

Family Summer Bible Verse Challenge

These are some bible verses to help your kiddos navigate some difficulties they will face or are facing. When we have to word within our hearts it helps us in that difficult moment to pick the path God wants for us vs the path the world would have us choose.

For the rest of the summer I challenge us to get these in our hearts and minds as well as in those of our kiddos.

Instructions:

Pick a day of the week to start

Go over the verse as a family, teach your kiddos what the verse means and discuss how they can use it in their lives. Write it on post it notes, pieces of paper, notecard, etc. and have them put them around the house.

Practice saying the verse at least three times each day. Make it fun! There are lots of games you can do as a family to memorize the verse or even ask your kiddos to design a game.

At the end of the week it is quiz time. Have everyone say it out loud or write it and explain what it means and see how y'all did. Let your kiddos quiz you and judge your response; you can incorporate a small prize or privilege as incentive if you like. Examples: if we all memorize it everyone can pick a flavor of ice cream at the grocery store, or a candy, etc. You know your family better than me, be creative!

I have included 8 weeks worth of verses with some bonus ones as well. I hope y'all have fun together doing this for the rest of summer. Let's put the word of God in our hearts and in our minds!

Week 1: Handling Fear and Anxiety

- **Philippians 4:6-7** – "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
- *The Message*: Talk about turning worries into prayers and letting God's peace act like a security guard for your mind.

Week 2: Celebrating Being Different

- **Psalm 139:14** – "I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."
- *The Message*: Remind them that God designed their specific personality, talents, and appearance on purpose. Being different is part of His blueprint.

Week 3: What to Do When Worried

- **1 Peter 5:7** – "Casting all your anxieties on him, because he cares for you."
- *The Message*: Use the visual of throwing a heavy backpack down. We can throw our worries onto God because He wants to carry them for us.

Week 4: Standing Out from the Crowd

- **Romans 12:2** – "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
- *The Message*: At 10, the pressure to copy others is high. This verse reminds them that fitting in with the crowd isn't the goal; following God is. How do we test and discern what God's will for us is? We read and understand and practice what the Bible teaches and we go to God in prayer.

Week 5: Finding Strength in Hard Times

- **Isaiah 41:10** – "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."
- *The Message*: When big changes or social situations feel overwhelming, God promises His physical holding strength.

Week 6: Chosen and Set Apart

- **1 Peter 2:9** – "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."
- *The Message*: Explain that being "holy" just means being set apart for a special purpose. They are royalty in God's eyes, even if they feel out of place at school.

Week 7: Mindset Shift for Anxiety

- **Philippians 4:8** – "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."
- *The Message*: When anxious thoughts spiral, use this verse as a checklist to redirect focus toward good, true things. "Paul is talking about how to bring every thought into captivity to the obedience of Christ." - Guzik

Week 8: Courage to Be Yourself

- **Joshua 1:9** – "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."
- *The Message*: A reminder that bravery doesn't mean you aren't scared; it means you move forward anyway because God is walking with you.

Extras

- **Proverbs 3:5**: "Trust in the Lord with all your heart, and do not lean on your own understanding."
- **Philippians 4:13**: "I can do all things through him who strengthens me."
- **Ephesians 4:32**: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
- **Colossians 3:2**: Set your minds on things that are above, not on things that are on earth.
- **1 John 5:3**: For this is the love of God, that we keep his commandments. And his commandments are not burdensome.
 - If we say "I love God" but then walk and do things that we KNOW are disobedience, we aren't showing that we love God.
 - God's commandments aren't meant to be mean but are wise and good, they are gifts from him to show us the best and most fulfilling life possible. God knows us so well that he knows how we work best. When we love God, you will want to obey him and make him happy. You will enjoy doing it, you will do it without complaining.
- **Proverbs 3:5**: Trust in the Lord with all your heart, and do not lean on your own understanding.
 - We are not perfect and it is impossible for us to trust in the Lord perfectly, this is not saying we have to perfectly trust but that we must have a heart and life that does not knowingly reject or defy God with unbelief. We must trust him with all our heart by putting down our own understanding and instead choose God and his understanding.
 - Self sufficiency and self dependence have been the ruin of mankind ever since the fall of Adam. The grand sin of the human race is their continual endeavor to live independently of God- Clarke
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