



WOODLAND
HEIGHTS
CHRISTIAN CHURCH

Sermon Series: Dear Younger Me

Family Devotion #1 – The Pause That Changes Everything: A Family Story Inspired by Luke 10:38-42

It was a busy Saturday morning in the family home. The scent of pancakes lingered in the air. Dad scrambled to finish chores; Mom was checking her shopping list. The kids rushed around finding shoes, backpacks, and favorite toys. Suddenly, during the chaos, Dad paused. “Wait,” he said. “Let’s gather in the living room for a story – and maybe pancakes will taste better together.”

Everyone settled in, surrounded by half-packed bags and a laundry basket. Dad opened his worn Bible that was passed down to him by his grandfather and he began to read Luke 10:38-42:

“There once were sisters named Martha and Mary. Their house was full of activity, just like ours. Martha wanted everything perfect for her guest, Jesus. She swept, washed, and arranged flowers – while Mary simply sat and listened to Jesus. Martha, overwhelmed, wanted Mary’s help, but Jesus gently reminded her: ‘Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.’”

Dad closed the Bible and smiled at everyone. “Let me ask you a question: If you could whisper one bit of advice to your younger self, what would it be?” Each family member reflected and answered honestly, revealing things they wished they would have cherished more – time with God, with family, with friends.

“Coach John Wooden used to pause every day to pray and read his Bible, even before big basketball games. He knew that a full life begins with a moment in God’s presence. Families can be busy, but if we choose to pause, like Mary did, every pancake breakfast and everyday chores can turn into a special ‘God moment,’” Dad continued.

Mom added, “So what’s one busy or urgent thing that distracts you from spending time with God and each other?” The kids giggled – homework, screens, rushing to practice. They promised to notice these distractions more often, hoping to shift focus back to what matters most.

One of the children tugged at Dad’s sleeve. “When can we have our ‘God moments’?” Together, the family decided to put aside their phones and chores for ten minutes each day to pray and read Scripture together.

The room felt quieter, lighter—like breakfast had turned into a “Moment of Praise.” Dad challenged everyone, “This week, let’s each choose one part of our day—a meal, a chore, even a car ride—and make it our ‘God moment.’ When we remember Mary’s pause, our busyness turns into a moment of blessing.”

They finished with prayer, asking God to help them stay focused on the “one thing needed” this week—to come into the Lord’s presence.

Questions to Discuss Together:

- What urgent or busy things pull our attention from God and each other?
- How can we create “God moments” in our everyday lives?
- When we’re distracted, how might we gently refocus like Jesus helped Martha?
- What one lesson would you whisper to your younger self about time and priorities?

Family Challenge:

Pick a daily routine—breakfast, dishes, a drive—turn it into a time to talk to God or read a Bible verse together. Watch how small pauses can turn ordinary moments into extraordinary devotion.

Memory Verse

Psalm 46:10 (NLT) – “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Enjoy this Coloring Page: “Don’t just count your hours—make them count for Christ.”

