

FAMILY TOGETHERNESS WEEK OF PRAYER • SEPTEMBER 6-12, 2026

ANCHORED FAMILY

IN A DIGITAL WORLD





What is a **VUCA** WORLD?

Though the world is volatile, we **VENTURE** beyond fear.

Though it seems uncertain, we **UNVEIL** the deeper truth.

Though the path is complex, our **COMPASS** remains steady.

Though all feels ambiguous, we live anchored in **ASSURANCE**.

But 2 Timothy 1:7 defines us:

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2026 RESOURCE BOOK

**FAMILY, FAITH,
AND FOCUS IN A
DIGITAL WORLD**

ANCHORED FAMILY

IN A DIGITAL WORLD



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INTRODUCTION

ANCHORED IN THE WORD

Cultivating Family Togetherness in a VUCA WORLD

We live in a world that moves faster than our souls can follow. **Volatile** markets, **Uncertain** futures, **Complex** challenges, and **Ambiguous** moral landscapes press upon our families from every direction. Into this already turbulent reality comes a relentless digital intrusion—notifications that splinter our attention, algorithms that shape our desires, and screens that so often sit where sacred conversation used to live. Around dinner tables, in bedrooms, and even in quiet moments of family worship, the noise of the world competes for the hearts of those we love most.

This Family Togetherness Week of Prayer invites us to pause, breathe, and return. Not to a nostalgic past, but to the timeless Word of God

that has anchored His people through every storm of history. The psalmist declared, “Your word is a lamp to my feet and a light to my path” (Psalm 119:105). In a **VUCA WORLD**, Scripture is not merely comforting—it is essential. It orients us when everything shifts, steadies us when the ground trembles, and clarifies what matters when voices multiply.

Families were God’s first sanctuary, designed to be places where faith is nurtured, identity is formed, and love is practiced. Yet no family drifts toward what’s most important by accident. Spiritual grounding requires intention—family worship, open conversation, honest prayer, and sacred time uninterrupted by screens. When

parents and children gather around God's Word together, they build resilience that no algorithm can erode.

During this family strengthening week, let us reclaim our homes as holy ground. Let us silence the noise long enough to hear God's voice. Let us teach our children—by example—that the deepest belonging is found not in the glow of a device but in the presence of the Savior and the embrace of family.

Remain encouraged and faithful,



Adventist®
Family Ministries

Willie and Elaine Oliver, Directors
Seventh-day Adventist Church
World Headquarters



To learn more about **Family, Faith and Focus in a Digital World**, download the free 2026 Resource Book.

Available now in English, French, Italian, Portuguese, Spanish and Swahili

VISIT: [FAMILY.ADVENTIST.ORG/2026RB](https://family.adventist.org/2026RB)



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BIBLICAL FOUNDATION

VUCA Family Togetherness Week of Prayer is based on a central conviction: The world may be **Volatile, Uncertain, Complex**, and **Ambiguous**, but the identity of the believer is not.

— The biblical foundation is based on: —

SUNDAY	Daniel 1:8	Faithfulness in hostile contexts
MONDAY	1 Timothy 4:12	Authority based on modeling
TUESDAY	Luke 10:38-42	Priority of presence
WEDNESDAY	1 Kings 3:9	Discernment in the face of complexity
THURSDAY	Matthew 6:25-34	Correct order of priorities
FRIDAY	Philippians 4:4	Joy anchored in gratitude
SABBATH	Exodus 20:8	The Sabbath as identity and freedom

BIBLICALLY WE AFFIRM THAT:

- Character formation is a spiritual work.
- Technology is not neutral: it interacts with the human heart.
- Biblical wisdom remains relevant in the digital culture.
- Discipleship includes how we use our time, attention, and devices.

OUR FAMILY MISSION

Internal transformation in your family should focus on:

- A solid identity
- Self-control
- Discernment
- The ability to form deep relationships
- Gratitude
- Healthy lifestyle

OUR SPIRITUAL VISION

May every family be able to say: “We are not slaves to the algorithm. **We are children of God.**”

We believe that:

- The Holy Spirit forms self-control
- Obedience is born of love
- Identity precedes behavior
- Rest is an act of faith
- Gratitude is a form of worship

The goal is to live in the world with wisdom, not completely disconnect from it.

IN SUMMARY:

Form hearts that know how to live in a **VUCA WORLD** without losing their anchor.

DISCIPLESHIP FRAMEWORK

In this week of prayer you will learn from:

- The Bible
- Educational principles from the writings of Ellen White
- Social Scientific Research

And reevaluate your understanding of digital culture and family life.

Each day follows the **VUCA** framework:

V Venture into biblical stories that inspire courage

U Unveil deep questions that raise awareness

C Compass that points to education principles

A Actions committed to forming healthy habits

This is a proposal to help your family experience
DIGITAL CULTURAL TRANSFORMATION IN YOUR HOME.

WHY?

Because, if we do not intentionally shape digital culture, it will shape us:

- Digital culture is shaping character even if we don't plan for it
- Screens influence identity, attention and relationships
- Many parents feel social pressure and loneliness in their decisions
- Children need consistent and present adults
- The church needs to build strong families, not just responsible users

HOW?

From three pillars of educational principles from the writings of Ellen White:

- Relationship before rules
- Identity before behavior
- Community before individualism

WHAT?

- Biblical stories as a mirror
- Questions that invite reflection, not just obedience
- Concrete family activities
- Visible contracts and agreements
- Rhythms that continue beyond the week

We do not seek blame:

**WE SEEK DIGITAL
TRANSFORMATION**

We do not seek
punishment:

**WE SEEK
EDUCATION**

7 ANCHORING PRINCIPLES FOR USING SCREENS WISELY

VUCA DAILY STRUCTURE

1 **FAITHFULNESS** **Inner identity before outward reaction**

- Belonging before rules
 - Self-control before external control
 - Private surrender to God, that anchors faithful living in public
 - Freedom that comes from knowing who I am
- “Public loyalty comes from private surrender.”

2 **MODELING** **Visible consistency that builds parent authority**

- Relationship before imposition
- Modeling before demanding
- Family connection before lecturing
- Community that supports courageous decisions

“Your life speaks louder than your rules.”

3 PRESENCE

Relational intentionality

- Connection before correction
- Attention that communicates love
- Time shared without interruptions
- Protected spaces and moments

“Where your attention is,
there is your love/heart.”

4

DISCERNMENT

Awareness to understand the digital world

- Principles before consumption (doom scrolling)
- Think before reacting
- Pause to see clearly before absorbing without a filter
- Become thinkers, not just followers

“Wisdom is not knowing a lot. It is knowing how to distinguish between good and evil.”

5

PRIORITIES

Organizing time according to values

- The essential before the urgent
- Design an environment that builds character
- Boundaries that protect what we love
- Intentional rhythm instead of digital chaos

“What you put first shapes who you are.”

6

GRATITUDE

Orienting the heart towards grace and mission

- Live from what you have received, not from what you lack
- Comparison transformed into purpose
- Screens as an instrument for blessing
- A mindset of giving before consuming

“Gratitude transforms consumers into people with purpose.”

7

SABBATH AS IDENTITY AND A LIFESTYLE

Rhythm of freedom and rest

- Identity rooted in God
- A pause that resets the soul
- A boundary that liberates
- Resistance to a culture of hyperconnectivity

“Rest is not disconnection from life.
It is a reconnection with the essential.”

SUNDAY

FOCUS ON: Daniel in Babylon

READ TOGETHER: Daniel 1

ANCHORED BY FAITHFULNESS

But Daniel purposed in his heart that he
would not defile himself... (Daniel 1:8)

FOR FAMILY WORSHIP: Pages 12-14

FURTHER STUDY FOR PARENTS: Pages 15-17

DEVOTIONAL

DANIEL'S QUIET STRENGTH

Imagine Daniel standing before a giant palace. The doors opened wide. The walls were bright. The halls were long. Servants hurried by. Music filled the air. The king's food smelled sweet and rich. Everything seemed to shout, "Babylon is big! Babylon is strong! This is your new life!"

But Daniel did not choose this place. He did not choose this school. He did not choose this king. He did not even choose his new name. His home was far away. His world felt shaken. In a **VUCA WORLD**, life can feel wild, unsure, confusing, and hard to understand. Daniel had to choose how to live.

Babylon wanted Daniel to learn its language. Babylon wanted Daniel to eat its food. Babylon wanted Daniel to act like everyone else. But Daniel knew something deep inside: "I belong to God."

Then came the king's food. Picture shiny plates. Sweet drinks. Fancy meals. Maybe other boys

stared at those things and smiled. It looked like a prize. It looked like success. It may have looked harmless.

But Daniel saw more than food. He saw a choice. Would he let Babylon shape his heart? Or would he remember God first?

The Bible says, "Daniel purposed in his heart..." (Daniel 1:8). That means Daniel decided inside, where only God could see.

He did not yell. He did not act proud. He did not fight the workers. Daniel was brave, but his bravery was calm. He asked kindly for another way.

That is the kind of heart God can grow in us. A heart that says yes to God before pressure comes. A heart that knows, "I am God's child."

Today, screens, games, videos, likes, and trends can try to shape our hearts too. Daniel reminds us that brave choices often start quietly. Before anyone sees us, God sees our hearts. Like a little light in the dark, one quiet choice can shine too. When we choose God in secret, our life begins to shine in public.

**FAMILY
PRAYER**

Kneel together with open hands and pray: **"Lord, give our family humble hearts that choose You first, even when pressure feels strong. In Jesus' name, amen."**

READ

ASK

Daniel's world became scary and confusing:

God helped him know what to do:

VOLATILE: Home destroyed, taken away.

VENTURE: God helps us be brave with our choices.

UNCERTAIN: New language, culture, empire.

UNVEIL: God shows what is true in His word.

COMPLEX: Pressure from every side.

COMPASS: God shows the right way, by trusting Him.

AMBIGUOUS: Stay faithful, live with others.

ASSURANCE: God says, "You are Mine; I'll protect you."

Even in a **VUCA WORLD**, a surrendered heart chooses God's way—brave, kind, wise, and faithful, not fearful or reactive.

1 Read
Daniel 1:8
together

2 Underline
the word
"**purposed**"

3 Ask yourself:

- Is my faithfulness public or private?
- Which digital choices change when watched?

We do this because God's love gives our hearts a safe home. When we know we belong to Him, we want to choose what makes Him smile. We can lean on Him and feel His love daily. **I belong to God, so His love helps me choose well, even when I am alone.**

FAMILY ACTIVITY: The Secret Heart Check

Find a sticky note and draw a small heart. Place it near your main device. For 24 hours, before opening it, stop and pray: "Jesus, lead my heart." Do not post for likes. Do not watch what makes you forget you belong to God. **At bedtime, let's ask each other: Who ruled my heart today?**



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY FAITHFULNESS

Today's Principle:
A Surrendered Heart

Today's promise for your home is simple and hopeful:
Your family can learn to choose God before pressure comes.

Screen rules are not just limits; they are little training paths for the heart. As children remember, "I belong to God," wise choices can grow quietly, lovingly, and bravely—even when no one is watching inside your home every day.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

Daniel lived in a **VUCA WORLD**: volatile, because Jerusalem was destroyed and his life changed fast; uncertain, because he faced a new language, culture, and empire; complex, because political and religious pressure surrounded him; and ambiguous, because he had to stay faithful without hiding from the world or becoming like Babylon.

This matters for parents because our children also live in a **VUCA WORLD**. Screens, trends, voices, and pressures can try to shape what they love, believe, and choose. Daniel teaches us that the first battle is not outside the home. It is inside the heart.

Daniel 1:8 says he "purposed in his heart" not to defile himself. His courage began in the unseen. Before the public test, his heart was surrendered to God.

This is keystone knowledge for our children: when the heart belongs to God, choices grow stronger.

WHERE IS YOUR FAITHFULNESS DECIDED TODAY: IN PUBLIC, OR IN SECRET?

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read Daniel 1:8 slowly. Pause at “purposed.” Daniel did not wait for the loud moment. He chose God before pressure knocked at the door.

“Before the pressure comes” means today—before your child asks, before friends compare, before guilt whispers, before tiredness reaches for the phone, and before the screen becomes the easy answer.

ASK GOD, RIGHT NOW, TO HELP YOU SEE YOUR OWN HEART: What is guiding my choices? What do I do only when others see? Today’s quiet decisions may become tomorrow’s lessons for my child.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Daniel’s steady compass was not fear. It was reverence for the Lord. To fear God does not mean running away from Him. It means living awake to who He is and who we are before Him. God is the center, not me. He sees farther than I do. He loves better than I understand.

A surrendered heart learns this truth: not everything I want is good for me. Freedom needs limits. Obedience is not shame. It is trust. In your home, this matters because, as a parent, you are not only making screen rules. You are helping lead your child’s heart toward God.

Educational principles from Ellen White remind us that true education begins with love and relationship. Ellen White wrote, **“Love, the basis of creation and of redemption, is the basis of true education”** (Education, p. 16). This helps us understand that children are not shaped best by cold rules, fear, or constant checking. They are shaped through loving relationships, patient guidance, and a living connection with God.

Daniel did not say no because someone was watching him. He said no because he already knew he belonged to God. That is the kind of heart we want to help form in our children.

Screens often whisper, “Look at this. Compare yourself. Prove yourself. Post now.” But a surrendered heart learns to pause and ask, “Will this bring me closer to the person God is helping me become? Am I seeking attention, or living with purpose? Does this honor God and others?”

This is the meaning of “First I belong, then I choose.” When a child knows, “I am God’s beloved child,” they can begin to make choices that match that identity.

Your goal is not simply to control your child’s screen use from the outside, but to help your child grow an inner compass fixed on Jesus.

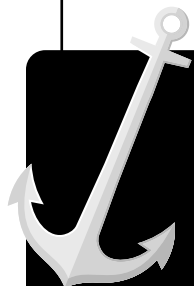
PUBLIC FAITHFULNESS IS BORN FROM PRIVATE SURRENDER.

A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

Today’s practice is called **THE INVISIBLE ACT**. It is not a test to prove your spirituality. It is a small way to practice surrender when no one is watching.

For the next 24 hours, let this practice begin with you, not your child. Before opening your main device, pause and ask Jesus to lead your heart. Choose not to post for approval, not to watch or read what weakens your identity in God, and not to use screens to escape His quiet invitation. Your children learn from the way you choose when no one is watching.

TONIGHT, ASK YOURSELF: WHO RULED MY HEART TODAY WHEN NO ONE WAS WATCHING?



ANCHORED BY

FAITHFULNESS

Babylon could change Daniel’s name, but not his heart. Today, anchor your children in this truth: when the heart belongs to God, identity stays strong, even in a **VUCA WORLD**.

MONDAY

FOCUS ON: Timothy

READ TOGETHER: 1 Timothy 4:12-16

ANCHORED BY MODELING

Let no one despise your youth, but be an example
to the believers in word, in conduct, in love, in
spirit, in faith, in purity. (1 Timothy 4:12)

FOR FAMILY WORSHIP: Pages 18-20

FURTHER STUDY FOR PARENTS: Pages 21-23

A LIFE THAT SPEAKS BY ACTIONS

The room grows quiet as Timothy steps forward. Sandals scrape the floor. Someone coughs. Older faces look up. Some eyes are kind. Some are not sure. Timothy is young, and everyone knows it.

His heart beats fast, like a little drum. He may wonder, “Will they listen?” The room feels big. His voice feels small. Then he remembers Paul’s words, like a hand on his shoulder: “Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity” (1 Timothy 4:12).

Paul does not tell Timothy to pretend he is older. He does not say, “Talk louder.” He does not say, “Make people respect you.” Paul gives him something better. Be an example.

That means Timothy can lead with his life. His words can be gentle. His actions can be brave. His love can help people feel Jesus near. Before

Timothy teaches, he can teach with his choices.

We live in a **VUCA WORLD**. Life can feel shaky, confusing, busy, and hard to understand. Plans change. Screens blink, buzz, and call our names. Games, videos, messages, and likes can pull our eyes and hearts away.

But a good example is like a small light in a dark room. It does not shout. It shines so others can find their way.

Today, let’s ask God to help our home shine. We do not have to be perfect. We can say sorry and try again. With God’s help, our words can heal. Our phones can wait. Our choices can say, “God is first, and you matter to me.”

Timothy was young, but he could lead. You can lead too. Your kindness can lead. Your honesty can lead. Your brave choice can lead.

Before we make more rules, let’s become the message. With God’s help, our lives can shine.

READ

ASK

FAMILY PRAYER

Place a small light in the center and pray: **“Jesus, help our words, choices, love, faith, and purity shine brighter than our screens today. In Your name, amen.”**

Timothy's new responsibilities felt like this:

And this is how God leads us to be an example to others:

VOLATILE: New churches faced danger.

VENTURE: God gives courage to model.

UNCERTAIN: Young leader, big responsibility.

UNVEIL: Our example teaches quietly.

COMPLEX: Many pressures around him.

COMPASS: God invites you to live what you ask.

AMBIGUOUS: How to lead elders as a young person?

ASSURANCE: Families grow stronger together.

In a **VUCA WORLD**, Timothy shows us that true courage grows when our life becomes a steady example for others.

1 Read
1 Timothy 4:12

2 Underline
the word
"example"

3 Ask yourself:

- Do I act online the same way I talk?
- What are children learning by watching me?

Timothy teaches us something important: eyes are always learning. When I put my phone away, listen with love, say sorry, and choose God, I am showing you the way. **You learn wise choices not only from my words, but from my example.**

FAMILY ACTIVITY: Our Promise Chain

Cut paper into strips. On each strip, draw or write one way your family will use screens wisely: grown-ups put phones down first, meals stay screen-free, everyone asks for help when pressure feels big, and we plan fun screen-free time together. Tape the strips into one chain and hang it where everyone can see. **Ask: What are we showing each other?**



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY MODELING

Today's Principle:
Modeling Builds Authority

Today's promise for your home is quiet and powerful:
Your daily example can teach your children what wise screen use looks like.

Timothy reminds parents that children learn courage by watching consistent love. In a noisy, screen-filled world, our example can build moral authority, shape your family culture, and help children see Jesus in daily choices.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

Timothy's life teaches parents a simple but powerful truth: in a confusing world, authority is not built by force. It is built by example.

As a parent, you do not need to lead your home by being louder, stricter, or perfect. You lead best when your children can see consistency in you. They learn from your words, but also from your habits, tone, attention, and the way you respond when life feels stressful.

This is especially true with screens. Before children fully understand every rule, they are already watching how the adults in the home use their devices. They notice if the phone comes to the table. They notice if messages interrupt conversations. They notice if social media changes the mood of the home.

Today, choose one visible act that sets an example. Put the phone away during a family moment. Apologize if you have been distracted. Let your words online and at home reflect love, faith, and purity.

YOUR LIFE SPEAKS BEFORE YOUR RULES, AND YOUR EXAMPLE HELPS SHAPE THE COURAGE YOUR CHILDREN WILL CARRY.

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read 1 Timothy 4:12 slowly. Underline the word example. Then look at the five places Paul names: words, behavior, love, faith, and purity. Ask God to help you see what your children may already be learning from you.

If you use a device, pause and ask: What do my digital words say? Does my online behavior match what I teach at home? Am I the same when no one tags me, watches me, or praises me?

MORAL AUTHORITY IS NOT DEMANDED. IT IS BUILT, LITTLE BY LITTLE, WHEN YOUR CHILDREN SEE YOU LIVING WHAT YOU ASK THEM TO PRACTICE.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Modeling means living, as much as possible, what you are asking your children to learn. This is one of the beautiful educational principles from the writings of Ellen White: the home teaches before any lesson is spoken. She wrote, ***"In the formation of character, no other influences count so much as the influence of the home"*** (Education, p. 283).

For a busy parent, this is not meant to feel heavy. It is not another reason to feel guilty. It is an invitation to see how powerful your everyday choices can be. Your child is learning when you pray, when you pause, when you listen, when you put the phone away, and even when you say, "I was wrong. I'm sorry. Let's try again."

Modeling is not perfection. It is consistency. Perfection says, "I must never fail." Consistency says, "When I fail, I return to what matters." A consistent parent does not demand a screen habit that they are unwilling to practice. A consistent parent keeps learning with the child, not standing above the child. This kind of leadership feels safe because it grows from relationship, not pressure.

Paul did not tell Timothy, "Make them respect you." He said, "Be an example" (1 Timothy 4:12, NKJV). That same principle works at home. When your child sees the phones leave the dinner table because

Mom or Dad put it away first, a lesson is being taught. When conversation matters more than notifications, family culture is being built. When rest time is protected, the home becomes calmer. When social media is not allowed to rule everyone's mood, children begin to see freedom.

So the question is not only, "What screen rules should I set?" The deeper question is, "What am I showing my children so they can learn?"

YOUR STEADY EXAMPLE CAN BECOME THE QUIET COMPASS THAT GUIDES YOUR FAMILY TOWARD JESUS.

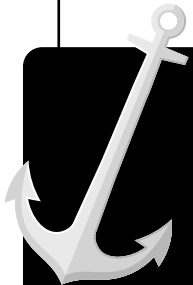
A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

This week, practice **THE PARENT SCREEN HUDDLE**. Before making new rules for your children, sit down as parents and honestly assess your own screen habits. Modeling needs support, and it begins with the adults in the home.

Choose a quiet moment this week. Ask each other: How are we using our phones in front of our children? Where are we inconsistent? At what age do we believe it's wise to get a first smartphone? How can we support each other when outside pressure feels strong?

Then write a short family agreement: "We will improve our adult screen habits first, delay the use of smartphones wisely, speak up when pressure comes, and create offline ways for our children to connect."

REMEMBER: WHAT ARE WE MODELING BEFORE WE ARE ASKING?



ANCHORED BY MODELING

Do not aim to control children. Show them another way. Timothy was young, but steady. In a **VUCA WORLD**, example becomes authority. Children are watching. What do they see today?

TUESDAY

FOCUS ON: Martha and Mary

READ TOGETHER: Luke 10:38-42

ANCHORED BY PRESENCE

And she had a sister called Mary, who also sat at Jesus' feet and heard His word. (Luke 10:39)

FOR FAMILY WORSHIP: Pages 24-26

FURTHER STUDY FOR PARENTS: Pages 27-29

THE COURAGE TO BE PRESENT

Do you hear the busy house? Feet move quickly across the floor, dishes make noise, and people talk near the door. Someone needs water, someone needs bread, and someone needs help. Martha is working hard because she loves Jesus and wants everything to be ready.

But in that same busy house, Mary makes a different choice. She sits close to Jesus and listens. She is not running around. She is not trying to prove she is important. She is not trying to be noticed. The Bible says, “Mary...sat at Jesus’ feet and heard His word” (Luke 10:39, NKJV). That small sentence shows a very big choice.

Mary teaches us that sometimes courage looks quiet. Courage is not always loud, fast, or strong on the outside. Sometimes courage means stopping when everything around us is moving. Sometimes courage means listening to Jesus before we rush to do the next thing.

Our homes can feel busy too. In a **VUCA WORLD**, where life can change quickly, feel uncertain, become confusing, and be hard to understand, our attention can be pulled in many directions. There are screens, sounds, messages, schoolwork, chores, plans, worries, and questions we do not always know how to answer. Sometimes our bodies are in one place, but our minds are running everywhere.

Jesus invites us to slow down and come close to Him. He is not asking for a perfect house or a perfectly quiet day. He knows life can be noisy, busy, and full of interruptions. He simply asks for our attention, because when we listen to Him first, our hearts can become calm and our eyes can see each other with more love.

Before we talk about screens, schedules, and choices, let’s begin where Mary began: close to Jesus, ready to listen. The world may rush, buzz, and pull, but with Jesus, our family can stop, breathe, and hear His word.

READ

ASK

FAMILY PRAYER

Place distractions aside, take one deep breath, and pray: **“Dear Lord, help us sit close, listen first, and give full attention today. In Jesus’ name, amen.”**

This is what Mary and Martha's world felt like:

VOLATILE: Roman rule stirred hopes for the Messiah.

UNCERTAIN: People wondered who Jesus was.

COMPLEX: Hospitality set gender roles.

AMBIGUOUS: Serve Jesus or stay close?

Although with God's help, we can turn it into:

VENTURE: Sit with Jesus and listen closely.

UNVEIL: Discover the one thing needed.

COMPASS: Share attention, not just space

ASSURANCE: Put away phones, choose connection.

In a **VUCA WORLD**, Mary shows us that true courage can begin with one quiet choice: sit down, listen, and be fully present with Jesus.

1 Read
Luke 10:38-42
together

2 Underline
the expression
"**only one thing
is necessary**"

3 Ask yourself:

- What keeps me busy but disconnected?
- Am I near you, but watching a screen?

Mary and Martha teach us that Jesus values hearts that listen, not just hands that stay busy. As your parent, I promise to stop, look at you, and listen with love, **so that you know you always matter more than my phone, or the rush to do chores, and my to-do list.**

FAMILY ACTIVITY: The Phone Garage

Decorate a small box or tray as your family's Phone Garage. Before dinner or worship, everyone 'parks' their phone and says, "**I choose to be present.**" Ask: "How did Mary show Jesus He mattered?" Then look at one person, listen to their answer, and give them a heart-hug or high-five.



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY PRESENCE

Today's Principle:
Practice True Presence

Today's promise for your home is attentive and steady:
Your loving attention can tell your child, "You matter more than any notification."

Mary's choice becomes a daily invitation to slow down, give our full attention, and create gentle rhythms at home where screens step aside so children feel seen, hearts grow calmer, and love finds time to listen before the rush of life begins again.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

A hurried home can make love feel silent, even when everyone is in the same room. Parents can be busy doing good things: cooking, working, cleaning, answering messages, helping children, and caring for many needs. But the story of Mary and Martha gently reminds us that doing many things for Jesus is not the same as being present with Him.

Martha was not wrong for serving. The problem was that her heart became pulled in too many directions. Mary shows another kind of courage. She stopped. She sat down. She listened. In a noisy, demanding world, presence may seem small, but it can become deeply powerful.

For parents, this is an invitation to notice where attention is going. A child may not need a perfect parent, but they do need a parent who is present. When we stop long enough to listen, we speak a powerful message without words: "You matter more than my hurry."

ASK YOURSELF TODAY: AM I FULLY PRESENT, OR SIMPLY NEARBY WHILE MY ATTENTION IS ELSEWHERE?

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read Luke 10:38–42 and underline Jesus' words: "only one thing is necessary." Martha was not wrong for serving. Her work mattered. The meal, the welcome, and the hospitality were good gifts. But she was carrying so much that she almost missed the Person in front of her.

Presence does not mean sitting still while life falls apart. Presence means knowing when love needs your full attention. It is choosing a child's voice over a notification, a family moment over another task, and listening over rushing.

TODAY ASK GENTLY: AM I DOING MANY GOOD THINGS, BUT MISSING THE HEART BESIDE ME?

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Educational principles from Ellen White remind us that children are reached best through warm, caring relationships. Ellen White wrote, ***"Only as we come in touch through sympathy can we understand them; and we need to understand in order most effectively to benefit"*** (Education, p. 212).

This is the heart of presence. Parents do not guide children best from far away, or while distracted, rushed, or half-listening. We guide them by coming close. We teach by being truly present.

Being present is more than being in the same room. A family can sit together while everyone is living in a different world through a screen. True presence means sharing attention. It means looking into each other's eyes, listening without interrupting, putting the phone down when someone is speaking, and noticing feelings, not just words.

Jesus modeled this kind of presence. He did not love people from a distance. He stopped. He looked. He listened. He came close. When parents do the same, they give their children a powerful message: "You are more important than any notification."

This is why connection comes before correction. When children feel distant, rules can sound like control: “You just want to stop me.” But when they feel loved, seen, and understood, the same rule can sound like care: “You are protecting me.” The rule is the same; the relationship changes how children receive it.

Technology is not the enemy; distraction is. Busy parents may not have long hours, and that is okay. Presence means that when the family is together, everyone chooses to be truly together.

A STRONG BOND TURNS RULES INTO A LANGUAGE OF LOVE.

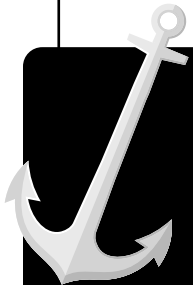
A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

This activity begins with the adults. Try a simple rhythm called **PRESENCE PARTNERS**, where Mom and Dad, or the caring adults at home, choose the first moments when phones will step aside.

Pick two daily spaces: a family space, like dinner or worship time, and a parent space, like 10 quiet minutes after the children sleep. Place the phones in a visible spot, not as punishment, but as a sign that love is choosing attention.

Before you begin, say together: “I choose to be present.” This turns the moment from a rule into a shared promise.

ASK YOURSELF: WHAT MOMENT CAN I PROTECT TODAY SO MY FAMILY FEELS SEEN AND LOVED?



ANCHORED BY PRESENCE

Martha was nearby, but Mary was connected. In a noisy **VUCA WORLD**, love stops, listens, and builds bonds strong enough to hold a family together when life runs fast today.

ANCHORED BY DISCERNMENT

Therefore give to Your servant an understanding heart to judge
Your people, that I may discern between good and evil. For who is
able to judge this great people of Yours? (1 Kings 3:9)

FOR FAMILY WORSHIP: Pages 30-32

FURTHER STUDY FOR PARENTS: Pages 33-35

THE ULTIMATE REQUEST

The throne room is dark, but Solomon is still awake. Outside, thousands of people are sleeping, trusting their new king to know what to do when morning comes. But Solomon knows something they do not know: he does not feel ready.

He can almost see tomorrow waiting for him. A mother may come crying for justice. A soldier may ask for orders. Leaders may disagree, and people will expect answers. Solomon could ask God for power, fame, victory, riches, or applause. Instead, the young king whispers a prayer that sounds small, but changes everything: "Give me an understanding heart."

The Bible says, "Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil" (1 Kings 3:9). Solomon is not asking for a louder voice or a bigger crown. He is asking God to help his heart

see clearly. He knows some choices are not easy, because fear, feelings, pressure, and many voices can make the right path hard to find.

Discernment means letting God to guide us in knowing what is true, good, and wise. For a child, we could say it this way: discernment is like having a little light from God inside your heart. When something looks fun, shiny, or popular, God's light helps you ask, "Is this good for me? Is this kind? Is this true? Will this help me love God and others?"

We need that kind of light today. Screens flash. Friends post. Videos shout for our attention. In a **VUCA WORLD**, where things change fast and answers feel unclear, we do not need more noise. We need God's wisdom.

So today, let's pray like Solomon. Lord, help us pause before we choose, listen before we follow, and look deeper before we believe. The world may be loud, but God can teach us to see clearly, one choice, one screen, and one quiet prayer at a time.

READ

FAMILY PRAYER

Place one hand on your forehead, one on your heart, and pray: **"God, give us discernment; let the Holy Spirit help us see clearly. In Jesus' name, amen."**

ASK

When becoming king, Solomon's world was like:

VOLATILE: The kingdom was changing fast.

UNCERTAIN: A young king led many.

COMPLEX: Hard choices could change lives.

AMBIGUOUS: Both answers seemed almost right.

Although with God's help, we can turn it into:

VENTURE: Courage to ask for wisdom.

UNVEIL: Eyes open to what matters.

COMPASS: A heart that sees clearly.

ASSURANCE: Choices shaped by love.

Remember: Solomon faced big choices, but he did not face them alone. In a **VUCA WORLD**, discernment helps us slow down, listen to God, and choose with a clear heart.

1 Read
1 Kings 3:9
together

2 Underline
the word
"**discern**"

3 Ask yourself:

- Do I mistake feelings for truth?
- Do screens shape what I want?

Solomon's story helps us learn that wisdom is not just knowing many things, but seeing what is good and true. **I promise we will ask God together for clear eyes, so our family can choose what builds love, rest, and character.**

FAMILY ACTIVITY: The Wise Choice Jar

Place a jar on the table and give each person a small piece of paper. Ask everyone to write or draw a screen choice that could help the family, like "no phones at dinner" or "screens off before bed." Put the papers in the jar. Then take turns pulling one out, reading it, and asking: **"Does this protect our love, our rest, or our relationship with God?"**



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY DISCERNMENT

Today's Principle:
Awareness of Reality

Today's promise for your home is wise and discerning:
God can help your family pause, see what is true, and choose what is good.

Parenting in a noisy world can feel overwhelming, but Solomon's prayer gives your home a better path. This section helps you slow down, see what screens are teaching, and guide your children toward wisdom, rather than just more rules or information.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

A volatile world changes quickly, and a home can feel the same. One message, one video, one argument, or one worried thought can pull the whole family into a reactive state. Solomon reminds parents that courage does not begin with having all the answers. Courage begins with asking God to help us see clearly.

Solomon did not ask God for success, attention, or control. He asked for discernment. Discernment means learning to see the difference between what only looks good and what is truly good. Even a child can understand it this way: wisdom helps us choose the better path when two paths seem shiny.

For parents, this matters deeply. Screens move fast, emotions rise fast, and pressure speaks loudly. But God can give you a clear heart.

ASK YOURSELF TODAY: AM I SEEING REALITY, OR AM I ONLY REACTING TO WHAT GRABS MY ATTENTION?

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Solomon teaches us that wisdom is not just having all the answers. Wisdom is learning to tell the difference between what catches our attention and what is truly good for our hearts, our homes, and our walk with God.

Read 1 Kings 3:9 quietly and underline the word discern. Then ask: Do I know the difference between what looks attractive and what is right? Do strong feelings ever make something seem true? Are screens shaping what I want? Am I building good judgment, or am I just collecting more information?

IN UNCERTAIN TIMES, FAMILIES NEED A CLEAR HEART THAT CAN PAUSE, LISTEN TO GOD, AND CHOOSE WHAT IS RIGHT.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Today's promise is hopeful and clear: God can help your family see what is true, choose what is good, and use screens with wisdom.

Awareness of reality means learning to see clearly. The educational principles outlined by Ellen White remind us that education is not only about giving children information. It is about helping them grow into people who can think, choose, and follow God with understanding. Ellen G. White wrote, ***"It is the work of true education... to train the youth to be thinkers, and not mere reflectors of other men's thought"*** (Education, p. 17.2).

That is discernment. Discernment is the ability to pause and ask, "Is this true? Is this helpful? What is this teaching my heart? Is this moving our family closer to the people God is calling us to become?" A child can understand it this way: discernment is like using the light God gives us to see the difference between a shiny wrapper and good food.

For busy parents, this can begin in small moments. After a video, during dinner, or in the car, ask, "How did that make you feel?" "Why do you think people like this?" "What kind of person is this teaching us to become?"

This is not about treating technology as the enemy. It is about teaching your child to read the digital world with open eyes. Some content entertains. Some shapes emotions. Some build character, and some pull the heart away from rest, kindness, truth, or identity.

A child who understands why a choice is wise becomes stronger than a child who only obeys because of fear.

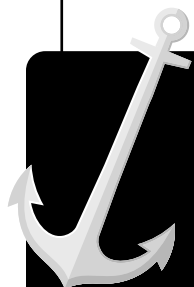
WISDOM IS SEEING CLEARLY ENOUGH TO CHOOSE WHAT HELPS LOVE, TRUTH, AND CHARACTER GROW AT HOME TODAY.

A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

This week, before you invite the whole family into a screen agreement, begin with a quiet parent moment called the **TWO-CHAIR WISDOM CHECK**. Sit together after the children are asleep, or during a calm moment, and talk about one screen habit your home needs right now. Maybe your family needs more loving conversation, better rest, or a stronger reminder that you belong to God.

Then each parent writes a screen rule and its reason. For example: “No phones at the table, because dinner is for listening and loving.” Or, “Screens off 30 minutes before bedtime, because our minds and bodies need rest.” Or, “We will review what we watch, because we want choices that help us remember we belong to God.” Compare your answers. Ask, “Are we trying to stop trouble, or teach wisdom?” Choose a rule you can both model first, then share it with your children.

ASK: IS THIS RULE GROWING FROM FEAR, OR FROM A DESIRE TO GUIDE CHILDREN WISELY?



ANCHORED BY DISCERNMENT

Solomon chose discernment over power. Families do not need more screens; they need clearer judgment. In a **VUCA WORLD**, wisdom helps hearts see what is true, good, and worth following.

THURSDAY

FOCUS ON: Jesus

READ TOGETHER: Matthew 6:25-34

ANCHORED BY PRIORITIES

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. (Matthew 6:33)

FOR FAMILY WORSHIP: Pages 36-38

FURTHER STUDY FOR PARENTS: Pages 39-41

WHO LEADS THE PARADE?

The hillside is awake. Morning light spills over Galilee, the grass bends in the wind, and the crowd leans closer to Jesus. Parents hold children. Workers rub tired hands. Teenagers listen from the edges. Grandparents stand quietly. Hidden inside people are invisible backpacks of worry: What will we eat? What will we wear? What will happen tomorrow?

Then birds sweep across the sky, and Jesus points upward. He gives one sentence that can reorder a whole life: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you” (Matthew 6:33). Jesus does not say, “Run faster,” or “Carry everything alone.” He says, “Seek first.” Put God at the center. Let His kingdom be the first voice, the first direction, and the first light in the room.

In a **VUCA WORLD**, plans can change quickly, tomorrow can feel unclear, calendars become

crowded, and voices can sound important at the same time. A notification says, “Look at me.” A worry says, “Fix me now.” A trend says, “Follow me.” A screen says, “Just one more swipe.” But Jesus asks, before the noise chooses for us: What belongs first in our hearts today?

Think of the day like a parade. School, work, meals, chores, games, screens, rest, and play are marching. But every parade needs someone to lead it. If the loudest thing runs to the front, everyone gets mixed up. When God leads, everything finds its right place.

That is how we learn to manage priorities. We choose what matters most before the loudest thing grabs our attention. It is not about doing more until we are tired. It is about putting first things first, so our time and screens do not boss our hearts around.

Today, let’s ask Jesus to help our family begin with Him, follow His peace, and let His kingdom lead our home.

READ

ASK

**FAMILY
PRAYER**

Line up by the door, hold hands and pray: **“Lord, lead our day like a parade. Help every choice follow You first. In Jesus’ name, amen.”**

Like now, back in Jesus' times, life was like:

VOLATILE: Life felt unsafe and shaky.

UNCERTAIN: Families worried about tomorrow.

COMPLEX: Many worries filled their hearts.

AMBIGUOUS: What should come first?

But today, with God's help, we can turn it into:

VENTURE: Follow Jesus when life shakes.

UNVEIL: Find what matters most.

COMPASS: Let God guide our choices.

ASSURANCE: Protect love in our home.

Jesus did not remove every worry, but He taught us what to place first. In a **VUCA WORLD**, priorities help us follow God's order, protect what matters most, and live with a calmer heart.

1 Read
Matthew 6:33
together

2 Underline
the word
"**first**"

3 Ask yourself:

- What do I choose first each morning?
- Does my time show what I value?

Jesus teaches us to put God and love first, so noise and screens do not run our home. I promise to help our family protect time for God, rest, and each other, **because you matter more than anything urgent.**

FAMILY ACTIVITY: Traffic Light Home Map

Use red, yellow, and green crayons or sticky notes. Walk through your home together. Mark green where screens rest, yellow where screens need limits, and red where screens stay out. **Then ask: "Where can our family make more room for God, rest, and one another?"** Display the map this week.



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY PRIORITIES

Today's Principle:
Priority Management

Today's promise for your home is calm and ordered:
When God comes first, your family can breathe.

This parent section helps you see priorities as a spiritual practice: choosing God before pressure, love before alerts, and rest before rush. You will learn how home spaces, daily rhythms, and screen boundaries can quietly teach what matters most.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

Parents know the feeling of a crowded day. Breakfast, work, school, bills, messages, errands, and worries can all shout at once. In that noise, the question is not only, "What must I do?" but "What should lead my heart and my home?"

Jesus does not answer anxiety by asking parents to do more. He gives a better order: "Seek first the kingdom of God and His righteousness" (Matthew 6:33). Priority management means choosing what comes first before pressure chooses for us. It is like putting the biggest rock in the jar first; then the smaller things can find their place.

For a home, this means God shapes the calendar, the phone, the table, bedtime, and how we respond to stress. Concerns will still come. But peace begins when the home is not led by fear, urgency, or screens, but by God's order.

WHAT YOU PUT FIRST QUIETLY TEACHES YOUR FAMILY WHAT MATTERS MOST EVERY SINGLE DAY.

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read Matthew 6:33 quietly and underline the word “first.” Then pause before the day begins and ask: What do I reach for first? What gets my attention before God or my family? Does my time show what I truly value? Does technology organize my day, or do I organize it?

Jesus shows that anxiety grows when our priorities are out of order. When every message, task, and worry feels urgent, the heart forgets what matters most.

MANAGING PRIORITIES IS MORE THAN PLANNING THE DAY. IT IS LETTING GOD PLACE LOVE, WORSHIP, AND FAMILY IN THEIR PROPER PLACE.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Priority management means helping your family place the most important things first. It is not about making a perfect schedule or adding one more burden to an already full day. It is about asking, “What do we love most, and how can our home protect it?”

Jesus gives the order clearly: “But seek first the kingdom of God and His righteousness” (Matthew 6:33). First does not mean we ignore work, school, laundry, meals, messages, or tired children. First means God’s kingdom becomes the compass that helps us decide what deserves our best attention.

Educational principles from the writings of Ellen White remind parents that the home itself teaches. She wrote, ***“It is in the home that the education of the child is to begin. Here is his first school”*** (Ellen G. White, *Child Guidance*, p. 17). That means children are learning from the rhythm of the house: what is protected, what is interrupted, what is repeated, and what is allowed to lead.

Technology can quietly change the order. A notification can become louder than a child’s story. A quick scroll can replace a bedtime prayer. The urgent can push away the essential. This is why priority management is not only about screen time. It is about what screen time may be replacing.

A wise family does not need to live with fear or shame. Parents can begin with small, hopeful choices: a screen-free table, a peaceful bedtime, a protected worship moment, a family conversation without phones, or a charging place outside the bedroom. These visible decisions tell children, “This matters to us.” “You matter to us.” Clear boundaries are not cold walls. They are loving fences around faith, rest, connection, and peace.

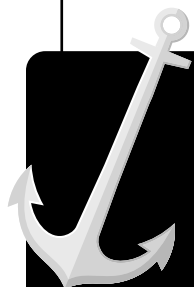
WHAT YOUR FAMILY PUTS FIRST TODAY BECOMES THE MEMORY YOUR CHILDREN CARRY TOMORROW WITH GOD’S HELP.

A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

This week, parents can do a simple activity called the **LOVE-REST-GOD HOME CHECK**. Sit together for ten minutes after the children are asleep, with paper and three colors. Instead of walking through the house with the children, talk about your family rhythm. Mark green for moments that must stay screen-free, such as worship, meals, and bedtime. Mark yellow for screen use that needs a clear purpose and time limit. Mark red for habits you both agree will not enter the home, especially phones in bedrooms at night.

Then choose a shared charging place, a daily disconnection time, and a protected family connection time. This is not punishment; it is shaping the home.

ASK: WHAT ARE WE PROTECTING FIRST?



ANCHORED BY PRIORITIES

Is my home shaped for distraction or connection? Jesus reordered the heart. In a **VUCA WORLD**, peace grows when God comes first. Screens are not the enemy; disordered priorities are.

FRIDAY

FOCUS ON: Paul, the Apostle

READ TOGETHER: Philippians 4:1-13

ANCHORED BY GRATITUDE

Rejoice in the Lord always. Again I will say, rejoice! (Philippians 4:4)

FOR FAMILY WORSHIP: Pages 42-44

FURTHER STUDY FOR PARENTS: Pages 45-47

THE UNSHAKABLE JOY OF GRATITUDE

Imagine the prison after sunset. Outside, the sky is losing its last colors, but inside Paul's cell the dark comes early. The floor is cold, his wrist is chained, keys clink down the hall, and Paul cannot open the door. Still, from that hard place, he writes a bright sentence: "Rejoice in the Lord always. Again I will say, rejoice!" (Philippians 4:4).

Paul is not pretending prison is fun. He is not saying chains do not hurt or lonely nights are easy. His joy is braver than a pretend smile. Paul remembers that God stayed near in storms, danger, rejection, and fear. Because he remembers God's goodness, his heart can still sing.

This is where gratitude teaches priority management. Priority management means choosing what gets the first chair in your day. It is like putting the biggest rock in the jar first, before the tiny pebbles. For a child, it means

asking, "What matters most right now?" God first. Love first. People before screens. Thankfulness before complaining. When the important things go first, the noisy things do not get to boss the whole day.

In a **VUCA WORLD**, plans can shake, tomorrow can feel uncertain, choices can feel tangled, and messages can make things blurry. Screens often say, "Want more. Compare more. Prove more. Scroll more." Gratitude stops the noise and whispers, "Look again. God is here."

So picture Paul lifting his chained hands. Not because the chains are good, but because God is good. Not because the cell is comfortable, but because grace has not left the room. Gratitude does not erase hard days; it helps us see God inside them.

Joy grows where gratitude is practiced. When we begin with the Lord, even a difficult day can become a place where His goodness is easier to see.

READ

ASK

FAMILY PRAYER

Name a way God cared for us today. Then pray together: **"Dear God, help us notice Your goodness and rejoice with thankful hearts. In Jesus' name, amen."**

Paul's experience was the most difficult:

VOLATILE: Paul was chased and jailed.

UNCERTAIN: Paul might not come home.

COMPLEX: Young churches felt pushed around.

AMBIGUOUS: Can joy grow in trouble?

And even then, Paul trusted God to change it:

VENTURE: Choose joy even when life hurts.

UNVEIL: See God's gifts today.

COMPASS: Let gratitude guide your heart.

ASSURANCE: Use screens to bless others.

Paul did not escape every hardship, but he learned where to place his focus. In a **VUCA WORLD**, gratitude helps us notice God's goodness, bless others rather than compare, and live with a freer heart

1 Read
Philippians 4:4
and 4:11.

2 Underline
the words
"**always**" or
"**be content**"

3 Ask yourself:

- What feelings do screens grow on me?
- Does my screen time grow thankfulness?

Paul helps us by showing that even in a hard place, God can grow a thankful heart. **I promise we will look for God's gifts together and use our screens to share kindness, not compare.**

FAMILY ACTIVITY: The Blessing Flashlight

Place a flashlight on the table and say, "Screens can help us compare, complain, or bless. Today, we choose blessing." Turn on the flashlight and pass it around. Each person answers: "Thank You, God, for...", "I want to encourage...", and "One kind thing I can say online is..." Then ask together: **Did my words shine love or comparison?**



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY GRATITUDE

Today's Principle:
Gratitude Forms Purpose

Today's Promise for your home is grateful and free:
Screens can share blessings, not stir comparison today.

Paul's prison letter invites parents to practice gratitude as a brave family habit. In a noisy digital world, thankfulness trains the heart to notice God's gifts, resist comparison, and use screens to bless others with steadier joy, purpose, and peace.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

Paul teaches parents that gratitude is not born from easy days. It is born when the heart learns where to look. He faced pressure, danger, prison, and an uncertain future, yet he could still say, "Rejoice in the Lord always" and "I have learned...to be content" (Philippians 4:4, 11).

This does not mean Paul ignored pain. He did not pretend the chains were soft or the prison was pleasant. Gratitude did not erase his trouble; it trained his mind to remember God in the middle of trouble.

Parents need this same grace in a **VUCA WORLD**. Home can quickly become a place of complaints, comparison, and digital noise. But when a parent practices gratitude, the child learns to notice blessings, not only problems. A grateful home does not say, "Everything is perfect." It says, "God is still good."

ASK YOURSELF: IS MY MIND MORE TRAINED IN COMPLAINING OR IN GRATITUDE?

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read Philippians 4:4 and 4:11. Underline always and content. Then ask: What feelings do my screens grow in me? Do I compare my family, life, home, or blessings with others? Do my feeds teach gratitude, or do they make my heart want more and more?

Screens can pull our eyes toward what is missing, like a window showing everyone else's toys. Gratitude gently turns our eyes toward what God has already placed in our hands.

PAUL TEACHES US THAT PEACE IS NOT CONTROLLED BY THE ROOM WE ARE IN, BUT BY THE DIRECTION OF OUR HEART. A PRISON CELL COULD NOT STEAL HIS JOY, BECAUSE HIS FOCUS WAS FIXED ON GOD.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Gratitude helps a family live from what God has placed in their hands, not only from what feels missing. This is an educational principle from Ellen White, because gratitude is not just teaching a child to say "thank you." It is teaching the heart how to see life. Ellen White wrote, ***"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise"*** (The Ministry of Healing, p. 251). In the home, gratitude becomes a gentle teacher. It helps parents and children notice care, provision, forgiveness, beauty, and signs of God's love.

This matters because family life can be busy and tiring. Parents may be doing their best while feeling stretched. Children may feel the pull of screens, ads, and comparison. Digital culture whispers, "You need more. Others have more. You are not enough." Gratitude answers with a better message: "Look what God has given. Look who loves you. Look how you can bless someone today."

Gratitude trains the family's gaze. Instead of only seeing the toy that is missing, the trip someone else took, or the perfect picture another family posted, a grateful home learns to see the warm meal, the answered prayer, the safe hug, and the strength God gave for one more day. This does not deny hard things. It helps the heart stand in a healthier place while facing them.

When gratitude grows, screen use can change too. We do not post to prove our worth. We do not scroll to fill an empty heart. We do not compare our family story with someone else's best moment. We can use technology to say thank you, encourage a friend, share hope, and bless others.

In a **VUCA WORLD**, gratitude becomes a compass for the home. It turns the family's wanting into a joyful purpose.

A GRATEFUL HOME DOES NOT REVOLVE AROUND WHAT IS MISSING; IT GROWS AROUND GOD'S GIFTS AND BECOMES READY TO GIVE.

A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

Now live gratitude with a simple parent practice called **THE BLESSING CHECK-IN**. For three days, before using social media or sending family messages, mother and father take one quiet minute together. Each chooses one grateful message to send, one public word that honors someone without showing off, and one private note that encourages a person who may need kindness.

If only one parent is present, do it with another trusted adult or prayerfully on your own. During these days, avoid complaints, comparisons, and indirect comments. Let your screen become a small window of grace, not a mirror of comparison.

BEFORE YOU POST OR REPLY, PAUSE AND ASK: WILL MY WORDS BLESS OR BRUISE?



ANCHORED BY

GRATITUDE

Would my digital history show gratitude or criticism? In a **VUCA WORLD**, grace helps my family use screens to multiply blessings and live with lighter, thankful hearts today.

ANCHORED BY THE SABBATH

Remember the Sabbath day, to keep it holy. (Exodus 20:8)

FOR FAMILY WORSHIP: Pages 48-50

FURTHER STUDY FOR PARENTS: Pages 51-53

WHERE DOES OUR IDENTITY REST?

The desert was quiet in a new way. No Egyptian whistle cut the air. No brick master shouted, "Faster!" No one counted how many bricks were made before sunset. For the first time in generations, Israel was not being pushed by someone else's demands. Then God gave them a command that sounded like a gift wrapped in time: "Remember the Sabbath day, to keep it holy" (Exodus 20:8).

The word remember was not only about keeping a day on the calendar. It was about remembering who they were. Identity means the truth about us before we do anything, win anything, post anything, or prove anything. Israel belonged to God because He created them, rescued them, loved them, and called them His children.

We belong to God too. We are His before we get everything right, before we feel brave, and before we know what tomorrow will bring. In a

VUCA WORLD, where life can feel changing, confusing, busy, and unclear, Sabbath helps us hear God's voice again. It says, "You are not a slave to screens, buzzing messages, or trying to prove you are special. You are My child."

Sabbath also teaches us how to put first things first. That means choosing what matters most and giving it the best place in our day. Imagine big rocks and sand. If the sand goes into the jar first, the rocks will not fit. But if the big rocks go first, the sand fills the spaces. God, family, worship, rest, and love are the big rocks. Screens, games, and busy things must not push them out.

Think of Sabbath as God's reset button for the heart. It does not erase us. It brings us back to what is true. We reconnect with God, worship, wonder, people we love, creation, and the joy of being alive in His care.

Today, we stop because God is enough. We rest because we are His, and His love holds each one of us.

READ

ASK

FAMILY PRAYER

Put devices away, hold hands, and pray: **"Dear God, help us rest, remember we are Yours, and reconnect with what matters. In Jesus' name, amen."**

The world for newly liberated people was like this:

VOLATILE: No longer slaves, learning freedom.

UNCERTAIN: Desert days, daily food uncertain.

COMPLEX: New rules, new family ways.

AMBIGUOUS: Learning to live truly free.

With God's promise of the Sabbath, we can:

VENTURE: God helps us live free.

UNVEIL: Remember we are God's children.

COMPASS: Sabbath shows what matters.

ASSURANCE: We can rest in God.

The Israelites were no longer in Egypt, but Egypt still wanted their slaves. In a **VUCA WORLD**, the Sabbath reminds us that we are God's children, not slaves to work, screens, or pressure—and children can rest.

1 Read
Exodus 20:8–11
together

2 Underline
the word
“remember”

3 Ask yourself:

- Is rest just more entertainment?
- Do screens help me rest?

This story helps us remember that God made us His children, not busy little workers. **I promise to help our family slow down, put screens in their place, and enjoy Sabbath rest with God and each other.**

FAMILY ACTIVITY: The Sabbath Pause Button

Use a TV remote as the “pause button.” Place it in the middle of the family. Each person presses it and names a screen activity to pause on the Sabbath. Then choose a quiet joy instead: a walk, Bible story, drawing, game, or family talk. Ask: “What can God help us notice when screens are quiet?” **Pray and thank God for rest and peace together today.**



**FURTHER STUDY
FOR PARENTS:**

ANCHORED BY THE SABBATH

Today's Principle:
Sabbath Freedom

Today's Promise for your home is peaceful and free:
Sabbath says we are His children, not slaves.

This parent reflection helps you see Sabbath as God's weekly gift of freedom. In a loud **VUCA WORLD**, you will learn how rest teaches identity, quiets digital noise, and helps your home remember again: we are God's children, not machines.

V VENTURE BEYOND FEAR IN A VOLATILE WORLD

The promise for your home is this: Sabbath can teach your family to live like God's children, not like people who must always prove they matter. In a world that keeps saying, "Do more, show more, answer faster, and stay connected," Sabbath says, "Rest. You belong to God."

For parents, this is more than a pause. It is a way to reshape the heart of the home. Screens, schedules, schoolwork, messages, and responsibilities can train a family to feel valuable when something is finished, posted, liked, or achieved. Sabbath breaks that pattern. It reminds us that our worth is not measured by output, attention, or applause.

Israel had to learn this after Egypt. Freedom was not only leaving slavery behind; it was learning not to live with a slave's heart. God said, "Remember the Sabbath day, to keep it holy" (Exodus 20:8, NKJV), because rest teaches identity.

ASK YOURSELF: AM I TEACHING MY FAMILY TO LIVE AS GOD'S FREE CHILDREN, OR AS PEOPLE WHO ALWAYS NEED TO PROVE THEIR WORTH?

U UNVEIL DEEPER TRUTH IN UNCERTAIN TIMES

Read Exodus 20:8–11. Underline the word remember. God gave Sabbath so His people would not forget who they were: free children, not slaves who had to keep making bricks to prove their worth.

Parents can forget too. Screens can whisper, “Create more. Post more. Reply faster. Keep showing you matter.” Soon rest becomes more scrolling, more videos, more reacting, and our hearts stay busy instead of free.

ASK YOURSELF: WHAT HELPS ME REMEMBER I AM GOD’S CHILD? DOES SABBATH HELP OUR HOME REST, OR STAY STIRRED UP? SABBATH TEACHES US TO STOP PRODUCING AND SIMPLY BE WITH GOD AGAIN.

C COMPASS THAT REMAINS STEADY THROUGH COMPLEXITY

Educational principles from Ellen White help us see the Sabbath as more than a rule to keep. The Sabbath is a weekly teacher. It teaches the heart to remember who God is, who we are, and what kind of home we are building. Ellen White wrote, *“The Sabbath and the family were alike instituted in Eden,” and added that God preserves this day for the family to have “communion with Him, with nature, and with one another”* (Education, p. 250).

After six days of working, answering messages, organizing schedules, solving problems, and trying to keep up, Sabbath gently says, Stop and remember. Your worth is not measured by how much you finish. Your child’s worth is not measured by grades, chores, talents, posts, or praise. You are God’s children before you do anything for anyone.

This is why Sabbath keeping is a lifestyle, not only a day on the calendar. It involves worship, rest, family connection, joyful service, time in nature, meals, unhurried conversation, and turning away from the noise that keeps the mind running. It creates a safe space where the phone does not lead the family, notifications do not interrupt love, and screens do not decide the mood of the home.

For Israel, the Sabbath was a lesson in freedom. They were no longer slaves in Egypt. Today, Sabbath can teach a similar freedom. We are not slaves to the algorithm. We are not slaves to constant availability. We are not slaves to producing more. Healthy limits are not walls that trap us; they are doors that open peace.

Sabbath reminds the family that God is enough, love is near, and rest is obedience.

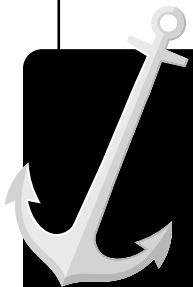
REST IS NOT DISCONNECTION FROM LIFE; IT IS RECONNECTION WITH GOD, FAMILY, AND WHAT MATTERS MOST.

A ASSURANCE THAT STANDS FIRM AMID AMBIGUITY

Before Sabbath begins, try the **SABBATH RESET PLAN**. Parents, choose together what your home will pause for 24 hours: no social media, no shorts or reels, no intense video games, and devices only for essential communication. Explain it gently to the children: this is not punishment; it is practice for freedom.

Then prepare simple joys to fill the quiet: a walk in nature, slow reading, deep conversation, a board game, or creative worship. Notice the first restless feelings without fear. The mind may ask for noise at first, but Sabbath teaches the heart to breathe, listen, and trust again.

AT THE END, ASK: WHAT CHANGED IN OUR MINDS, AND WHAT DID WE DISCOVER WHEN SCREENS BECAME QUIET?



ANCHORED BY THE SABBATH

Sabbath teaches us to stop chasing noise and trust God. In a **VUCA WORLD**, rest reminds us: we are not slaves to screens—we are God's beloved children.

VUCA TOGETHERNESS

WEEK OF PRAYER ON-THE-GO

What is a **VUCA** World?

Though the world is volatile,
WE **VENTURE** BEYOND FEAR.

Though it seems uncertain,
WE **UNVEIL** THE DEEPER
TRUTH.

Though the path is complex,
OUR **COMPASS** REMAINS
STEADY.

Though all feels ambiguous,
WE LIVE ANCHORED IN
ASSURANCE.

THIS WEEK'S GOALS:

Form hearts that
know how to live
in a **VUCA WORLD**
without losing
their anchor.

SUNDAY

Anchored by
A HUMBLE HEART

Bible Verse:

"But Daniel purposed
in his heart that he
would not defile
himself..." (Daniel 1:8)

Devotional:

Faithfulness
begins quietly in a
surrendered heart.

Prayer:

Lord, help our hearts
choose You first.

The question:

Who rules your
heart when no one is
watching?

MONDAY

Anchored by
MODELING

Bible Verse:

"...be an example to
the believers..."
(1 Timothy 4:12)

Devotional:

Faithful example
guides others when
the world shakes.

Prayer:

Jesus, help our lives
shine for You.

The question:

The next generation
imitates. What are
they seeing in you?

TUESDAY

Anchored by
PRESENCE

Bible Verse:

"And she had a sister
called Mary, who
also sat at Jesus' feet
and heard His word."
(Luke 10:39)

Devotional:

Presence begins
when we stop and
listen to Jesus.

Prayer:

Lord, help us listen
with full attention.

The question:

Am I truly present...
or just physically
available?

WEDNESDAY

Anchored by
DISCERNMENT

Bible Verse:

"Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil..." (1 Kings 3:9)

Devotional:

God gives discernment when choices feel tangled and loud.

Prayer:

God, help our hearts see clearly.

The question:

Are the rules in my home born out of fear or out of a desire to impart wisdom?

THURSDAY

Anchored by
PRIORITIES

Bible Verse:

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you." (Matthew 6:33)

Devotional:

Seek God first before the world's noise directs us.

Prayer:

Lord, lead our first choice toward Your kingdom.

The question:

The question is not how much time we spend using screens. The question is: what are they replacing?

FRIDAY

Anchored by
GRATITUDE

Bible Verse:

"Rejoice in the Lord always. Again I will say, rejoice!" (Philippians 4:4)

Devotional:

Gratitude helps us rejoice in God's nearness, even when life feels dark, chained, and uncertain.

Prayer:

God, help us rejoice with thankful hearts.

The question:

If someone analyzed your digital history, would they see more gratitude or more criticism?

SABBATH

Anchored by the
SABBATH

Bible Verse:

"Remember the Sabbath day, to keep it holy." (Exodus 20:8)

Devotional:

Sabbath gently reminds us we are God's beloved children, not slaves to performance, productivity, or digital noise.

Prayer:

God, help us rest and remember.

The question:

Do I live as a free child of God or as a slave to performance?

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Flourishing Families



2024
Growing Hearts of Welcome:
Understanding Diverse Families



2025
God's Great Gifts

ANCHORED FAMILY

IN A DIGITAL WORLD



What is a **VUCA** WORLD?

Though the world is volatile, we **VENTURE** beyond fear.

Though it seems uncertain, we **UNVEIL** the deeper truth.

Though the path is complex, our **COMPASS** remains steady.

Though all feels ambiguous, we live anchored in **ASSURANCE**.

Trust in God as your Anchor:

“For God has not given us a spirit of fear, but of power
and of love and of a sound mind.” (2 Timothy 1:7)



Adventist[®]
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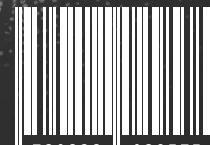


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