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# devotions

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Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." John 8:12

## CHECK IN

**Let's check in with each other!** Spend a few minutes sharing about your last 24 hours - what sparked light (what was a highlight/favorite part), what caused darkness (what wasn't your favorite, what struggles did you face), and where did you see God's guiding light shining brightest (what was a God moment you experienced)? Let everyone share!

## DAILY THEME

**Guided by the light, we are called to abide with God, just as Jesus spent time in prayer and connection with God.** What does abide mean? (Abide is a word we don't often use! It can mean to dwell and spend time with someone else, including God). In what ways do you abide in your daily life?

## READ THE TEXT

**Read together in the Bible the story of Jesus in the Garden of Gethsemane.** If you have a regular Bible, turn to Matthew 26:36-46. If you are using a Spark Story Bible, turn to pgs. 468-first half of 470 (end on "go and face hard things.") Read through the text once together, and then to really bring the story to life, read it again, having one person be the "narrator" while the other family members help act it out! After reading it twice through, can you retell the story in your own words?

## TALK ABOUT IT

### Discuss together:

- Who took time to abide in this story? Why do you think Jesus wanted to spend time with God at this moment? (He was about to face a really hard thing!)
- When do you take time to abide with God? (It doesn't have to be just before hard times! Spending time with God helps strengthen our relationship and faith)
- Plan out 3 different times today that you can take time to abide! This can be spending quiet time alone with God, going on a walk to abide in creation, or abiding with another person! Check out the Daily Activity for more ideas on how to abide today.

## TALK TO GOD

**Let's pray!** Today for prayer, spend 5 minutes in a quiet place, abiding with God! Take time to talk to God, but also take time to listen too - when we abide, we can more fully hear God's voice in our lives.