

**Fear Less/Hear More Before-or-After-Dinner Devotions**  
**or**  
**Family "B.U.R.P. Time"**  
**(Because no meal is complete until the BURP!)**

There are 7 BURP Times for each day of the week. This is intended to take 10 minutes or less each night, preferably before everyone gets up from the table (That's a really long burp...! Maybe a world record...!). Or it can be done just before the meal, but don't let your food get cold (unless it's cold pizza, of course!). The idea is for your family to enjoy it, not dread it. Keep it concise. Make it as interactive as possible. Let everyone lead in a part. However, we do think it is important for the family to see a parent, preferably Dad (if possible), open his Bible or a "family Bible" and read the Scripture, leading the family to seek and worship God. So, here's the suggested flow. Here's how to B.U.R.P.:

- B Bible -- Read the passage. We suggest reading from an understandable translation like the New International Version, the New King James Version, or the Holman Christian Standard Bible.
- U Understand -- Have someone read the "Understand" section -- This is written either by Boyd, Bobby, or Jae.
- R Reason -- Read the questions, and try to get everyone to respond in some way. It is important to learn how to articulate our faith. Help each other.
- P Pray -- Have a short prayer of commitment. One is provided for a guide. Read it if you like. God hears your heart.

Nothing satisfies like the Lord... and hearing and doing God's Word!

**Sunday, March 22, 2020**

**Bible: Psalm 23:1-6**

**Understand:** Rich in agricultural imagery, this psalm teaches that God cares for His people (those who have faith in Jesus), like a shepherd cares for his sheep, which are typically defenseless and easily frightened animals. It is a very personal relationship ("**MY shepherd**"), in which God Himself takes responsibility for our personal well-being. He provides for us, nourishes and satisfies us, picks us up when we fail in life or fall away from Him, He is present with us in life's scary times, and He protects us from our greatest external threats (especially the corruption of the world, Satan, hell) and internal threats (confusion). He gives us joy and assures us that we will be with Him forever.

**Reason (Ask and Discuss):** How does it encourage you to know that God takes personal responsibility for your well-being? What does that say about God? About you?

**Pray:** Father, thank You for being a loving shepherd who promises to take care of me/us in every way that matters most. Help me to trust You and to follow You closely, and to share your loving care with others. In Jesus' name, Amen.

## Monday, March 23, 2020

### **Bible: Psalm 46:1-3**

**Understand:** God is **an ever-present help in trouble** -- In difficult times, He is always there for His loved ones, even when money is not there, when friends and family are not there, when our usual copes and protective measures are not there. God is always there for us. He does not get scared and run and hide and leave you to take care of yourself. He is always there, at just the right time. Just when you need Him most. And even if the world itself falls apart, God will take care of His children.

**Reason (Ask and Discuss):** Do you ever forget that God is always with you? If so, why do you think that is? Can you give an example of when God helped you out of a difficult situation in the past?

**Pray:** Father, thank You for being there for us, just when we need You most. Help us to remember that always and to have confidence in Your strength and ability to take care of us in good times and bad, in times of abundance or in times of barely enough, in life and in death. In Jesus' name, Amen.

## Tuesday, March 24, 2020

### **Bible: Matthew 6:25-34**

**Understand:** Jesus boldly tells us to kill anxiety in our lives. Our Father knows what we need, and He is faithful to provide. He challenges us to believe that as we put Him first and pursue righteousness, He will supply **"all these things."** So we are left with a choice. We can choose to anxiously dwell on tomorrow, or choose to seek and trust the One who is already there.

**Reason (Ask and Discuss):** What situations are you facing that cause you to have anxious thoughts? Are those thoughts helping to bring a positive solution?

**Pray:** Father, when we are tempted to be anxious, may we remember your Faithfull love and care. Teach us to seek Your kingdom and righteousness first in our daily lives. May we choose to speak our gratefulness to You instead of focusing on the negative we have no control over! In Jesus' name, Amen.

### Wednesday, March 25, 2020

#### **Bible: Romans 8:26-28**

**Understand:** In this life, we will always be spiritually weak because of the presence of sin. But thank God he has sent us a helper! The Holy Spirit ministers to us as we hope for the ultimate good, being completely new in the presence of Jesus. The word "**help**" used here carries the idea of "bear a burden along with." God is ever-present with his children. In fact, verse 27 reminds us that not only is He walking alongside us, but the Spirit knows our hearts perfectly. God is not guessing when it comes to our well-being! Finally, in verse 28, we have the promise that our heavenly Father is "**working for the good**" of those who love Him and He has made his own. But please don't allow the "good" temporal amusements this world offers to be confused with the eternal "good" our Father is working out for us. One day we will stand in the presence of Jesus completely redeemed in Glory!

**Reason (Ask and Discuss):** Has there ever been a time when you wanted to pray about something but just did not know what to say? What does this passage say about those times?

**Pray:** Father, we as your children thank you for helping us pray! We look forward to the ultimate "good" you have in store for us, the glory we will share with Christ our Lord. In Jesus' name, Amen.

### Thursday, March 26, 2020

#### **Bible: Romans 8:31-39**

**Understand:** "**If God is for us, who can be against us?**" This question serves as a reminder that no matter the circumstances we face in this life, God is with us and an ever-present help. Verse 34 reminds us that Christ Jesus who died is at the right hand of God and intercedes for us. We are "**more than conquerors**" through Christ Jesus who has loved us and died for us. Nothing can separate us from God's love! What a promise!

**Reason (Ask and Discuss):** Have you been tempted to question if Christ really loves you? Does your love for God ever waver? Does His love for you ever waver?

**Pray:** Father, we are grateful for your love! Sometimes it is hard to remember that you are greater than anything we may face in this life, including the unknown. We pray that we would be faithful to you and be reminded that nothing can separate us from your love! Thank you for this promise.

## Friday, March 27, 2020

### **Bible: Philippians 4:6-7**

**Understand:** A command is given initially in this scripture - **“Do not be anxious about anything.”** Although it seems simple, we all know that anxiety is much more complex. Anxiety is inner turmoil that results in nervous behavior. Verse 6 continues with a prescription for anxiety - take everything to God in prayer and petition. God promises that when you pray with thanksgiving, He will provide you peace that guards your heart and mind beyond understanding.

**Reason (Ask and Discuss):** What causes you anxiety - finances, health, the unknown? Is this something you have taken to God in prayer and petition? Do you have an example of “peace that surpasses all understanding” that you can share with your family?

**Pray:** Father, thank you for the ability to present our requests to you. Thank you for listening to our concerns and granting us peace beyond belief. Teach us that when we feel anxious, nervous, or scared to turn our eyes to you and give these worries to you in prayer.

## Saturday, March 28, 2020

### **Bible: 2 Timothy 1:7**

**Understand:** When you trust in Jesus, He sends the Holy Spirit to live inside of you. Think about it: God Himself lives inside of you --and He is not afraid of anything. Because He is in you, the more of yourself you give Him, that is, the more you intentionally love and follow Him (like spending time in His Word as you are doing now), the more fearless you will be. That is because the more you intentionally love and follow Him, the more you experience His power (to persevere in hardship), His love (being self-consumed leads to fear, thinking of God and others lessens fear...and deepens security in God), and His "clear thinking" -- a mind not given to panic, but to Godly thinking and wisdom.

**Reason (Ask and Discuss):** How does it encourage you in uncertain days to know that God Himself lives in you? What does that say about God? About you?

**Pray:** Father, thank You for giving me/us the gift of the Holy Spirit --the Spirit of Christ IN us. Help me to mentally stop running so hard from trouble and to mentally start running even harder to You. In Jesus' name, Amen.