RESGEN

Family Devotional and Conversation Guide

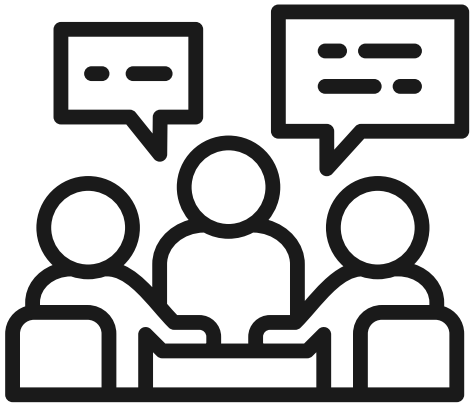
SEVEN DAILY DEVOTIONS TO GROW CLOSER TO GOD AND EACH OTHER

ENGAGE. EQUIP. ENCOURAGE.

INTRODUCTION

Life is busy. Between school activities, sports schedules, and work demands, our calendars are constantly full. And while none of these things are necessarily bad, they can quietly rob us of meaningful time together as a family. When we do find time, connection tends to be rushed and conversations stay surface-level – making it hard to build the one thing that matters most: a family rooted in faith and centered on Christ.

That's exactly what this 7-day guide is designed to help you do. Each day includes a **short reading** to get everyone thinking, a **scripture to memorize together**, and **discussion questions** that move the conversation beyond the surface. You'll also find **practical ideas for living it out** — simple ways to take what you've talked about and carry it into the rest of your week. No lengthy prep, no perfect conditions required. Just your family, a few minutes, and a willingness to grow together.



DAY ONE - BE PRESENT

START IT

What makes you personally feel loved and seen by our family?

LEARN IT

One of the greatest gifts we can give each other is our time and attention. We live in a world filled with distractions, and being fully present has become both increasingly difficult and surprisingly rare. We can be good at being physically present while still feeling emotionally distant – disconnected from the very people closest to us. Phones, schedules, stress, expectations, and responsibilities can quietly separate us from one another, even when we are under the same roof.

No matter what was happening around Him, Jesus consistently made people feel seen. He focused His attention on them. He asked good questions. He listened. He slowed down to care for them deeply. Meaningful discipleship often happens with presence before instruction. Sometimes the best way for us to lead our families spiritually is to stop, listen, and engage intentionally.

MEMORIZE IT

Be still and know that I am God. ***- Psalm 46:10***

DISCUSS IT

1. How connected do you currently feel we are as a family/couple?
2. What ideas do you have for increasing our connection?
3. How do you think being still and staying connected to God impacts our connection to one another?

LIVE IT

- Establish “No Phone Zones” (Dinner table, Family Game Nights, Short Car Trips, etc.).
- Spend 20 minutes together with no TV, screens, or other distractions each day.
- Set aside one night per week for Family/Date Night - Go for a walk, play cards/board game, watch a family movie, etc. (Visit resgen.org/resources for more ideas and conversation starters.)

PRAY

Father, thank You for truly seeing us. Help us slow down and see one another. Empower us to be fully present and to love our family with the same attention and care You give us every day. Amen.

DAY TWO - LISTEN FIRST

START IT

On a scale of 1-10, what rating would you give your listening skills and why?

LEARN IT

Because our lives are filled with overloaded schedules, non-stop distractions, and the constant pressure to be busy and/or productive, showing patience towards others is often a struggle. While our lack of patience can be seen in many ways, it is especially evident in our inability (or unwillingness) to truly listen to others. Real listening takes patience. It takes humility. It takes time. It requires us to slow down and take the time that is necessary to understand the person, rather than just waiting for our turn to talk. You see, listening to understand is significantly different than listening to respond.

Throughout His life, Jesus listened with patience, compassion, and a desire to understand people. He consistently created space for people to share their hurts, habits, and hangups. Jesus also did something else that is extremely important when it comes to being a great listener – He listened with His eyes, not just His ears. Strong families are built on a desire to listen and understand one another. When everyone in our family feels heard, trust grows, connection deepens, meaningful conversations take place, and relationships flourish.

MEMORIZE IT

Everyone should be quick to listen, slow to speak and slow to become angry. ***- James 1:19***

DISCUSS IT

1. Who would you say is the best listener you have ever met? Why?
2. Is there anything you wish the rest of us understood about you right now?
3. How can we all become better listeners for each other?

LIVE IT

- Make a commitment to enter conversations with curiosity rather than certainty this week.
- In an effort to listen with both your ears and your eyes, turn your phone over or put it aside when you are talking to one another.
- After someone shares, ask this question: "What do you need from me right now?" This allows the person to tell you if they would like advice, for you to fix something, give ideas, care for them by “just being there”, etc.

PRAY

Lord, thank You for modeling what it means to be a great listener. Help us become more like You as we strive to listen with the same patience and love You do. Give us hearts that seek to understand before we speak. Amen.

DAY THREE - SPEAK LIFE

START IT

What is something encouraging that someone has said to you that you still remember today? Why do you think it has stayed with you?

LEARN IT

Our words have incredible power. What we say shapes and determines what we believe about ourselves, how we live, and how we treat others. Encouraging words filled with kindness and grace give life, while discouraging and careless words can leave wounds that last for years, or even a lifetime. Jesus understood this, which is why He always used His words to encourage others, give them hope, challenge them appropriately, and speak the truth in love.

When we get busy, angry, or stressed, it's easy to attack one another with our words – words filled with negativity, frustration, and discouragement. Healthy families fight this natural temptation and instead understand that even when we are frustrated with one another, we need to speak words that consistently give life – especially when conflict arises. Here's the truth: The words we speak matter more than we know.

MEMORIZE IT

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up. ***- Ephesians 4:29***

DISCUSS IT

1. If someone were to listen to the way our family talks to one another, what would they say we do well, and what is one area where we could grow?
2. Have we spoken words to you this week that have caused you to feel hurt or "less than"?
3. What kinds of words make you feel most encouraged, valued, or loved?

LIVE IT

- Share a word of encouragement with each person in our family. Be genuine and specific.
- Write an encouraging note to your spouse and leave it somewhere they will find it tomorrow.
- Text each of your kids a reason why you love them. Make it about who they ARE and not about what they DO.

PRAY

Jesus, help us use our words to encourage, strengthen, and build one another up. May our conversations give life and reflect Your grace. Amen.

DAY FOUR - OWN YOUR MISTAKES

START IT

Why is it so hard to admit when we're wrong, when we've made a mistake, or when we've hurt someone?

LEARN IT

Every relationship experiences frustrations and tension, and every family member makes mistakes. Parents lose their temper, kids are disobedient, and both say things they regret. Healthy families aren't built on sweeping things under the rug or pretending challenges don't exist. Both can lead to ongoing disconnection and long-term relationship problems. This is why learning to apologize, forgive, and move forward together is so important.

None of us is perfect, but thankfully, we aren't called to perfection but to progress. Progress, both as individuals and in our relationships, happens when we choose humility over pride, offer forgiveness rather than harbor bitterness, and extend grace rather than hold a grudge. Admitting we've made a mistake or that we're wrong is often difficult, but when we do, it can change our home for the better and bring our family together in unity.

MEMORIZE IT

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. ***- Ephesians 4:32***

DISCUSS IT

1. Share about a time when you owned your mistake and were forgiven or given grace. How did that make you feel?
2. When you choose to stay angry, remain bitter, or hold a grudge, what kind of impact does that have on you? On the other person? In our home?
3. Which of these would you like to see more personal progress in? Choosing humility, offering forgiveness, or extending grace?

LIVE IT

- Do you need to apologize to a family member for something specific? If so, set aside your pride and do it today.
- Make a personal and family commitment to both offer and ask for forgiveness before disconnection takes place.
- Brainstorm ideas for ensuring our home is a safe place filled with openness, peace, and unity.

PRAY

Father, give us humble hearts that are quick to admit when we are wrong and also willing to forgive as You have forgiven us. Help our family continue to grow together in unity as we love each other and give one another grace. Amen.

DAY FIVE - CHOOSE GRATITUDE

START IT

What is something good that happened this week that made you smile or brought you joy?

LEARN IT

Even though we have so much to be thankful for, it's super easy for us to focus on the challenges we're facing, what's frustrating us, or what we wish we had. Gratitude, however, has the power to change our perspective and remind us of the bigger picture. When we are intentional about focusing on God's presence, how good He is, and what He has blessed us with, our spirit, as well as the spirit of our home, moves from being negative to positive.

Throughout the Bible, we consistently see how being grateful, even in difficult circumstances, helps people stay focused on God's love and faithfulness. When we choose to be grateful, we will experience more joy in our daily lives and be more mindful of the blessings we often overlook – specifically, what God has done in our lives in the past and what He is doing right now!

MEMORIZE IT

Give thanks to the Lord, for he is good; His love endures forever. ***- Psalm 107:1***

DISCUSS IT

1. What is one thing you are thankful for today that you might normally overlook?
2. How has God provided for you, helped you, or encouraged you recently?
3. If our family focused more on gratitude this week, what do you think would change about our attitudes, conversations, or relationships? How would it change our home as a whole?

LIVE IT

- Share something specific you are grateful for about each family member.
- Make a list of 5 things you are grateful for right now and share them with one another. Write them down on paper, a whiteboard, or somewhere that can be seen each day.
- Begin each day this week by thanking God for His consistent presence, unconditional love, and unending faithfulness.

PRAY

God, thank You for Your goodness and faithfulness in our lives. Help us be more mindful of Your blessings and recognize Your presence each moment of every day. Amen.

DAY SIX - TALK WITH GOD

START IT

When you hear the word “prayer,” what is the first thing that comes to mind? What does prayer mean to you?

LEARN IT

If we’re being honest, sometimes prayer can be intimidating. Often this is because we put pressure on ourselves to say the right words – especially if we are praying with others. When we do this though, our focus is in the wrong place and we are forgetting what prayer is all about! Prayer is simply having a conversation with God. It’s not about how long we pray, how much we pray, or the words we say when we pray. Prayer is talking with the One who created us for a relationship with Him, listening for the Holy Spirit’s voice, and spending undistracted time with Him – and doing it regularly.

It’s common for us to pray when things are going wrong or when we are struggling, but the Bible tells us to pray both in good times and in bad. When we pray on our own, we get to know God more deeply and He lets us know He is near. When we pray together, we are reminded that we are not alone in our journey and draw strength from one another’s prayers. Whether we are on our own or with others, we don’t need to say the perfect prayer. In fact, that’s not what God wants at all. He just wants to be with us and for us to share whatever is in our hearts and minds with Him.

MEMORIZE IT

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ***- Philippians 4:6***

DISCUSS IT

1. Philippians 4 says we are to pray at ALL times. Even though we know we should do that, why do we tend to pray more when we are experiencing challenges?
2. Can you think of a time when you saw God answer a prayer, felt His presence, or received His help during a difficult situation? What was it?
3. What is one area of your life right now where you need to trust God more and invite Him into it with prayer?

LIVE IT

- Take turns and pray out loud for and with each other. Don’t worry about what to say. Just pray.
- Make a commitment to spend time in prayer, individually and as a family, every day for the next 3 days.
- As a couple, pray together nightly for a week. Following the week, discuss how that impacted your marriage/relationship.

PRAY

Lord, thank You for hearing our prayers and for caring about every part of our lives. Help us be more intentional about making prayer a priority, both as individuals and as a family, not just in challenging times but in good times as well. Amen.

DAY SEVEN - LET YOUR LIGHT SHINE

START IT

What is one word or phrase you hope people would use to describe our family?

LEARN IT

Every family can make a Kingdom impact on others. The way we speak, act, serve, and lead contributes to the culture we help shape, both inside and outside our home, every day. The question is, are we having a positive impact or a negative one? Are we reflecting Jesus and bringing light into our dark world, or are we allowing the world to dim our light and influence? Is the way we live and treat one another leading other families to desire to follow Jesus and build their home on a foundation of faith?

To make a Kingdom impact, our family doesn't have to be perfect – which is good because there are no perfect families! Doing small acts of kindness, having intentional faith conversations, showing generosity, and being faithful to Christ wherever we are all communicate and influence people more than we could ever imagine. Do you know what that means? Our family's focus on discipleship and devotion to Jesus doesn't just benefit our home but also the homes of everyone we interact with each day.

MEMORIZE IT

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.
- Matthew 5:16

DISCUSS IT

1. Who is someone you would say "shines the light of Jesus", and how do they do it?
2. Why is it sometimes difficult to "be a light" at work, at school, or even with one another?
3. What is one way our family could have a Kingdom impact and make a difference in someone's, or another family's, life right now?

LIVE IT

- Send an encouraging handwritten note or text to someone this week letting them know you are grateful for them and praying for them.
- Have an intentional conversation about Jesus with a friend or co-worker. Ask them if there is anything specific you can be praying for.
- Find out what opportunities exist for our family to serve together at church or in the community.

PRAY

Jesus, help our family shine Your light and reflect Your love in the way we live, serve, and care for others. Use our home to point people to You and make a positive impact for Your Kingdom. Amen.

DISCUSSION NOTES

DAY ONE

DAY TWO

DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

DAY SEVEN

PRAYER REQUESTS

About RESGEN

We pour our hearts into **ENGAGING, EQUIPPING, and ENCOURAGING** men to become more like Jesus every day. Since starting the ministry in 2010, RESGEN has reached hundreds of thousands of people at conferences, businesses, churches, schools and other events nationwide. RESGEN also hosts several events in Sioux Falls, SD each year, including the RESGEN Men's Summit and Date Night Comedy. In 2020, we launched The RESGEN Giving Life Podcast: Conversations about being a man whose life in Christ gives life to others, which is on all major podcast platforms and YouTube.

More Discipleship Resources

Visit **resgen.org/resources** to access more content to equip you in your discipleship journey. Resources include: life-giving conversation cards, a couple of 5-day devotionals, and scripture cards. There is also a link to get FREE access to thousands of discipleship videos through our partnership with RightNow Media.

RESGEN Newsletter

To stay informed about all things RESGEN, including upcoming events, updates to our resources, and other opportunities to encourage you in your faith journey, be sure to sign up for our newsletter.

Save The Date

Date Night Comedy 2027
Friday, January 15

RESGEN Men's Summit 2027
Saturday, February 20