **Family Devotional:** When the prophet Samuel went to find the next king, he looked at David's older brothers. They were tall, strong, and looked exactly like soldiers. But our FATHER told Samuel: *"Do not consider his appearance or his height... The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."* David was just a young shepherd boy out in the fields, but God saw a heart that trusted Him. True beauty and value come from who we are on the inside, not what we look like on the outside.
- **Discussion Question:** What is one way we can protect and grow our hearts to love our FATHER more than our outward appearance?
- **Hands-On Family Activity: The Hidden Treasure Hunt.** Find two boxes or bags. Wrap one in flashy, bright wrapping paper, but leave it empty inside. Wrap the other in plain, boring brown paper, but hide a special family treat inside. Let the kids choose one. Use it to talk about how the most valuable things are often hidden on the inside, just like a person's character.

- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Potato and Ham Soup.** Toss diced potatoes, carrots, onions, and cubed ham into the slow cooker with chicken broth. Let it simmer on low all day. An hour before serving, stir in a splash of heavy cream and shredded cheddar cheese for a rich, warm, velvety soup.

Week 31: In the Name of the Lord

- **Scripture Focus:** 1 Samuel 17:32-50 (David fights Goliath)
- **Family Devotional:** A giant warrior named Goliath was terrifying the entire army of Israel, mocking their faith and their God. Nobody was brave enough to fight him—except young David. David didn't wear heavy steel armor or carry a giant sword. He stepped onto the battlefield with just a simple sling, five smooth stones, and massive faith. He told the giant: *"You come against me with sword and spear... but I come against you in the name of the Lord Almighty."* With one stone, the giant fell. When our fears feel giant-sized, we don't rely on our own strength; we fight in the mighty name of our FATHER.
- **Discussion Question:** What is a "giant fear" or worry that tries to make you feel small, and how can we use God's name to face it?
- **Hands-On Family Activity: The Five Smooth Stones.** Take a quick trip outside to find five smooth stones together. Bring them inside and use a permanent marker to write one attribute or name of God on each stone (like "Protector," "Strong," "Provider," "Faithful," "King"). Keep them on your Sabbath table to remind everyone what weapons we have against fear.
- **Make-Ahead Sabbath Meal: Make-Ahead Turkey Meatloaf.** Mix ground turkey, breadcrumbs, an egg, and savory seasonings on Thursday night. Shape it into a loaf pan, spread a layer of ketchup or BBQ sauce on top, cover tightly, and refrigerate. On Sabbath afternoon, just pop it in the oven to bake—completely hands-free.

Week 32: Covenant Friendship

- **Scripture Focus:** 1 Samuel 18:1-4, 20:12-17 (The loyal friendship of David and prince Jonathan)
- **Family Devotional:** Even though Jonathan was King Saul's son and the rightful prince, he loved David like a brother. He knew our FATHER had chosen David to be the next king, and instead of being jealous, Jonathan promised to always protect and encourage him. They made a solemn covenant of friendship that lasted their whole lives. True, biblical friendship isn't about competing with others; it's about cheering them on, guarding their hearts, and pointing them toward God's promises.
- **Discussion Question:** Who is a friend in your life that you can encourage this week, and how can you be a better friend to them?
- **Hands-On Family Activity: Friendship Blessing Cards.** Gather paper, markers, and stickers. Have each family member write or draw a special card for a close friend or a sibling, detailing two specific reasons why they thank God for them. Drop them in the mail or deliver them together.

- **Make-Ahead Sabbath Meal: Slow-Cooker Honey Garlic Chicken Wings.** Place chicken wings in the slow cooker and pour a sweet glaze of honey, minced garlic, soy sauce, and a splash of sesame oil over them. Let them cook on low for 4–5 hours until tender. If you like them crispy, just flash them under the oven broiler for 3 minutes right before serving.

Week 33: Leaving It to God

- **Scripture Focus:** 1 Samuel 24:1-12 (David spares King Saul's life in a cave)
- **Family Devotional:** King Saul became deeply jealous of David and spent years hunting him down in the wilderness. One day, Saul walked right into the very cave where David and his men were hiding! David's men whispered that this was his perfect chance to take revenge and kill Saul. Instead, David chose to only cut off a small corner of Saul's robe. David refused to hurt him because Saul was still the king appointed by God. David chose patience, trusting that our FATHER would deal with Saul in His own perfect timing.
- **Discussion Question:** When someone treats us unfairly, why is it better to step back and let God handle the situation instead of trying to get even?
- **Hands-On Family Activity: The "Leave It to God" Release.** Blow up a few balloons and write down things that make the kids angry or feel unfair on them with a marker. Gather in a circle, hold the balloons tightly, and then simultaneously let them go, watching them zip away and deflate. Talk about how releasing a grudge is like letting that heavy, angry air out of our hearts.
- **Make-Ahead Sabbath Meal: Overnight Slow-Cooker Beef Chili Con Carne.** Chili is the ultimate make-ahead meal because the flavors deepen as it sits! Brown your ground beef on Thursday night with kidney beans, diced tomatoes, chili powder, and cumin. Store the pot in the fridge, then turn it on low Friday morning so a warm, rich meal is waiting for you by sunset.

Week 34: Dancing Before the Lord

- **Scripture Focus:** 2 Samuel 6:12-22 (David joyfully brings the Ark of the Covenant into Jerusalem)
- **Family Devotional:** The Ark of the Covenant represented the literal presence of our FATHER on earth. When King David finally brought the Ark into the capital city of Jerusalem, he was so overwhelmed with gratitude and joy that he didn't care what anyone thought of him. He cast aside his heavy royal robes and leaped, shouted, and danced through the streets with all his might to praise God. True worship isn't quiet, cold, or self-conscious—it is a joyful celebration of a heart that knows how good its Creator is.
- **Discussion Question:** What is your favorite way to express joy and thankfulness to our FATHER when He does something wonderful for us?
- **Hands-On Family Activity: The Sabbath Praise Party.** Turn up your family's favorite upbeat worship music in the living room. Hand out shaker toys, clapping hands, or just use your voices to sing, jump, and dance together for two or three songs, mirroring the pure joy David felt when celebrating God's presence.

- **Make-Ahead Sabbath Meal: Oven-Ready Sweet Potato and Sausage Bake.** Slice sweet potatoes, smoked sausage coins, bell peppers, and onions on Thursday. Toss them in olive oil, salt, and pepper, and lay them out in a large baking dish. Cover with foil and store in the fridge. Bake on Sabbath afternoon for a smoky, sweet, completely fuss-free dinner.

Week 35: An Understanding Heart

- **Scripture Focus:** 1 Kings 3:5-14 (Our FATHER appears to Solomon in a dream and offers him anything he asks for)
- **Family Devotional:** When young Solomon became king after his father David, our FATHER appeared to him in a dream with an incredible offer: *"Ask for whatever you want me to give you."* Solomon didn't ask for money, a long life, or victory over his enemies. Instead, he asked for wisdom and an "understanding heart" to lead God's people well. God was so pleased with his humble request that He gave Solomon unmatched wisdom, along with wealth and honor. True wisdom begins when we realize we need our FATHER's guidance above everything else.
- **Discussion Question:** If God told you that you could ask for absolutely anything right now, what would you ask for and why?
- **Hands-On Family Activity: The Wisdom Coin Sort.** Grab a handful of spare coins or tokens. Play a quick trivia or guessing game where correct answers earn a token. Talk about how every time we choose to read God's Word, we are collecting "wisdom tokens" that help us make choices that honor Him in real life.
- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Chicken Tuscan Pasta.** Place chicken breasts, sun-dried tomatoes, chicken broth, and Italian seasonings in the slow cooker on Friday morning. An hour before dinner, shred the chicken and stir in heavy cream, spinach, and uncooked penne pasta. Let it simmer until the pasta is perfectly tender and coated in a rich, savory sauce.

Week 36: A House for His Name

- **Scripture Focus:** 1 Kings 6:11-14, 8:10-11, 22-27 (Solomon builds the Temple, and the glory of the Lord fills it)
- **Family Devotional:** For hundreds of years, God's presence traveled with Israel in a fabric tent called the Tabernacle. King Solomon built a permanent, magnificent Temple in Jerusalem, covered in pure gold and beautiful carvings. When the priests finished setting everything in its place, a thick cloud filled the building. The glory of our FATHER was so heavy that the priests couldn't even stand up to do their jobs! God kept His promise to dwell among His people. Today, we remember that He dwells in the temple of our hearts through His Holy Spirit.
- **Discussion Question:** How does it make you feel to know that the same holy glory that filled that golden Temple wants to fill our lives today?
- **Hands-On Family Activity: Building the Temple Block Challenge.** Gather all your wooden blocks or plastic bricks. Work together as a family to build the most organized, intentional, and beautiful structure you can manage. As you build, talk about how much care and detail Solomon put into making a special place just to honor God.

- **Make-Ahead Sabbath Meal: Slow-Cooker Sweet & Savory Pineapple Ham.** Place a pre-sliced ham in the slow cooker and pour a mixture of brown sugar, pineapple chunks (with the juice), and a dash of ground cloves over the top. Let it warm on low for 4–5 hours. It requires zero carving at the table and pairs beautifully with pre-made rolls.

Week 37: A House Divided

- **Scripture Focus:** 1 Kings 12:1-17 (The kingdom of Israel splits into two nations under Rehoboam)
- **Family Devotional:** After Solomon died, his son Rehoboam became king. Instead of listening to wise, older advisors who told him to be a kind, serving leader, he listened to selfish friends and treated the people terribly. Because of his pride and harsh words, the nation fractured. Ten tribes broke away to form the Northern Kingdom (Israel), leaving only two tribes in the Southern Kingdom (Judah). Pride and mean words always tear things apart, but humility and kindness keep a family united.
- **Discussion Question:** What are some "harsh words" we need to watch out for in our home so we don't accidentally tear each other down?
- **Hands-On Family Activity: The Unbreakable Bundle.** Hand each family member a single toothpick or small twig and ask them to snap it in half (it's easy!). Then, gather a dozen toothpicks together, wrap them tightly with a rubber band, and try to snap the bundle. Talk about how a family that stands together in God's love is strong, but a house divided easily breaks.
- **Make-Ahead Sabbath Meal: Make-Ahead Savory Beef Shepherd's Pie.** Brown your ground beef with peas, carrots, and a savory gravy on Thursday night. Spread it in a baking dish and top with a thick layer of fluffy mashed potatoes. Cover and refrigerate. On Sabbath afternoon, bake it at 375°F until the edges bubble and the top turns golden.

Week 38: Ravens at the Brook

- **Scripture Focus:** 1 Kings 17:1-6 (God sends the prophet Elijah to the Kerith Ravine, where ravens feed him)
- **Family Devotional:** When a wicked king named Ahab led the Northern Kingdom into idol worship, a drought hit the land. Our FATHER hid His faithful prophet, Elijah, by a quiet little stream called the Kerith Ravine. There was no grocery store or farm nearby, but God had a creative rescue plan: He commanded wild ravens to fly in every morning and every evening to bring Elijah bread and meat, while he drank from the fresh brook water. When the world feels empty or scary, our FATHER knows exactly how to provide for His children in ways we never expect.
- **Discussion Question:** Can you name a time when our FATHER provided exactly what our family needed right when we thought we were running out?
- **Hands-On Family Activity: The Provision Delivery.** Make a simple bird feeder out of a pinecone, peanut butter, and birdseed, or set out a small tray of bird crackers. Watch the birds outside and read Matthew 6:26 together, reminding the kids that if our FATHER takes care of the birds, He cares infinitely more about us.

- **Make-Ahead Sabbath Meal: Slow-Cooker BBQ Pulled Chicken Sliders.** Toss chicken breasts into the slow cooker on Friday morning with a bottle of your favorite BBQ sauce, a splash of apple cider vinegar, and garlic powder. Cook on low for 6 hours. Shred the chicken directly in the pot and serve on slider buns with a side of pre-made potato chips.

Week 39: Fire from Heaven

- **Scripture Focus:** 1 Kings 18:20-39 (Elijah challenges the prophets of Baal on Mount Carmel)
- **Family Devotional:** The people of Israel were trying to walk on two different paths—pretending to follow God while worshiping a fake god named Baal. Elijah challenged the false prophets to a showdown on Mount Carmel to see who the real God was. The false prophets shouted for hours, but nothing happened. Then, Elijah built an altar, soaked it completely with barrels of water, and prayed a simple prayer. Instantly, fire flashed down from heaven, consuming the wood, the stones, and all the water! The people fell on their faces and shouted: *"The Lord—He is God!"* Our FATHER is not a silent story; He is the living, all-powerful God.
- **Discussion Question:** Why is it impossible to live with "one foot in the world and one foot in God's kingdom"?
- **Hands-On Family Activity: The Water & Light Demonstration.** Pour a small pool of water into a shallow dish. Use a powerful flashlight or a match (with parental supervision) to show how light instantly changes a space. Talk about how God's truth cuts right through the wet, cold, dark doubts of our hearts, proving who He is every time.
- **Make-Ahead Sabbath Meal: Freezer-Ready Cheesy Chicken Enchilada Bake.** Layer corn tortillas, pre-cooked shredded chicken, black beans, and salsa inside a baking dish on Thursday night. Smother the top with a generous layer of Mexican-blend cheese, cover with foil, and store in the fridge. Pop it in the oven on Sabbath afternoon for a warm, bubbly, smoky dinner.

Week 40: Chariots of Fire

- **Scripture Focus:** 2 Kings 2:1-12, 6:15-17 (Elijah is taken to heaven, and later Elisha prays for his servant's eyes to be opened)
- **Family Devotional:** The king of Aram sent a massive army with horses and chariots to surround the city where the prophet Elisha was staying. Elisha's servant went outside, saw the enemy, and panicked! But Elisha wasn't afraid. He prayed a simple prayer: *"Open his eyes, Lord, so he may see."* Suddenly, the servant looked up and saw that the hillsides were packed with an even greater army of angels and chariots of fire guarding them! When we feel outnumbered or overwhelmed by life's problems, we can trust that our FATHER's protective, unseen presence is always surrounding us.
- **Discussion Question:** What is an invisible way our FATHER protects our family that we don't always think about or see?
- **Hands-On Family Activity: The Secret Messages.** Use a white crayon to write a hidden scripture promise (like "GOD IS WITH US") on a blank sheet of white paper. Have the kids use watercolors to paint over the paper, revealing the hidden words. Talk about how just because we can't see God's protection with our eyes, it doesn't mean it isn't completely there.

- **Make-Ahead Sabbath Meal: Slow-Cooker Savory Pot Roast with Root Veggies.** Lay a beef chuck roast over chopped carrots, celery, and baby red potatoes on Friday morning. Pour beef broth mixed with onion soup seasoning over the top and let it simmer on low all day. Serve warm right out of the pot.

Week 41: For Such a Time as This

- **Scripture Focus:** Esther 4:10-17, 7:1-6 (Esther risks her life to stand up for her people)
- **Family Devotional:** Because of their history of forgetting God's words, the people of Israel were eventually conquered and scattered into foreign nations like Persia. While living there, a Jewish girl named Esther was chosen to be Queen. When a wicked official plotted to destroy all the Jewish people, Esther faced a terrifying choice: stay quiet to protect herself, or risk her life by speaking to the King. Her cousin Mordecai reminded her that perhaps she was placed in the palace **"for such a time as this."** Esther chose courage, stepped up, and God used her to rescue an entire nation.
- **Discussion Question:** Is there a place where you spend time (like your school, team, or neighborhood) where God wants you to stand up for what is right?
- **Hands-On Family Activity: The Royal Coronation.** Cut out simple paper crowns for the family to decorate with markers and stickers. Write "Placed by God" on the inside band. Wear them during dinner and talk about how our FATHER places each of us exactly where we are on purpose, giving us unique jobs to do for His kingdom.
- **Make-Ahead Sabbath Meal: Layered Chicken and Wild Rice Casserole.** On Thursday, combine cooked shredded chicken, wild rice, cream of chicken soup, and water chestnuts in a baking dish. Top with a layer of buttery cracker crumbs, cover, and place in the fridge. Bake on Sabbath afternoon at 350°F until bubbling.

Week 42: Faithfulness in the Fire

- **Scripture Focus:** Daniel 3:13-28 (Shadrach, Meshach, and Abednego refuse to bow to the golden idol)
- **Family Devotional:** King Nebuchadnezzar built a giant gold statue and commanded everyone in Babylon to bow down and worship it, or be thrown into a blazing furnace. Three young Hebrew men—Shadrach, Meshach, and Abednego—refused. They told the king that their God was able to deliver them, but even if He didn't, they would never serve a fake god. The furious king threw them into the roaring fire. But when he looked in, he didn't see three men burning; he saw four men walking around completely unharmed, and the fourth looked like a "son of the gods"! Our FATHER didn't stop them from entering the furnace; He climbed into the fire *with* them.
- **Discussion Question:** How does it comfort you to know that when we go through painful or scary "fires" in life, Jesus walks right through them with us?
- **Hands-On Family Activity: The Unscorched Paper Experiment.** Securely wrap a piece of paper tightly around a smooth copper pipe or stone object (with parental guidance, hold it briefly near a candle flame). Because the core absorbs the heat, the paper won't easily scorch. Use this illustration to talk about how staying tightly attached to Jesus protects our hearts when things get hot and stressful around us.

- **Make-Ahead Sabbath Meal: Slow-Cooker Smoky BBQ Pulled Beef.** Place a beef brisket or chuck roast in the slow cooker with a splash of apple cider vinegar, brown sugar, garlic powder, and your favorite smoky BBQ sauce. Cook on low for 8 hours. Shred the juicy meat and serve on pre-made brioche buns.

Week 43: Safe in the Lions' Den

- **Scripture Focus:** Daniel 6:10-23 (Daniel chooses prayer over a king's decree and is protected from the lions)
- **Family Devotional:** Daniel held a high position in Babylon because he was trustworthy and filled with an excellent spirit. Jealous leaders tricked the king into passing a law that outlawed praying to anyone except the king for thirty days. Knowing the law meant death, Daniel went home, opened his windows toward Jerusalem, and knelt down to pray three times a day just as he had always done. He valued his connection to our FATHER more than his safety. He was thrown into a dark den of starving lions, but God sent an angel to shut the lions' mouths. Consistency in prayer builds a faith that shuts out fear.
- **Discussion Question:** Why is it so important to keep praying and spending time with God, even when our schedules get incredibly busy or distracting?
- **Hands-On Family Activity: The Window of Prayer.** Have the kids draw or craft a paper window frame and tape it to a wall or window in your home. Write three family prayer requests on it. Practice gathering near your "prayer window" before the Sabbath meal to thank God for His protection, just like Daniel did.
- **Make-Ahead Sabbath Meal: Freezer-Ready Cheesy Beef and Pasta Bake.** Brown ground beef with garlic and marinara sauce on Thursday night, then toss it with cooked rigatoni pasta and a heavy topping of mozzarella. Cover and freeze or refrigerate. Simply bake it on Sabbath afternoon until gooey and warm.

Week 44: Rebuilding the Walls

- **Scripture Focus:** Nehemiah 2:17-20, 4:15-18, 6:15-16 (Nehemiah leads the remnant to rebuild Jerusalem)
- **Family Devotional:** After seventy long years in exile, our God kept His ancient promise and brought a remnant of His people back to Jerusalem. The city was a complete mess—the temple was damaged, and the protective stone walls were totally broken down. A humble cupbearer named Nehemiah felt brokenhearted and led a team to rebuild. Even though enemies mocked them, threatened them, and tried to stop the work, the people worked with a trowel in one hand to lay bricks and a sword in the other hand to fight. In just 52 days, the wall was finished! The surrounding nations were terrified because they realized this massive work had been done with the help of God.
- **Discussion Question:** We have just completed 44 weeks walking through the Old Testament! How have you seen God build up the "walls of faith" in our own family over this past year?
- **Hands-On Family Activity: The 52-Day Stone Construction.** Use building blocks to see how fast your family can construct a complete, solid square wall around your Sabbath table centerpiece. Talk about how our God is a rebuilder of broken things—whether it's broken cities, broken plans, or broken hearts.

- **Make-Ahead Sabbath Meal: Celebration Sweet Glazed Ham & Potato Au Gratin.** Warm up a pre-cooked sliced ham coated in brown sugar and honey glaze in the slow cooker. Pair it with a pre-assembled, make-ahead dish of cheesy scalloped potatoes baked fresh on Sabbath afternoon to celebrate finishing the Old Testament timeline.

Week 45: The Silence is Broken

- **Scripture Focus:** Luke 1:5-17, 57-66 (An angel appears to Zechariah in the Temple to announce the birth of John the Baptist)
- **Family Devotional:** After the Old Testament ended, there were **400 years of silence**. No prophets spoke, no new scriptures were written, and it felt like nothing was happening. Many people wondered if our FATHER had forgotten His ancient promises. But God's silence is never His absence. Right on time, an angel appeared to an old priest named Zechariah to announce that he would have a son named John, who would prepare the way for the Messiah. When you feel like God is silent in your life, remember that He is always working behind the scenes to fulfill His words.
- **Discussion Question:** What is the hardest part about waiting for an answer to a prayer, and how can we trust God during the "quiet" times?
- **Hands-On Family Activity: The Silent Game Reflection.** Challenge the family to sit in absolute, pitch-black silence for two full minutes without moving or making a sound. Afterward, talk about how long and heavy that silence felt, and imagine how incredible it must have been when God finally broke 400 years of silence with good news!
- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Chicken Pot Pie Soup.** Place chicken breasts, diced carrots, celery, potatoes, and chicken broth in the slow cooker on Friday morning. Right before serving, shred the chicken and stir in a splash of heavy cream and frozen peas. Serve in bowls topped with pre-baked, flaky crescent roll squares.

Week 46: The Promised Savior Arrives

- **Scripture Focus:** Luke 2:1-20 (The birth of Jesus in Bethlehem)
- **Family Devotional:** For thousands of years, our FATHER's people looked forward to a roaring King who would conquer their physical enemies. Instead, the King of kings arrived in the humblest way possible—as a tiny, crying baby wrapped in cloths and sleeping in a manger where animals ate. The first announcement went to ordinary shepherds out in the fields, as the sky exploded with angels singing praises. Jesus didn't come to be served, but to serve and to give His life as a rescue plan for us. He is **Immanuel**, which means "God with us."
- **Discussion Question:** Why do you think our FATHER chose to send His Son as a humble baby in a stable instead of a wealthy prince in a grand palace?
- **Hands-On Family Activity: The Manger of Thanksgiving.** Find a small basket or box to act as a manger. Pass around a handful of straw, yarn, or shredded paper. Have each family member name one reason they are thankful Jesus came to earth as they place a piece of "hay" into the basket, creating a soft bed for the Savior.

- **Make-Ahead Sabbath Meal: Freezer-Ready Cheesy Beef and Shells Bake.** Brown ground beef with garlic and marinara sauce on Thursday night, then toss it with tender pasta shells and a generous topping of mozzarella and parmesan cheese. Cover and refrigerate. Bake it on Sabbath afternoon until golden and bubbly.

Week 47: The Voice in the Wilderness

- **Scripture Focus:** Matthew 3:1-17 (John the Baptist prepares the way, and Jesus is baptized)
- **Family Devotional:** John the Baptist lived out in the wild desert, wearing camel's hair and eating locusts and wild honey. His entire message was simple: *Repent, for the kingdom of heaven is near!* He called people to turn away from their sins and prepare their hearts for the Messiah. When Jesus came to the Jordan River to be baptized by John, the heavens opened up, the Holy Spirit descended like a dove, and our FATHER's voice boomed from heaven: *"This is my Son, whom I love; with him I am well pleased."*
- **Discussion Question:** What does it mean to "prepare our hearts" to hear from God before we read His Word or step into the Sabbath?
- **Hands-On Family Activity: Clearing the Path.** Set up an indoor obstacle course filled with toys, shoes, and pillows blocking a pathway. Work together as a family to clean up and clear every single obstacle until the path is completely smooth. Talk about how repentance is like clearing the mess out of our hearts so Jesus can move freely.
- **Make-Ahead Sabbath Meal: Slow-Cooker Honey Garlic Pork Chops.** Place thick-cut pork chops in the slow cooker on Friday morning. Pour a sweet and savory glaze made of honey, minced garlic, soy sauce, and a dash of chicken broth over the top. Cook on low for 6 hours until tender enough to cut with a fork.

Week 48: Fishers of Men

- **Scripture Focus:** Matthew 4:18-22, Luke 5:1-11 (Jesus calls His first disciples by the Sea of Galilee)
- **Family Devotional:** Peter, Andrew, James, and John were ordinary fishermen who had spent an entire night working hard without catching a single fish. Jesus stepped into their boat, told them to drop their nets into the deep water one more time, and suddenly the nets were so full of fish they began to tear! Overwhelmed by His power, the men fell at His feet. Jesus told them: *"Don't be afraid; from now on you will fish for people."* They immediately left their boats, their nets, and everything they knew to follow Him. Jesus doesn't look for perfect, highly trained experts; He looks for ordinary people who are willing to say "yes" to His call.
- **Discussion Question:** What are some ways our family can "fish for people" by sharing the love and truth of Jesus with those around us?
- **Hands-On Family Activity: The Net of Blessings.** Throw a large blanket or an actual net onto the living room floor. Scatter paper fish across the room, each with the name of a neighbor, family member, or classmate written on it. Have the kids gather the fish and pull them into the net, pausing to pray a brief blessing over each person collected.

- **Make-Ahead Sabbath Meal: Slow-Cooker Maple Brown Sugar Glazed Ham.** Place a pre-sliced ham in the slow cooker with a splash of apple cider and a rub of pure maple syrup and brown sugar. Let it warm through on low for 4 hours. It provides a sweet, comforting weekend meal with zero active cooking at dinner time.

Week 49: The Authority to Heal

- **Scripture Focus:** Mark 2:1-12 (Four friends lower a paralyzed man through a roof to reach Jesus)
- **Family Devotional:** A house was packed with people wanting to hear Jesus speak. Four determined friends arrived carrying a paralyzed man on a mat, but they couldn't get through the front door. Instead of giving up, they climbed up onto the roof, tore a giant hole through the ceiling, and lowered their friend down directly in front of Jesus! Seeing their massive faith, Jesus did something unexpected: He forgave the man's sins first, and then commanded him to pick up his mat and walk. Instantly healed, the man stood up and walked home! This story shows us the power of bringing our loved ones to Jesus in prayer, knowing He cares for both our physical and spiritual needs.
- **Discussion Question:** Who is someone we know who is hurting, sick, or sad right now that we can carry to Jesus in prayer tonight?
- **Hands-On Family Activity: The Four Friends Stretcher.** Place a heavy book or a stuffed animal onto a small towel or blanket. Have four family members each grab one corner of the blanket and carefully carry the object across the room without letting it fall. Use it to talk about how beautiful it is when we work together to support and pray for others.
- **Make-Ahead Sabbath Meal: Slow-Cooker Loaded Baked Potato Soup.** Dice potatoes, onions, and celery on Thursday night. Toss them into the slow cooker on Friday morning with chicken broth and garlic seasoning. An hour before the Sabbath meal, mash the potatoes slightly in the pot and stir in sour cream, heavy cream, and plenty of shredded cheddar cheese and pre-cooked crumbled bacon bits.

Week 50: Foundations on the Rock

- **Scripture Focus:** Matthew 7:24-27 (The parable of the wise and foolish builders)
- **Family Devotional:** At the end of His famous Sermon on the Mount, Jesus shared a story about two builders. One man built his house on a solid rock, while the other built his house on shifting sand. When a massive storm hit, the house on the sand crashed down with a great fall, but the house on the rock stood firm. Jesus explained that the wise builder is the person who **hears His words and puts them into practice**. Celebrating the Sabbath and remembering God's promises week after week is how we build our homes on the Rock, ensuring our family can stand strong no matter what storms life brings.
- **Discussion Question:** What is one specific lesson or command from Jesus that we have practiced together as a family this year?
- **Hands-On Family Activity: The Rock and Sand Test.** Place a smooth, heavy rock inside one shallow dish and a pile of sand or sugar in another. Have kids build a small toy tower or brick house

on top of both. Use a cup to pour "rainwater" over both structures and watch what happens to the sand vs the rock. Talk about how staying anchored in God's Word protects us when life gets rough.

- **Make-Ahead Sabbath Meal: Slow-Cooker Creamy Garlic Parmesan Chicken.** Place chicken breasts, chicken broth, and minced garlic in the slow cooker on Friday morning. An hour before eating, shred the chicken and stir in heavy cream, freshly grated parmesan cheese, and pre-cooked fettuccine pasta. Let it warm through until thick, rich, and deeply comforting.

Week 51: The Table of Remembrance

- **Scripture Focus:** Luke 22:7-20 (Jesus shares the Last Supper with His disciples)
- **Family Devotional:** On the night He was betrayed, Jesus gathered His disciples around a table to celebrate the Passover meal—the exact same feast we learned about at the beginning of our journey! As they ate, Jesus took the traditional elements that families had been using for centuries to remember the Exodus and revealed their true meaning. He broke the unleavened bread and said, *"This is my body given for you; do this in remembrance of me."* He raised the cup of wine and declared it was the New Covenant in His blood. Every single shadow of the Old Testament points directly to Jesus, our true Passover Lamb, who sets us free from sin forever.
- **Discussion Question:** How does looking back at everything God did in the Old Testament help us understand why Jesus had to die for us?
- **Hands-On Family Activity: The Shared Loaf and Blessing.** Set out a simple piece of unleavened bread (matzah) or a plain loaf of bread at the center of your table. Before anyone eats, have the head of the household break the bread in half, passing pieces around the circle. Take a moment of quiet gratitude to thank Jesus for breaking His body so our family could be made whole.
- **Make-Ahead Sabbath Meal: Slow-Cooker Sunday-Style Beef Pot Roast.** A classic, comforting meal that honors the gravity and beauty of this week's lesson. Layer a beef chuck roast over chopped carrots, celery, and baby potatoes. Pour a savory beef broth and herb mixture over it, set it on low for 8 hours, and enjoy a completely hands-off feast as the Sabbath begins.

Week 52: He is Risen!

- **Scripture Focus:** Matthew 28:1-10, Luke 24:1-6 (The resurrection of Jesus Christ)
- **Family Devotional:** Early on Sunday morning, the women walked to the tomb where Jesus had been buried, carrying heavy hearts and spices for His body. But when they arrived, the earth shook, a lightning-bright angel rolled the massive stone away from the entrance, and the tomb was completely empty! The angel gave them the greatest message in human history: *"Do not be afraid... He is not here; He has risen, just as He said!"* Death could not hold Him, the grave could not keep Him, and every single promise our FATHER ever made was completely fulfilled in the resurrection. Because Jesus lives, our family has a living hope, eternal life, and a future secure in His love!
- **Discussion Question:** We have officially completed our 52-week walk from Genesis to Revelation! What is the biggest way your faith has grown over this past year?
- **Hands-On Family Activity: The Resurrection Victory Celebration.** Gather the family in the living room and read the resurrection story aloud. When you finish reading, have the leader shout: *"He is risen!"* and

instruct the rest of the family to respond with a joyful roar: *"He is risen indeed!"* Celebrate by letting the kids pop a few confetti poppers outside or enjoying a special celebratory dessert together.

- **Make-Ahead Sabbath Meal: Celebration Maple Glazed Ham & Cheesy Au Gratin Potatoes.**

Warm up a pre-cooked sliced ham coated in brown sugar and pure maple syrup glaze in the slow cooker. Pair it with a rich, pre-assembled dish of cheesy scalloped potatoes baked fresh on Sabbath afternoon to celebrate the victory of the Resurrection and the completion of your family's 52-week journey.

Bonus Week A: Power from on High

- **Scripture Focus:** Acts 2:1-4, 42-47 (The Holy Spirit arrives at Pentecost and the Early Church is born)
- **Family Devotional:** After Jesus ascended to heaven, His followers waited together in Jerusalem just as He had told them to. Suddenly, on the day of Pentecost (the Feast of Weeks!), a sound like a rushing wind filled the house, and the Holy Spirit came down upon them! Armed with power from our FATHER, ordinary fishermen and everyday believers began preaching the Gospel boldly. Thousands of people believed, and they began living like one giant family—sharing their meals, taking care of the poor, and praising God daily. The Holy Spirit gives our family the exact same power today to love others and share the truth boldly.
- **Discussion Question:** How can our family show the same kind of love, sharing, and hospitality to our neighbors that the very first church did?
- **Hands-On Family Activity: The Wind and Pinwheel Reflection.** Grab a bubble wand, pinwheels, or a light feather and step outside (or use a fan indoors). Watch how the invisible wind physically moves the pinwheel or carries the bubbles across the yard. Talk about how the Holy Spirit is like that wind—completely invisible to our eyes, but entirely real, powerful, and life-giving in how He moves our hearts.
- **Make-Ahead Sabbath Meal: Slow-Cooker Fiesta Chicken Bowls.** Toss chicken breasts, black beans, corn, salsa, and taco seasonings into the slow cooker on Friday mornings. Shred the chicken directly in the pot right before dinner. Serve warm over pre-made white or brown rice with tortilla chips, shredded cheese, and sour cream.

Bonus Week B: The Armor of God

- **Scripture Focus:** Ephesians 6:10-18 (Paul instructs believers to put on the full armor of God)
- **Family Devotional:** As the Gospel spread across the world, leaders like Paul wrote letters (called Epistles) to help Christian families grow strong in their faith. Paul reminded us that we are in a spiritual battle every day against temptation, fear, and discouragement. To protect us, our FATHER provides a supernatural suit of armor: the belt of **truth**, the breastplate of **righteousness**, shoes of the gospel of **peace**, the shield of **faith**, the helmet of **salvation**, and the sword of the Spirit, which is the **Word of God**. When we wake up each day, we get to consciously "put on" His armor to stand firm against anything the world throws at us.
- **Discussion Question:** Which piece of God's armor do you feel you need the most when you are having a tough, stressful day at school or work?
- **Hands-On Family Activity: The Foil Armor Challenge.** Give the kids a roll of aluminum foil and let them work together to construct a "shield of faith" or a "helmet of salvation" for each other. As they

shape the foil, review what each specific piece protects in our minds and hearts according to scripture (e.g., the helmet protects our thoughts, the breastplate protects our emotions).

- **Make-Ahead Sabbath Meal: Freezer-Ready Cheesy Beef and Pasta Bake.** Brown ground beef with garlic and marinara sauce on Thursday night, then toss it with tender rotini pasta and a heavy topping of mozzarella cheese inside a baking dish. Cover and refrigerate. Simply bake it on Sabbath afternoon until the edges are bubbling and the cheese is beautifully melted.

Bonus Week C: All Things New

- **Scripture Focus:** Revelation 21:1-7, 22:1-5 (The New Jerusalem and the ultimate promise of eternity)
- **Family Devotional:** We have officially made it to the very last pages of the Bible! In the book of Revelation, our FATHER gives us a breathtaking sneak peek at the grand finale of human history. One day, King Jesus will return to make all things right. There will be no more sickness, no more sadness, no more crying, and no more pain, because the old, broken world will pass away. Our FATHER will wipe away every single tear from our eyes, and we will live with Him in perfect peace forever. We started our journey in a garden in Genesis, and we finish our journey in a beautiful, holy city where God's promises are fully realized. He wins, and because we belong to Him, we win too!
- **Discussion Question:** Looking back at our entire walk through the Bible, what is the number one thing you are most excited to thank our FATHER for when we see Him face-to-face?
- **Hands-On Family Activity: The No-More-Tears Celebration.** Gather the family around the table and blow out a single candle together to symbolize the day that darkness, sin, and sadness will be gone forever. Hand out a special celebratory dessert (like a decorated cake or an ice cream sundae bar) to celebrate completely finishing the scriptural story together!
- **Make-Ahead Sabbath Meal: Celebration Sweet Glazed Ham & Potato Au Gratin.** Warm up a pre-cooked sliced ham coated in a brown sugar and honey glaze in the slow cooker. Pair it with a rich, pre-assembled dish of cheesy scalloped potatoes baked fresh on Sabbath afternoon to honor the ultimate victory of our King.

To complement your 52-week devotional, here is a complete, grouped list of **52 easy, make-ahead breakfast and dessert ideas**.

To honor the spirit of the Sabbath, these ideas focus on **minimal morning preparation** (using slow cookers, overnight refrigeration, or quick freezer-to-oven baking) so you can focus entirely on your family and resting in our God.

Part 1: 26 Easy Sabbath Morning Breakfasts

Slow-Cooker & Overnight Hot Breakfasts (Set it Thursday night, wake up to a hot meal)

- **Sausage, Egg, & Hashbrown Casserole:** Layer frozen hashbrowns, browned sausage, eggs, and cheddar cheese in the slow cooker on low overnight.
- **Apple Cinnamon Steel-Cut Oats:** Slow-cook steel-cut oats with diced apples, cinnamon, brown sugar, and a splash of cream.
- **Overnight French Toast Casserole:** Cubed French bread soaked in an egg, vanilla, and cinnamon mixture overnight in a baking dish; bake fresh on Sabbath morning.
- **Bacon and Gruyère Egg Strata:** Cubed sourdough bread layered with cooked bacon pieces, eggs, milk, and cheese, refrigerated overnight and baked in the morning.
- **Slow-Cooker Blueberry Lemon Oatmeal:** Creamy oats cooked low and slow with fresh or frozen blueberries and a squeeze of fresh lemon zest.
- **Cinnamon Roll Casserole:** Cut refrigerated canned cinnamon roll dough into pieces, toss with a splash of egg-milk mixture, and slow-cook on low for 3 hours (or low overnight if your cooker has a warm setting).

Cold Make-Ahead Breakfasts (Zero cooking required on Sabbath morning)

- **Classic Berry Overnight Oats:** Combine rolled oats, milk or yogurt, honey, and chia seeds in mason jars on Thursday night; top with fresh berries before serving.
- **Peanut Butter Banana Oats:** Thick rolled oats layered with peanut butter, sliced bananas, and a dash of flaxseed, prepped ahead in jars.
- **Chia Seed Pudding Cups:** Whisk chia seeds into almond or coconut milk with vanilla extract and maple syrup; leave to thicken overnight.
- **Fruit and Yogurt Parfait Station:** Set out bowls of pre-washed berries, granola, honey, and vanilla Greek yogurt for an easy build-your-own morning bar.
- **Healthy Breakfast Banana Split:** Slice a banana lengthwise, top with Greek yogurt, berries, chopped walnuts, and a light drizzle of honey.

Freezer-Friendly & Grab-and-Go (Bake ahead of time, grab and enjoy)

- **Sausage and Cheese Egg Muffins:** Whisk eggs with cooked crumbled sausage and cheese; bake in muffin tins on Friday, store in the fridge, and eat cold or quick-warm.
- **Spinach and Feta Egg Bites:** A crustless, velvety egg bite baked ahead in muffin tins for a light, savory morning choice.
- **Streusel-Topped Blueberry Muffins:** Bake a batch of classic, sweet blueberry muffins on Friday afternoon to keep on the counter under a dome.
- **Cinnamon Swirl Coffee Cake:** Bake on Friday evening so you can cut thick, comforting slices to go alongside morning coffee or tea.
- **Ham and Cheese Croissant Sandwiches:** Assemble ham, swiss cheese, and croissants on Friday; wrap tightly in foil so they are ready to pop in a warm oven.
- **Homemade Banana Nut Bread:** A dense, rich loaf baked on Thursday or Friday that slices beautifully and tastes even better the second day.
- **Baked Pumpkin Chocolate Chip Donuts:** Baked in a donut tin ahead of time and kept airtight for a fun weekend kid-favorite.

Quick Assembly & Mixes (Minimal kitchen time)

- **Sheet Pan Pancakes:** Pour your favorite pancake batter onto a greased sheet pan and bake on Friday; slice into squares and serve with maple syrup.
- **Make-Ahead Waffle Board:** Toast pre-made or frozen waffles quickly and serve on a wooden board with bowls of whipped cream, chocolate chips, and syrup.
- **Avocado Toast Bar:** Set out pre-sliced artisan bread for the toaster alongside mashed avocado, sea salt, lemon wedges, and everything bagel seasoning.
- **Smoked Salmon and Cream Cheese Bagels:** Split bagels kept in a bag, served cold with cream cheese, capers, and smoked salmon slices.
- **Baked Oatmeal Squares:** Bake a dense, sliceable tray of oat bars filled with maple syrup, pecans, and raisins ahead of time.
- **English Muffin Breakfast Pizzas:** Split English muffins topped with marinara, pre-cooked Canadian bacon, and mozzarella; quick-bake until melted.
- **Apple Butter & Cream Cheese Danishes:** Use puff pastry sheets and apple butter to bake quick, flaky pastries on Friday evening.
- **Fruit Salad with Honey-Lime Drizzle:** Chop melons, grapes, and berries on Friday; toss with a simple honey-lime dressing and store in the fridge.

Part 2: 26 Easy Sabbath Desserts

No-Bake Desserts (Perfect for warm seasons, kept in the fridge or freezer)

- **Classic Banana Pudding:** Layer vanilla pudding, vanilla wafers, and sliced fresh bananas in a large glass dish on Friday morning so the cookies soften beautifully.
- **No-Bake Strawberry Icebox Cake:** Layer graham crackers, whipped heavy cream, and sliced fresh strawberries; refrigerate overnight until it turns cake-like.
- **Creamy No-Bake Cheesecake:** Whip cream cheese, powdered sugar, and cool whip together; pour into a pre-made graham cracker crust and chill.
- **Chocolate Peanut Butter Bars:** A rich, no-bake bar made with graham cracker crumbs, peanut butter, and a thick layer of melted chocolate on top.
- **Lemon Blueberry Parfaits:** Alternate layers of lemon curd, whipped cream, and fresh blueberries inside small jars or clear cups.
- **Eclair Cake:** Layer graham crackers with vanilla pudding mix, then top with a rich layer of smooth chocolate fudge frosting; chill overnight.
- **Raspberry Sorbet Floats:** Drop scoops of store-bought raspberry sorbet into sparkling apple cider or ginger ale right at the dinner table.
- **Dirt Pudding Cups:** Layers of chocolate pudding and crushed Oreo cookies, topped with gummy worms for a nostalgic kid-friendly treat.

Cobblers, Crisps, & Warm Slow-Cooker Desserts (Dump ingredients and let them cook while you rest)

- **Slow-Cooker Peach Cobbler:** Dump canned peaches (with syrup) into the slow cooker, top with dry cake mix and sliced butter, and cook on low for 4 hours.
- **Warm Apple Cinnamon Crisp:** Slow-cook sliced apples with brown sugar, oats, and cinnamon until bubbling; serve warm with vanilla ice cream.
- **Berry Dump Cake:** Layer frozen mixed berries, yellow cake mix, and melted butter in a baking dish or slow cooker for a gooey, sweet treat.
- **Slow-Cooker Hot Fudge Lava Cake:** Mix chocolate cake batter in the slow cooker, pour hot water and fudge sauce over the top, and watch it turn into lava cake.
- **Cinnamon-Glazed Baked Apples:** Core whole apples, stuff them with brown sugar, raisins, and butter, and slow-cook on low until completely tender.

Cookies & Bars (Easy to batch-bake on Friday afternoon)

- **Chewy M&M Sheet Pan Blondies:** Bake a thick, buttery batch of blondies packed with colorful chocolate candies; slice them into squares on Friday night.
- **Salted Caramel Brownies:** Use a boxed brownie mix but swirl jarred salted caramel sauce through the batter before baking on Friday.
- **Classic Soft Chocolate Chip Cookies:** Bake a fresh batch on Friday afternoon so the house smells amazing right as the Sabbath begins.
- **Lemon Sugar Bars:** A shortbread crust topped with a sweet, tangy lemon filling that cuts cleanly after sitting in the fridge overnight.
- **Oatmeal Raisin Comfort Cookies:** Soft, cinnamon-spiced cookies baked ahead of time that pair beautifully with a warm evening cup of tea.
- **Crispy Rice Treat Squares:** Mix melted marshmallows, butter, and crispy rice cereal on Friday morning for a quick, zero-bake classic bar.

Cakes, Loaves, & Special Pastries (Impressive but simple make-ahead showstoppers)

- **Glazed Pound Cake with Fresh Berries:** Bake a classic sour cream pound cake on Thursday; slice and serve on Sabbath with whipped cream and berries.
 - **Double Chocolate Zucchini Bread:** A rich, chocolatey loaf cake that stays incredibly moist when baked a day in advance.
 - **Pumpkin Spice Loaf with Cream Cheese Glaze:** Perfect for fall Sabbaths; bake ahead and drizzle with glaze once cool.
 - **Mini Fruit Tartlets:** Buy pre-baked phyllo cups, fill them with a spoonful of vanilla pudding, and top with a single blackberry or raspberry.
 - **Cinnamon Pecan Galette:** A rustic, free-form pie made with store-bought pie crust, brown sugar, cinnamon, and chopped pecans baked on Friday.
 - **Spiced Carrot Cake Loaf:** A simpler, un-layered version of carrot cake baked in a loaf pan and topped with a simple cream cheese frost.
 - **Angel Food Cake with Citrus Glaze:** Buy a store-bought angel food cake and drizzle it with a home-made glaze of powdered sugar and orange juice.
-