Guided Questions
January 2026 Family Devotion

Monday - 1/5 - Psalm 3
Even though David had many enemies searching for him to hurt him, David was able to rest in God. He looked to God to be his salvation and his shield. How can you trust in God to be your salvation and your shield today?

Tuesday - 1/6 - Psalm 5
God is truth, and He hates wickedness, lying, and wrongdoing. We have all lied and done wrong things, but even though God hates these things, we can still have a relationship with Him. How do verses 7-8 say this can happen?

Wednesday - 1/7 - Psalm 30
In this psalm, we see how God is our strength and helper. What examples do you see in this psalm of God helping His people?

Thursday - 1/8 - Psalm 34
God sees us, hears us, turns His face towards us, and is near to us through Jesus. Have you felt God's closeness this week? Spend time praying together as a family, praising God for His kindness toward you and asking that you would trust that He is with you.

Friday - 1/9 - Psalm 111
We have so many reasons to praise God. Go through this psalm and write down all the attributes (characteristics) of God you see listed. Share with your family the one that you find to be most encouraging to you.

Monday - 1/12 - Psalm 119:1-16
The psalmist tells us that it is important to "store up" God's word in our hearts and not forget it. We "store up" God's word by remembering it (memorizing) and by meditating on it (thinking about it). How do you store up God's word in your heart? Take time to share a verse you have memorized and how it is an encouragement to you.

Tuesday - 1/13 - Psalm 119:17-32
Why do you think the psalmists asks God to "open my eyes"? When we read the Bible, we need the Holy Spirit to help us understand and believe what we read. Sometimes, the Bible can be hard to read and even confusing! God wants us to know Him, love Him, and obey Him, and we do that by knowing His word. Take time to pray together as a family and ask God to teach you through His word.

Wednesday - 1/14 - Psalm 119:33-56
We are often distracted by worthless things in this world- things like money, success, approval from other people. These things seem great, but the Bible says they are worthless compared to God. What are some worthless things you are distracted by? How is God better than those things?

Thursday - 1/15 - Psalm 119:57-72
The psalmist says he is quick to obey God's commandments. In our code of conduct, we say "we cheerfully and promptly obey..." Do you cheerfully and promptly obey God's commands? Which commands do you struggle to promptly obey?

Friday - 1/16 - Psalm 119:73-96
Sometimes, we will be mistreated by other people. They might hurt us, say untrue things about us, or even persecute us. When this happens, we will be tempted to fight back or believe that God has forgotten us. How can these verses (specifically vs. 81-88) be an encouragement to us when we are mistreated?

Tuesday - 1/20 - Psalm 119:97-112
If you are in a dark room, can you see where you should step? What do you need to turn on to be able to see? A light! God's word is a light for us. It is like a lamp in a dark room. It shows us where to go when all around us seems dark. How has God's word been a lamp to you when you didn't know where to go?

Wednesday - 1/21 - Psalm 119:113-128
In our passage today, there are two verses that don't seem to go together. Verse 114 says that God is our hiding place and a shield- He is a safe place for us to go, but verse 120 uses the words "fear" and "afraid". Does this mean we should be scared of God? When the Bible talks about fearing God, it means we should have respect, reverence, and be in awe of who God is. When we understand how big, mighty, and awesome God is, we have respect for Him. Spend time praising God for how big, mighty, and awesome He is. Look up other verses about fearing God.

Thursday - 1/22 - Psalm 119:129-144
What does it mean that God's word is "right" and "righteous"? Why is it important for us to know that God's word is righteous?

Friday - 1/23 - Psalm 119:145-176
All day long, the psalmist thinks about the words of God and hopes in them. As believers in Christ, it is important for us to spend time reading the Bible. When do you spend time in God's word? How do His words bring you hope during your day?

Monday - 1/26 - Psalm 138
Read verse 8 again. What do you think God's purpose is for you? How are you "the work of His hands"?

Tuesday - 1/27 - Psalm 145
In this psalm, we see that it is important for us to share with one another how God has been faithful to His people throughout history and how He is working in our lives right now. Discuss how you are seeing God at work in your lives right now.

Wednesday - 1/28 - Psalm 146
Why is God the only one worthy of our trust? What are some other things you are tempted to trust in?

Thursday - 1/29 - Psalm 147
Read verse 5 again. What are some ways God is "abundant in power" with "understanding (that) is beyond measure"?

Friday - 1/30 - Psalm 148
The heavens, angels, sun, moon, stars, and all of creation praise God as their creator. We praise Him as our creator too. As His people, we can praise Him for so many other things as well. What can you praise God for today?