

Family Devotion - A Light to Our Path

Sunday, February 1, 2026

Psalm 119:105: Your word is a lamp to my feet and a light to my path.

Proverbs 3:5-6: Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.

Have you ever been lost? I mean, REALLY lost and had no idea how to get where you wanted to go? In this age of GPS and devices with map apps, it might be difficult for us to imagine getting so off course that we have no idea where we are.

Whether we are traveling to an unfamiliar place, assembling a complicated piece of equipment, or making choices in life, it is important that we have good instructions that point us in the right direction. Sometimes in life, we face difficult choices or challenging tasks, and we need guidance. When we face times like these, our faith is a reliable guide for us, and the Bible is like a roadmap or compass. Psalm 119 tells us that God's word is like a lamp for our feet which leads us down the right path.

Whenever we face a difficult decision or circumstance, we should gather information, seek advice from people we trust, and weigh the pros and cons of our choices. It is important that we use the gifts of reason and wisdom that God has given to us. The Book of Proverbs tell us that ultimately, as followers of Jesus, we are called to place our trust in God and rely on our faith to guide us. As people of faith, when we are lost and need to find our way, when we have a hard choice to make, or when we need guidance for how to respond to problems and issues in our world, we follow God's word, especially the teachings of Jesus, we pray, and we place our trust in the God who has promised he will always guide us down the right path.

Activity: Think of some places your family has been or would like to go. Use Google Maps or another search app (or a map or atlas) to find out what direction those places are from Rocky Mount. If you have a compass, use your compass to point you in the direction of those places. Talk about other places that are located North, South, East, and West from where you are.

Activity: For older children and youth - Discuss how our faith can point us in the right direction when we have decisions to make in our life. How can the Bible give us guidance? What other sources of wisdom or guidance can we rely on to make sure we make wise choices and go in the right direction in our lives?

Prayer : Holy God, as we go through each day, bring the truth of your words to our mind and help us to apply your wisdom to the choices we make and the path we follow. Amen.

Bonus activity: Bible Pairs Game. There are several options for how to play:

1. Use index cards or slips of paper to make a Bible Pairs Memory game. There are 20 pairs, so you will need 40 cards. On each card, write one half of each of the pairs (e.g., write "Noah" on one card and "The Ark" on another card, etc.).

To play: Lay out the cards face down in a grid. During each round, each player will take turns turning over two cards to look for pairs. When a pair is found, the two cards are removed from the grid by the player who made the match. The player who makes the most matches wins.

2. Use the cards or the list below to "quiz" one another, with someone naming one in the pair to see if a player can name the other half of the pair. If multiple players, take turns or see who can name the pairs first. Keep score if you wish.

3. For advanced players: How many other Bible Pairs can you think of? How many other people or things can you name that are related to these pairs? Use your imagination to create your own variations on the Bible Pairs game. Have fun!

Noah and The Ark

Abraham and Sarah

Adam and Eve

Daniel and The lion's den

Joseph and Mary

Paul and Silas

Jonah and The whale

30 pieces of silver and Judas

Jonathan and David

Samson and Delilah

10 Commandments and Moses

Ruth and Naomi

Solomon and The temple

Jesus and The Disciples

Cain and Abel

Sheep and Goats

Loaves and Fish

Scribes and Pharisees

Michael and Gabriel

James and John