

Sabbath Meditation

FIND & CHOOSE

Free Christian Devotionals for Kids: Seven Original Days

An eighteen-page plan book containing seven original devotional readings, adaptation choices, adult safety guidance, and a four-entry external directory snapshot.

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- Review card, source ledger, and four-entry external directory notes

HOW TO USE

Adult-led · Ages approximately 4–12 · Participation is optional

LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

STOP ANY TIME

You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

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Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Choose one day

Preview the reference and decide whether this is a good moment. Offer read-aloud, listening, drawing, movement, AAC, a comfort object, or a pass before beginning.

A devotional is an invitation to return to Scripture, not a scorecard. A family can repeat a day, read one sentence, or stop when the person asks.

Seven original devotional readings

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain). Each entry is complete in HTML; the plan-book PDF mirrors this content without an account gate.

STOP

ADAPT

You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

GET HELP

You can listen while I read, draw, move, keep your eyes open, use AAC, or pass.

Contact a pediatrician, school counselor, qualified child mental-health professional, or safeguarding lead when concern persists or affects daily life. Use local emergency services for immediate danger, self-harm thoughts, serious breathing trouble, or an unsafe disclosure; in the United States, call or text 988 for a mental-health crisis.

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Keep the words close

REFERENCE

Deuteronomy 6:4–9

READ ALOUD

Moses speaks to a people learning how to love God in ordinary household life. The passage pictures words being remembered while sitting, walking, resting, and starting the day; it is not a demand for perfect family performance.

Faith can be carried in small moments: a sentence read at a table, a question on a walk, or a prayer before a task. An adult can make room for a question without rushing to solve it. Today we practise attention, not memory testing.

Which ordinary moment could hold one short Scripture reference—a meal, a walk, a car ride, or a rest? Answer about the routine, or pass.

God who teaches your people, thank you for meeting us in ordinary places. Help us remember your words with freedom, ask honest questions, and care for one another today. Amen.

Draw a path through one ordinary moment, or let the adult read the reference while you walk to three safe marks and stop whenever you choose.

Use a READ → NOTICE → CHOOSE strip. If the person is tired, read one sentence and stop.

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Keep the words close

YOUNGER

Use one picture and adult scribing; a short read and a movement route are enough.

OLDER

Invite context, questions, and a connection to one ordinary action without requesting a private story.

NON SPEAKING

Offer symbols, eye gaze, drawing, movement, or a listener role; no spoken response is required.

CHOICES

SAY OR POINT

DRAW OR MOVE

Say one word, point to a symbol, or let the adult read.

LISTEN OR PASS

Draw an idea, make a safe movement, or choose a quiet object.

Listen, use AAC, ask for a pause, or pass without explaining.

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Rooted like a tree

REFERENCE

Psalm 1:1–3

READ ALOUD

This poem contrasts two paths and pictures a tree near water. It is poetry, not a promise that a faithful person will never face drought, illness, loss, or difficulty.

A tree does not grow by shouting at itself. It receives water, light, time, and care. We can receive Scripture, people, rest, and practical help. Being rooted does not mean pretending the ground is always easy.

What helps a tree or a person keep receiving care? Point to a picture, draw, or pass.

God of living water, thank you for patient care. Help us notice the people, places, and words that help us grow, and help us offer care without comparing anyone's pace. Amen.

Draw roots and label them people, place, word, or rest, or make a gentle tree shape and choose when to stop.

Do not turn the image into a behaviour chart or ask a person to explain a dry season publicly.

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Rooted like a tree

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Jesus made room to pray

REFERENCE

Mark 1:35–39

READ ALOUD

Jesus gets up early, goes to a quiet place, prays, and then continues serving and teaching. The scene does not prescribe one schedule or imply that everyone must be alone or awake early.

A quiet moment can help us notice what matters, but quiet is not a moral grade. We can pray in a room with movement, while drawing, or with a trusted person nearby. Prayer and loving action belong together.

Where could we make a two-minute choice—read, listen, draw, move, or sit with a trusted adult?

Jesus, thank you for showing us a life of prayer and service. Help us receive a quiet moment when it is available and keep caring for people when the moment ends. Amen.

Make a two-box card: a place to pause and a person to serve. Draw or dictate one item, or pass.

Do not promise that a quiet practice will create focus, calm, or sleep. Offer a movement route immediately.

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Attention without comparison

REFERENCE

Luke 10:38–42

READ ALOUD

Martha welcomes Jesus and Mary listens; Jesus responds to a real tension in hospitality and attention. The story is not a scorecard that labels one sibling good and the other bad.

Families need both welcome and attention. We can notice what a passage invites without comparing people. An adult can ask what is needed now and let a person choose listening, helping, drawing, or a break.

What would help this moment feel welcoming for everyone? Keep answers about the room and choices, or pass.

Jesus, teach us to welcome one another without turning care into a contest. Give us wisdom to notice what is needed and gentleness when people participate differently. Amen.

Draw two paths labelled listen and help, then choose one or create a third path called pause.

If the story brings up family conflict, stop personal sharing and return to the fictional scene or a neutral activity.

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Hear and do, gently

REFERENCE

James 1:19–25

READ ALOUD

James connects listening, doing, and care for others. Doing is not a demand for instant obedience or a way to silence a concern; it includes practical, loving action and a willingness to repair.

A small response can follow careful listening: apologise, ask for help, include someone, or rest before acting. We are not measuring a person's worth by completion. Choose one safe action and ask an adult when the situation is larger. What is one kind, safe action that follows something we heard today? Answer with a drawing or pass.

God who hears us, make us slow to speak and ready to listen. Help us choose a loving next step and ask for help when we cannot do it alone. Amen.

Act out a fictional scene in which someone needs a turn, or draw a bridge from heard to help.

Never use this entry to demand disclosure, forgiveness of harm, or obedience to an unsafe adult.

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Let the word dwell among us

REFERENCE

Colossians 3:12–17

READ ALOUD

The passage describes a community practising compassion, kindness, humility, patience, forgiveness, peace, and teaching through songs and words. It is addressed to a community, not a demand to suppress anger or tolerate mistreatment.

Words can live among people through a song, a picture, a question, or a kind repair. A person may listen instead of singing, use AAC, move, or keep a quiet seat. Compassion includes boundaries and asking a safe adult for help.

Which word—kindness, patience, peace, or courage—could we notice in a fictional situation today?

Holy Spirit, shape our community with compassion and truth. Help us speak kindly, repair what we can, and seek help when a boundary or safety concern is bigger than us. Amen.

Choose a word card and create a nonverbal symbol, rhythm, or movement; passing is welcome.

Do not score a person on fruit or use the verse to silence a complaint.

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Honest prayer and a next step

REFERENCE

Psalm 13

READ ALOUD

The psalm asks how long and speaks honestly about sadness, then turns toward trust. It does not hurry grief, deny danger, or guarantee an immediate change.

A devotional week can end with a question. Honest prayer is still prayer when we feel confused, angry, or sad. We can ask a trusted adult to sit with us, seek professional or pastoral support, or take one ordinary next step.

Would you like to name a question, draw it, listen while I pray, or pass? Never request a private story in a group.

God who hears honest words, thank you that we do not have to hide a hard question. Stay near as we seek wise help and one gentle next step. Hold our family and our neighbours in care. Amen.

Draw a question mark beside a path with one safe next step, or take a short walk with an adult while the reference is read.

If a person discloses danger, stop the devotional and follow the local safeguarding or emergency pathway; do not ask the person to write it.

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Use the directory carefully

ROWS

God for Kids · Scripture Union / Ruach Resources Provider site and app with Bible-based devotions, prayer, music, games, and stories for family use. Provider site and iPhone/iPad app · Provider and App Store describe a 100% free experience; no paid feature was visible in the saved check. https://www.godforkidsapp.com/ · 2026-08-03 Provider says ages 4–8. Privacy and copyright links are available; an optional adult newsletter is separate. Recheck the current app listing before use.	Bible App for Kids · Life.Church / YouVersion with OneHope Interactive Bible-story app with Scripture narratives, games, and activities; it is not a complete devotional library. iPhone/iPad app and official kids page · Free app experience and free download described by the provider and App Store; distinguish this from a complete devotional collection. https://www.bible.com/kids · 2026-08-03 Apple 4+ is an age label, not a safety finding. Recheck privacy labels, current access, and device controls before an adult selects it.
EquipU / Kids4Truth · Kids4Truth Ministry downloads and devotional resources intended for adult-led children's ministry use. Web library and downloadable ministry resources · Free downloads are available through an account-required flow; an adult must create and manage the account. https://equipu.kids4truth.com/ · 2026-08-03 Do not ask a child to register. Review the current privacy and download terms, and use the official download index for access details.	Keys for Kids · Children's Bible Hour Christian daily devotional stories, read-and-listen resources, radio, and a companion app. Web read/listen pages, radio, and iPhone/iPad app · Free access and download boundary is unclear; the complete library and current pricing need a fresh check. https://www.keysforkids.org/For-Kids/Keys-for-Kids/Read-Listen · 2026-08-03 The companion App Store listing is rated 12+ despite child devotional positioning. Publisher privacy, print products, and current access require adult review.

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Use the directory carefully

The four external entries are a short dated directory, not copied devotional content. God for Kids, Bible App for Kids, EquipU, and Keys for Kids keep their own access, privacy, and rights decisions.

The directory was checked 2026-08-03. Open each official source before use; access, pricing, age labels, and privacy terms can change before the next review on 2026-11-03.

SOURCES

1 · World English Bible

Public-domain wording and the reference-first Scripture policy. · Checked 2026-08-03

<https://ebible.org/engwebp/copyright.htm>

2 · NAEYC Developmentally Appropriate Practice

Playful, strengths-based, culturally and ability-aware facilitation. · Checked 2026-08-03

<https://www.naeyc.org/node/3807>

3 · CAST UDL Guidelines 3.0

Multiple ways to engage, respond, communicate, and pass. · Checked 2026-08-03

<https://udlguidelines.cast.org/>

4 · UNICEF safeguarding policy

Preventive safeguarding, safe reporting, and trained adult response. · Checked 2026-08-03

<https://www.unicef.org/documents/safeguarding-policy>

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