



Printable Family Devotions



For Parents and Siblings





How to Use the Family Devotions



These family devotions are designed to help parents and siblings slow down, reflect, talk, pray, and connect together. Use them in whatever way best serves your family.



For the greatest benefit, read the corresponding section in the main resource book before using each devotion.



Ways to Use Them

- ♥ Read one devotion at a time—there is no need to rush.
- ♥ Read the Scripture and devotional aloud together, or take turns reading.
- ♥ Use the Talk About It questions to start honest but simple conversations.
- ♥ Try the activity together, or adapt it in a way that fits your family.
- ♥ If emotions come up, pause, pray, and take your time.

A Gentle Reminder

These pages are meant to create connection, not pressure. Small conversations, honest feelings, and quiet moments together matter more than perfect answers.



*Take your time. Use what is helpful.
Leave the rest. Hope can grow here,
one small moment at a time.*



Family Devotional for Parents & Siblings

Section 1: It Is Okay to Have Mixed Feelings

Thank You, God, Even When Today Feels Hard



Read Together

"Rejoice always, pray continually, give thanks in all circumstances."

—1 Thessalonians 5:16–18



Devotional

Back-to-school season can bring many different feelings. You may feel excited about seeing friends, nervous about a new teacher, disappointed that summer is ending, or worried about how changes will affect your family.

When someone in your family has special needs, school days may involve extra routines, appointments, difficult mornings, or unexpected changes. Sometimes your sibling may need more help, and you may feel worried, frustrated, embarrassed, left out, protective, or even guilty for having those feelings.

God is not surprised by any of them.

Having mixed feelings does not make you a bad brother or sister. It means you are a real person experiencing something complicated. You can love your sibling deeply and still wish certain parts of life were easier.

First Thessalonians does not tell us to pretend everything is wonderful. It reminds us that even in difficult moments, we can look for one thing that is still good and give thanks for it. Maybe you are thankful for a friend who understands, a quiet moment after school, your sibling's laugh, a favorite teacher, or the fact that God stays close when life feels messy. Gratitude does not erase hard feelings. It helps us remember that hard feelings are not the whole story.



Talk About It

1. What feelings are you carrying as the school year begins?
2. What is one thing you are thankful for today?



Try This Together

Complete one space on the 'Thank You, God, For...' coloring page. Family members can write or draw something they are thankful for and share it aloud.



Family Prayer

God, thank You for our family. Thank You for understanding every feeling we carry, even the ones that are hard to explain. Help us be honest with You and gentle with one another. Show us something good to notice today. Amen.



Family Devotional for Parents & Siblings

Section 2: You Do Not Have to Carry Everything Alone



Read Together

Jesus says, 'Come to Me when you are weary and weighed down, and I will give you rest.'

—Inspired by Matthew 11:28



Devotional

A backpack can become heavy when too many things are packed inside. Worries can feel the same way.

As a sibling, you may carry things that other people do not notice. You may worry about your brother or sister at school. You may wonder whether others will be kind to them. You may try to help your parents, stay flexible when plans change, or avoid adding another problem when everyone already seems stressed.

Sometimes siblings become very good at saying, 'I'm fine,' even when their invisible backpack is overflowing.

Jesus does not ask you to hide those heavy things. He invites you to bring them to Him.

Giving a worry to Jesus does not mean you stop caring about your sibling. It means remembering that you are their brother or sister—not the person responsible for fixing everything.

You are allowed to ask questions. You are allowed to need attention, rest, help, and time with your own friends. You are allowed to tell a trusted adult when something feels too heavy.

Jesus cares about the things affecting your whole family, but He also cares about what is happening inside your heart.

You may not be able to unload every worry at once. Begin with one.

Name it. Pray about it. Share it with someone safe. Then remember that Jesus is strong enough to carry what you cannot.



Talk About It

1. What is one worry you have been carrying quietly?
2. Who is a safe adult you can talk to when something feels too heavy?



Try This Together

As you color "Jesus Helps Me Carry the Heavy Things," choose one of the labels—worry, fear, stress, or 'what ifs.' Talk about what that word can feel like and what might help lighten it.



Family Prayer

Jesus, You know the heavy things we carry. Help us remember that we do not have to carry them alone. Give us courage to talk honestly, ask for help, and place our worries in Your hands. Give our family rest and peace. Amen.





Family Devotional for Parents & Siblings

Section 3: Your Child Is More Than a File

God Made Every Person Special



Read Together

*"God, I praise You because You made me
in a wonderful and special way."*

—Inspired by Psalm 139:14



Devotional

At school, people are often described by grades, test scores, behavior reports, diagnoses, accommodations, or paperwork, but those things never tell the whole story of a person.

Your sibling is more than what appears in a file.

They have personality, strengths, preferences, fears, talents, funny habits, and ways of communicating that other people may not understand right away.

You may notice things about your sibling that teachers or classmates do not see. That can make you an important friend and advocate, but it does not mean you must always explain or defend your sibling by yourself. Adults are responsible to help and support them.

This truth also applies to you.

You are more than "the sibling of someone with special needs." Your own gifts, feelings, interests, challenges, and dreams matter.

God did not create you only to help someone else. You are also wonderfully made.

Every member of your family is fully known and deeply loved by God. No report, diagnosis, grade, or difficult day can change that.



Talk About It

1. What is something wonderful about your sibling that would never appear in a school file?
2. What is something special about you that you want your family to notice and celebrate?



Try This Together

While coloring "God Made Me Special," have each family member name one gift, quality, or strength they see in every other person.



Family Prayer

God, thank You for creating each person in our family with purpose. Help us see one another as You do—not as labels, problems, or paperwork, but as people who are deeply known and loved. Help us celebrate our sibling's gifts and remember that our own gifts and needs matter, too. Amen.



Family Devotion

The First Day Does Not Predict the Whole Year



Read Together

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

♥ Joshua 1:9 ♥



Devotional

Sometimes the first day of school feels exciting. Sometimes it feels scary, disappointing, or overwhelming. A hard first day can make us feel like the whole year will be hard, too. But one day does not tell the whole story. God is with us on the easy days and the hard ones. He gives us courage for the moment we are in, not just for the whole year at once. When fear starts talking loudly, we can pause, breathe, pray, and remember that tomorrow is a new day.



Talk About It

1. What feelings do you have about the new school year?
2. What helps you feel brave when something is hard or new?
3. What reminder could help you remember that God is with you?



Try This Together

Choose a small object—a bracelet, smooth stone, keychain, or card—and let it remind you: God is with me. I can be brave.



Family Prayer

God, thank You for being with our family. When we feel afraid or overwhelmed, help us remember that one hard day does not decide the whole year. Give us courage, peace, and strength for the next step. Amen.



Family Devotional for Parents & Siblings

Section 5: Progress May Look Different Here

Quiet Victories Matter



Read Together

God's love never runs out. His mercy is new every morning.
When your heart feels heavy, put your hope in Him again.

Inspired by Lamentations 3:22-23 and Psalm 42:11



Devotional

Sometimes progress does not look big or obvious. It may look like trying again, asking for help, calming down more quickly, or finding a new way to communicate. God sees the small steps that other people may miss.

Families can feel discouraged when progress looks different than expected, but quiet victories still matter.

When disappointment or comparison shows up, God meets us with fresh mercy. We can speak hope to our hearts and remember that progress does not have to look typical to be real.



Talk About It

1. What is one small victory we have seen lately?
2. When comparison makes us sad, what truth can we remember?



Try This Together

Have each person name one quiet victory they see in themselves or another family member. Write them on slips of paper and place them in a Progress Jar.



Family Prayer

God, thank You for every small step forward. Help us notice quiet victories, release comparison, and trust Your timing. When we feel discouraged, remind us that Your mercy is new every morning and our hope is in You. Amen.





God Is Our Refuge

God is our refuge and strength, an ever-present help in trouble.

—Psalm 46:1

Life brings storms we cannot always control—unexpected changes, hard days, worry, and moments that feel too heavy. Refuge does not always mean the storm disappears.

Sometimes it means we are not alone inside it. God promises to be close, strong, and steady with us, even in the hardest moments.

God also invites us to be a refuge for one another. Our families can be places of grace, patience, laughter, and love—where we listen well, speak kindly, and choose each other again and again. When we turn toward one another, we reflect the heart of our heavenly Father and create a safe place to land.



Talk About It

- ♥ What helps each person in our family feel safe?
- ♥ How can we tell when someone needs space, comfort, or help?
- ♥ What does it look like to be a soft place for one another?
- ♥ Who can we turn to when our family needs more support than we can give each other?



Our Family Refuge Plan

- ♥ When someone needs quiet, we can...

- ♥ When someone needs comfort, we can...

- ♥ When our family needs help, we can call...



Pray Together

God, thank You for being our refuge. Help our family become a place of grace, comfort, and belonging. Show us how to care for one another well, and remind us that we are never alone. Amen.



Refuge does not mean the storm disappears.
It means we are not alone inside it.

