

Here's how my family uses this resource:

I print out each week of verse & questions for my kids to answer and they have fun illustrating the verse some way, painting it, using one of the color sheets I have linked, making it out of Legos, and we always write it on our big chalkboard so that it's in front of us all week. If you don't have a chalkboard, display the kids verses on the refrigerator. My older kids like to display theirs on the bathroom mirrors so they can read and work on memorizing the verses while they brush their teeth.



We also read the verse in a couple of translations during the week. It broadens our understanding. There are tons of ways you can tweak these ideas. I recommend putting your children in charge of getting their dad involved. It works out really well and is usually hilarious.

Some ages will need more help than others, like I said, make this your own. Figure out how it works for *your* family. You can write the verse in their journal on Monday, pray it on Tuesday, answer questions on Wednesday, illustrate it on Thursday, and play a memory game with it on Friday. That is just a suggestion, the only rule is not to hold this rigidly. I repeat: make it work for *your* family! If you memorize two verses in the next 8 weeks, that is two verses you didn't have before.

Please, if you have any questions, shoot me an email laurenmitchellwrites@gmail.com I love suggestions!!!

During the week, my kids will also:

- Find the verse themselves in their own Bible and highlight or underline it.
- Write the verse in their journal (this can be a really cool step for artistic children, let them illustrate the verse as well.) I have attached printable coloring sheets for the verses. If your kids don't have a journal, use one of the thousand spiral notebooks left over from school and let them decorate the cover.

- Read the verses in context, sometimes even the whole chapter (Having the kids read to each other out loud promotes more discussion. This is even a great step to do over a couple of weeknight dinners.)

Side note:

The biggest thing that impacts my older kids is their journaling of this verse. They write the verse in their journal and then they use it to write a prayer. Writing it out themselves is a step I wouldn't skip because it really helps them own it. Praying it gives the verse a whole new dimension for them because it lets the verse walk right into their lives. That scripture embedded in their hearts and implanted will produce the fruit that I could never make happen.



Form our home to yours,

The Mitchells

Week 1:

"Keep your heart with all diligence for from it flow streams of living water." Proverbs 4:23

Conversation Starters:

Things that we let in through our eyes, ears, and mind settle in our hearts. Some things we don't want to have in there. We have to be really careful what we let in.

We get to decide what we keep in our hearts, kind of like packing for a trip. You only want things in your suitcase that you are going to need. You wouldn't take snow boots to the beach.

Sometimes there are things we have seen that we don't want in our hearts anymore. Can you think of anything like that, maybe something scary? We can always ask God to remove them and make our hearts fresh. Then, we can practice remembering things that we want to remember and think about. Things that remind us of God's love, our parents, or even friends.

What are some things you don't want in your heart or mind anymore?

What are some good things that you want to remember and store in your heart?

How can you practice remembering them?

[coloring sheet link](#)

or

[coloring sheet link](#)

Week 2:

“Everyone should be quick to listen, slow to speak and slow to become angry.”
James 1:19b

Conversation Starters:

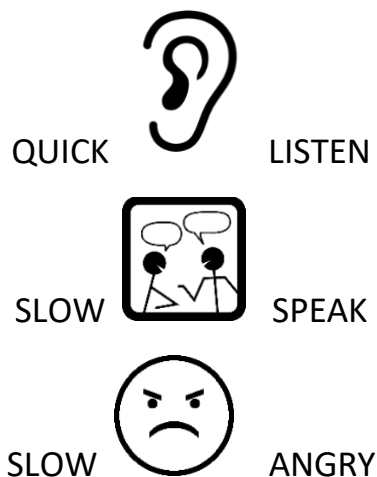
Sometimes it can be hard to listen. We get so excited to tell people what we want to say that we can forget to let them say what they need to say. Then other times, we just don't want to listen. When we listen first, it helps us to really know what we should say. When we slow down before we speak, it can keep us from saying angry things.

Why do you think it's important to listen?

How do you feel when people really listen to you?

How do you feel when they don't?

How can you practice listening this week?



[coloring sheet link](#)

Week 3:

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

Conversation Starters:

Confessing our sins sometimes makes us think or feel we are in trouble. That isn't what it is meant to be. We aren't telling God something He doesn't already know about. He knows all of our sins, the ones we have already done, and the ones we haven't even committed yet. He has also already forgiven us for all of them. When Jesus died on the cross, he said “it is finished”. He paid for all sin past, present, and future. When we confess our sins to God, we are telling him that we have seen our sin and understand that we are wrong. It reminds us to be thankful for our forgiveness. It helps us to put it behind us, it reminds us that God has forgiven us, and it sets our minds in the Truth.

Do you ever feel like God has stopped loving you when you sin?

Did you know that God tells us in the Bible that nothing can separate us from the love of Christ?

Romans 8:38 says this:

“And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.” NLT

God does not stop loving us. Confessing our sin is important because it opens our heart back to God and can keep us from repeating the sin.

[coloring sheet link](#)

Week 4:

"May the God of peace fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."
Romans 15:13

Conversation Starters:

Did you know that the Holy Spirit comes to live inside everyone who believes in Jesus?

One of the reasons that He comes is to give us hope deep down inside us. God loves us so much that He wants us to be overflowing with hope all the time. When we trust Him to save us from our sins we have hope in going to heaven one day, but God also gives us hope right here in everyday life. When we trust that God has planned our every day, we have joy and peace.

Ask God to fill you with the Holy Spirit and make you overflow with hope.

[coloring sheet link](#)

Week 5:

"I can do all things through him who strengthens me."

Philippians 4:13

Conversation Starters:

This verse means that we can do anything with Jesus. Jesus is the "him". When we feel like we can't learn to read or drive a car, or we just feel like we can't help but pinch our brother, Jesus is right there with the strength we need. We just need to ask Him. Sometimes asking for help is hard, it can be really hard as adults, but even Moms and Dads need help sometimes. Jesus provides help to everyone who asks, no matter how old you are. He can make you braver than you thought you could be. He can give you the strength you need to choose not to sin. We have to remember to ask.

What is something that has been really hard for you?

Ask Jesus for help, and then ask Him to remind you that He is always there.

Look for ways this week that you can help someone else and then thank Jesus that you can help others.

[coloring sheet link](#)

or

[coloring sheet link](#)

Week 6:

"We destroy arguments and every lofty opinion raised against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Corinthians 10:5

Conversation Starters:

Do you know that you can catch a thought?

You can catch a thought just like you can catch a cold.

You can catch fear, and anger, and sadness. You can catch thoughts from people that you are with, and you can catch them from Satan because he wants to confuse you. But the good news is that you can take your thoughts captive. They are not the boss of you.

Taking your thoughts captive means you capture them, and then you decide if they are good and can stay or you get rid of them and you replace them with what God says is true.

Have your thoughts tried to boss you around and control how you feel?

What are some thoughts that you don't like?

Talk to Jesus about them and find something true that He says to replace them.

[coloring sheet link](#)

Week 7:

“Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.”

Psalm 86:11

Conversation Starters:

The word teach in this verse is actually a Hebrew word that means, “throw me as your arrow”. So when God teaches you, you can help others by being an arrow that points to God.

What does it mean to fear God’s name?

It doesn’t mean that we are to be afraid of Him because He is scary, it means that we are to honor Him and obey Him, kind of like our parents.

How can you practice obeying God this week?

Why do you think we should ask God for an undivided heart?

If our heart is divided that means it is in separate parts, but we want all of our heart

Your friends are actually paying attention to your life. The things that you do matter. When people see you obey, it will encourage them to obey. When people see that you rely on God’s faithfulness, it will encourage them to believe God.

[coloring sheet link](#)

Week 8:

“Do everything without complaining or arguing.”

Philippians 2:14

Conversation Starters:

Yep, everything...even make your bed. Did you know that rolling your eyes counts? At our house, we have this thing we call the full body pout. Let's just say it isn't one the list of allowed behavior. None of these things help you get things done. In fact, they suck the joy right out of whatever you are doing, usually for you and your parents. God doesn't tell us to stop complaining just so He doesn't have to hear it. He knows that it doesn't make us happy.

Do you remember how we talked about Jesus helping you with everything? Well, He can even help you do everything without complaining. You just have to ask.

What is something that you are always tempted to complain about?

What is one way you can remind yourself to fight that urge to complain?

[coloring sheet link](#)

Week 9:

"Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you."

Ephesians 4:32

Conversation Starters:

Why does God want us to forgive others?

When we choose to forgive other people, we are really telling God thank you for forgiving us. Remembering that we have also hurt people can help us to be tender to those who have hurt us.

Who is someone you can be kind to this week?

What is one way you can be kind to someone who lives far away?

[coloring sheet link](#)