

S.A.F.E. Homes



“My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.” Psalm 5:3

Loving the Routine

It is amazing how many things we do automatically without putting any thought into it. When you brush your teeth, do you have to use a checklist: Pick up the toothbrush, place toothpaste on the brush, brush teeth, rinse mouth, rinse the toothbrush? No! That would be ridiculous. Most of us do this routine once, twice, even three times a day, without even thinking.

A lot of things in life are this way. A person who drives doesn't have to review how to turn on the ignition to start the vehicle. If you ride a bike, you don't have to remind yourself how to keep your feet on the pedals. When you eat, you don't have to tell yourself to chew and swallow. We do these things automatically.

Routines can be good or bad. If you are in the routine of wasting time in front of a screen for hours each day, this can be bad. On the other hand, if you are in the habit of praying each morning before leaving for school or work, this is wonderful.

Married people don't have to remind themselves that they are married. Christians do not have to be reminded they are Christians. Our actions should reflect our commitment.

An interviewer once asked a prominent minister how he got back on track after not reading his Bible for a day or two. “Miss a day or two?” he said. “I don't think I've ever done that since I became a Christian.” Wow! That is a real routine!

Jesus had routines when He was on earth. “And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read,” (Luke 4:16).

May the power of the Holy Ghost teach us how to love the routine of living for God everyday!

Family Prayer: *Lord, help me to know what routines to apply to my life and which ones to eliminate. Give me wisdom to be more like You. In Jesus' Name, Amen.*

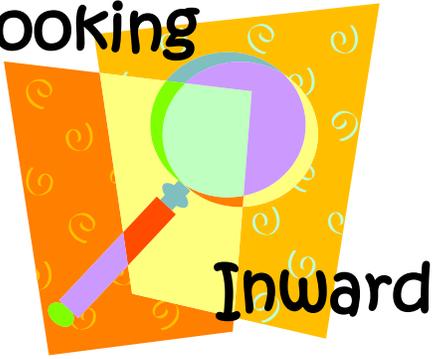


Includes
Family
Activities



Want more?
Scroll down for
Bonus Pages

Looking



Inward

The Bible says, "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ," Ephesians 4:15. Gather art supplies to make a flower picture. Glue the stem and leaves on construction paper and then cut out individual petals to color. Write a good habit on each petal (pray before school, read my Bible daily, speak kindly to others, help with chores, etc.) and glue on for the flower head. If you have a small picture of the child, it can be cut into a circle and put in the center of the flower. Put a sun in the sky to represent Jesus. As He shines His light on us, we can grow up to be what He's created us to be.

Let's talk

Discuss this saying,

"Watch your thoughts, they become your words;
watch your words, they become your actions;
watch your actions, they become your habits;
watch your habits, they become your character;
watch your character, it becomes your destiny."

Check your routines this week. Have you gotten into the habit of losing your temper when things go wrong, or speaking unkindly to family members? Be sure your habits are reflecting the God you serve!

Looking



Outward

Additional Challenges

Daniel was a great example of someone who loved the routine! Let's find out what he did when he was told he couldn't pray to his God anymore.

Daniel 6:10

"Now when Daniel knew that the writing was signed, he went into his house; and his _____ being _____ in his chamber toward Jerusalem, he _____ upon his knees _____, and _____, and gave _____ before his God, *as he did aforesaid.*" (It was his routine!)

Here are a few more scriptures about spiritual routines:

Psalm 119:44

"So shall I _____ thy _____ continually for ever and ever."

Luke 22:39

"And he came out, and went, as he was wont (accustomed to doing), to the _____ (to pray); and his disciples also _____ him."

Acts 2:46

"And they, _____ with one accord _____, and breaking bread from house to house, did eat their meat with gladness and singleness of heart."

Name some good routines you already have in your life.

1. _____
2. _____
3. _____

Name some good routines you need to work on adding to your life.

1. _____
2. _____
3. _____

**Galatians 6:8 says that we reap what we sow.
Make sure you're planting a good crop!**

Puzzle Page

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Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.

Coloring Page

