🌿Psalms for Families🌿

+Prayer Prompts + Discussion+Live It Out Actions

Use these as a week long challenge for memorization, prayer, discussion and living your family's faith out loud. For more FREE Christian family resources visit achildshallleadthemblog.com.

Psalm 127:1 — God Builds the Home

“Unless the Lord builds the house, those who build it labor in vain.”

Prayer Prompt:

Lord, be the center and builder of our home. Help us not rely on our own strength but on Yours.

Discussion Questions:

- What do you think it means for God to "build" our home?
- What is one way each of us can help make our home reflect Jesus this week?

Live It Out:

As a family, choose one area (schedule, conflict, finances, parenting) and say out loud:“God, we invite You into this part of our home.”



Psalm 133:1 — Unity in the Family

“How good and pleasant it is when God’s people live together in unity!”

Prayer Prompt:

God, help our family speak with kindness, forgive quickly, and stay united even when we disagree.

Prayer Prompt:

- What does unity look like in a family?
- Why is it sometimes hard to get along with the people we love most?
- How does forgiveness help protect our family relationships?

Live It Out:

Each person say one encouraging thing about another family member today.



Psalm 121:1–2 — Help Comes from God

“My help comes from the Lord, the Maker of heaven and earth.”

Prayer Prompt:

Lord, remind our family to turn to You first in every need, worry, and decision.

Discussion questions:

- What kinds of things make you feel worried or overwhelmed?
- Where do people often look for help before they look to God?
- How can prayer change the way we face problems?

Live It Out:

When a problem comes up today, pause and say together: **“Let’s ask God first through prayer and search for answers in the Bible.”**



Psalm 100:1–2 — Joyful Home

“Serve the Lord with gladness; come into His presence with singing.”

Prayer Prompt:

Lord, fill our home with joy, gratitude, and worship instead of complaint or negativity.

Discussion Questions:

- What does joy look like in everyday family life?
- What makes it difficult to be thankful?

Live It Out:

Play worship music during dinner or chores and sing along together.



Psalm 23:1 — God Provides

“The Lord is my shepherd; I shall not want.”

Prayer Prompt:

Shepherd our family, Lord. Provide what we need physically, emotionally, and spiritually.

Discussion Questions:

- In what ways has God cared for our family recently?
- How can we learn to trust God when we don't know what's ahead?

Live It Out:

As a family, name one way God has provided for you recently.



Psalm 37:5 — Trust God's Timing

"Commit your way to the Lord; trust in Him, and He will act."

Prayer Prompt:

Lord, help our family trust You with our future, even when we don't see answers yet.

Discussion Questions:

- Why is waiting so difficult?
- What is the difference between trusting God and trying to control everything?

Live It Out:

Write or say one worry, then physically "hand it to God" in prayer.



Psalm 139:14 — We Are Created by God

"I praise You, for I am fearfully and wonderfully made."

Prayer Prompt:

God, help each person in our family see themselves as created with purpose and love.

Discussion Questions:

- What does this verse tell us about how God sees us?
- Why is it easy to compare ourselves to others?
- How should knowing everyone is created by God change the way we treat one another?
- What gifts or qualities has God given each member of our family?

Live It Out:

Have each family member say:**"God made me on purpose, and He loves me."**