

Family Resource - September 2026

FREQUENCY



LEARNING TO
HEAR FROM GOD

Welcome to this month's CatalystKids Family Devotions!

One of the things we value most at Catalyst is partnering with you as you help your children grow in their faith. We absolutely love the opportunity to invest in your kids on Sundays, but we know that the biggest impact on their faith happens in the everyday moments at home.

That's why we've created these monthly family devotions. Each month they'll follow the same theme your children are learning in Catalyst Kids and include short Bible readings, conversation starters, simple prayers and activities to help keep the conversation going throughout the week.

Our hope isn't that you add another thing to your already busy schedule. Instead, we hope this becomes a simple tool that helps create meaningful moments where your family can explore God's Word together, ask questions, pray and grow in faith side by side.

Thank you for allowing us to be part of your family's faith journey. It is such a privilege to partner with you as together we help little people grow big faith.



Generations Director
Catalyst Baptist Church



Frequency: Learning to Hear from God

John 10:27 NIV

DAY 1

Listen Up!

Read James 1:19

Did you have to hurry anywhere today? Maybe you hurried to catch the bus to school or finish your homework so you could go and play. Maybe you had to grab your runners and water bottle quickly so you wouldn't be late for training.

When it comes to controlling our tongues, there is one thing we should always be in a hurry to do—listen. When you listen, you always learn something. When we're quick to listen, it helps us hear what the other person is feeling. When we're slow to speak, we give ourselves time to calm down before we lose our tempers.

Hop to It:

Grab some paper and write each word of this month's bible verse on each one. Place them on the ground so you can jump or hop from one word to the next. Walk over them quickly or slowly as you repeat and learn the verse.

DAY 2

Quiet Time Challenge

Read Psalm 46:10

God wants to talk with you every day. But it's hard to hear Him if you're always busy. Being still helps you notice His voice. Find a quiet place today. Turn off screens. Sit down, and take slow breaths. Ask God: "What do You want to say to me?" Then wait quietly. You might remember a Bible verse or a worship song. You might think of something kind to do. These can be ways God speaks to your heart. God's voice will never tell you to do something wrong. He leads you to love others and make wise choices. The more you practice being still, the easier it becomes. God is always near and ready to guide you.

Activity:

Set a timer for three minutes. Sit quietly and listen. Afterward, tell a trusted adult what you noticed or felt during your quiet time today.



Frequency: Learning to Hear from God

John 10:27 NIV

DAY 3

What Do You Hear?

Read Proverbs 2:2

Think about your day. What voices do you hear most—friends, teachers, music, or shows?

There are many voices around you. God's voice is different. It is gentle, wise, and good. He helps you make right choices and show love. But you must choose to listen. Ask yourself what distracts you. (Maybe screens, noise, or rushing through your day.) These can make it harder to hear God. Now, think about what helps you listen. Reading the Bible, praying, being quiet, and talking with a trusted adult can help. God is not far away. He is always ready to guide you. When you pay attention to Him, you begin to understand His voice better.

Reflection:

Name one distraction that makes it hard to hear God.

DAY 4

Talk and Listen

Read Jeremiah 33:3

Prayer isn't just talking to God—it's also listening. God wants a real relationship with you. That means you speak and listen too. You can tell God anything. Thank Him. Ask for help. Share your feelings. After you talk, pause and be quiet. God may place a thought in your heart or remind you of truth. God's answers don't always come right away, but He always hears you. He always cares. He always responds in the right way at the right time. Listening during prayer helps you grow closer to God. It helps you trust Him more each day.

Prayer:

"God, thank You for loving me and speaking to me. Help me slow down and listen. Teach me to know Your voice. Guide my thoughts and choices today. I want to follow You. In Jesus' name. Amen."



Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 1

More Than a Book

Read Psalm 119:18

The Bible is more than just a book of rules or stories. It helps you learn who God is. When you read the Bible, you aren't just reading words. You are learning about God's heart. You see how He loves people. You see how He keeps His promises. You see how He helps and guides. Sometimes you might not understand everything you read. That's okay! You can ask God to help you understand. He loves to teach you. Each time you read, ask yourself: "What does this show me about God?" The more you read, the more you begin to know Him. And the more you know Him, the more you will trust Him every day.

Activity:

Write or draw one thing you learnt about God today.

DAY 2

Start Small

Read Joshua 1:8

Reading the Bible can feel big. It has many books and many pages. You might wonder where to start. Here's the good news: You don't have to read a lot at once. You can start small. Even one verse can help you learn something about God. When you read a little each day, it adds up. God can use even a short time to teach you something important. Try reading a few verses, and then think about them.

Ask: "What do these verses tell me about God?" God's Word helps you grow. It helps you understand what is true and what is right.

Activity:

Choose a short Bible passage with a trusted adult. Read it together. Then, each of you share one thing you learned about God.



Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 3

Keep Going

Read Psalm 119:105

Sometimes reading the Bible can feel confusing. You might not understand every word. You might feel like stopping. But God wants you to keep going. His Word, the Bible, is like a light. It helps you see what is true. It helps you know what is right. Maybe you'll learn that God is always with you. Maybe you'll learn that He's good. Each time you read it, you grow a little more. Over time, you begin to understand more and more.

Activity:

Open your Bible to John 10:27. Turn off the lights, and try to read the verse. Then, turn the lights back on and read the verse. Which way helps you see God's Word?



DAY 4

Talk with God

Read Jeremiah 29:13

Reading the Bible isn't just about learning facts. It's about knowing God. When you read, you can talk to Him too. You can ask questions. You can say: "God, what does this mean?" You can ask: "What are You showing me about who You are?" God wants you to find Him. He promises that when you look for Him with your whole heart, you will find Him. When you read and talk with God, your relationship with Him grows stronger.

Prayer:

"Dear God, thank You for giving me the Bible. Help me learn who You are as I read. Teach me to understand Your words. Help me keep coming back to read and talk with You. I want to know You more every day. In Jesus' name. Amen."

I can learn to know God
through the Bible.

Frequency: Learning to Hear from God

John 10:27 Nlrv

DAY 1

STAY CONNECTED

Colossians 2:6 Nlrv

Following Jesus isn't just something you decide to do one time. It's something you choose every day. The Bible says that just as you accepted Jesus, you should continue to live your life in Him.

That means staying close to Him, listening to Him, and doing what He says.

Think about walking with a friend. You stay close so you can talk, listen, and go the same direction. If you wander off, it gets harder to hear them. The same is true with Jesus. When you stay close to Him by praying, reading the Bible, and paying attention, you can hear Him more clearly.

When you hear Him, the next step is to follow. You might feel like you should help someone, include someone, or tell the truth. That is your moment to walk with Jesus.

Finish this sentence: Today, I can walk with Jesus by.....

DAY 2

STAY CLOSE TO GOD

JAMES 4:8 NIRV

Imagine your best friend has to move far away, and the only way you can talk to them is through email. Would you read the messages they send you? Of course you would! You wouldn't be able to stay close friends if you never read them.

God wants to have a relationship with you too. One way we get to know Him is by reading the Bible. But it takes commitment. You have to choose to spend time reading it. If you want to stay connected to God and understand how He wants you to live, it's important to make a plan to read His Word.

Start Here: With the help of a trusted adult, come up with a plan for completing these devotionals. Choose a time of day, pick a special place in your home as your devotional spot, and gather what you need, like your Bible, a pen, and paper. This will help you be ready and consistent as you spend time with God.

Frequency: Learning to Hear from God

John 10:27 Nlrv

DAY 3

DON'T DRIFT AWAY

Hebrews 10:24-25 Nlrv

It's easy to drift away from God without even noticing. Life gets busy. Distractions take over.

Before you know it, you aren't spending time with God like you used to.

Staying close to God takes practice. You can talk to Him, read the Bible, and spend quiet time listening. You can also stay connected by being around people who follow God.

When you stay connected, you will begin to see needs more clearly. You will notice when someone needs help or encouragement. Then, you can step in and do something about it.

What's one distraction that pulls you away from God?

DAY 4

SHARE WHAT YOU LEARN

1 Peter 3:15 Nlrv

When something exciting or important happens in your life, do you keep it a secret? Probably not!

You usually tell your family or share it with your friends, right? In the same way, if you've found a Bible story or verse that has helped you, why not share it with others? It could help them too!

Take a moment to think about your favorite Bible story or verse.

What do you love about it?

How has it helped you think differently or make better choices?



Prayer: "God, help me stay close to You. Grow Your love in me, and help me act when I see a need. In Jesus' name. Amen."

Frequency: Learning to Hear from God

John 10:27 Nlrv

DAY 1

God Wants Me to Ask

God loves when you talk to Him. You can ask Him anything! God says: "Call out to me. I will answer you" (Jeremiah 33:3 Nlrv). When you ask God to speak, you are showing that you trust Him. He is always ready to listen and speak to your heart.

What is one thing you want to ask God?

LOOK for times you can talk to God today.

DAY 3

I Can Listen to God

Have you ever tried to listen really , really carefully? Maybe for a bird chirping or someone whispering? God talks to us too, but God often speaks in a quiet way to our hearts. So we have to be still and listen with our hearts. God says: "Be still and know that I am God" (Psalm 46:10 Nlrv). Being still helps you hear Him better.

KNOW that you can listen for God's voice.



DAY 2

God Helps Me Hear

Sometimes it can feel hard to know if God is speaking. That's okay! God can help you understand. The Bible says: If any of you needs wisdom, you should ask God for it. He will give it to you (James 1:5 Nlrv). You can always ask Him for help.

With a trusted adult, build a special fort. Add blankets, pillows, and toys. Then, go inside and pray: "God, please speak to me. Show me the right thing to do."

Sit quietly in your fort for a few seconds and listen together. ASK God to help you hear His voice.

DAY 4

Thank You for Speaking

Guess what? God loves you! God wants to spend time with you and guide you every day. When you ask Him to speak and take time to listen, you grow closer to Him. He is always near and always ready to help you. So take time to stop and say, "Hi, God!"

PRAY: "Dear God, thank You for speaking to me. Help me listen and follow You every day. In Jesus' name. Amen."

**"My sheep listen to my
voice. I know them, and
they follow me."**

John 10:27 NlrV



Preschool

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

When you go into your child's room, cuddle them and say: "Good morning, [child's name]! Today, we are going to [name places you will go], and wherever we go, God is always with you and God is always with me!"



Cuddle Time

Cuddle with your child and pray: "Dear God, thank You for loving us and for always hearing us. We love You so much!"



Drive Time

While on the go, take turns naming places as you pass them (or think of them). Each time someone names a place, ask, "Is God with us at (name of place)?" And then answer together, "Yes, God is always with me!"



Bath Time

Pretend to be rowing a boat in water as you sing these words to the tune of "Row Row Row your Boat": "God is with you wherever you go. God is with you wherever you go."



Everywhere I Go

Who is always
with you?



Who made
you?

Is God with you
wherever you go?

SAY THIS

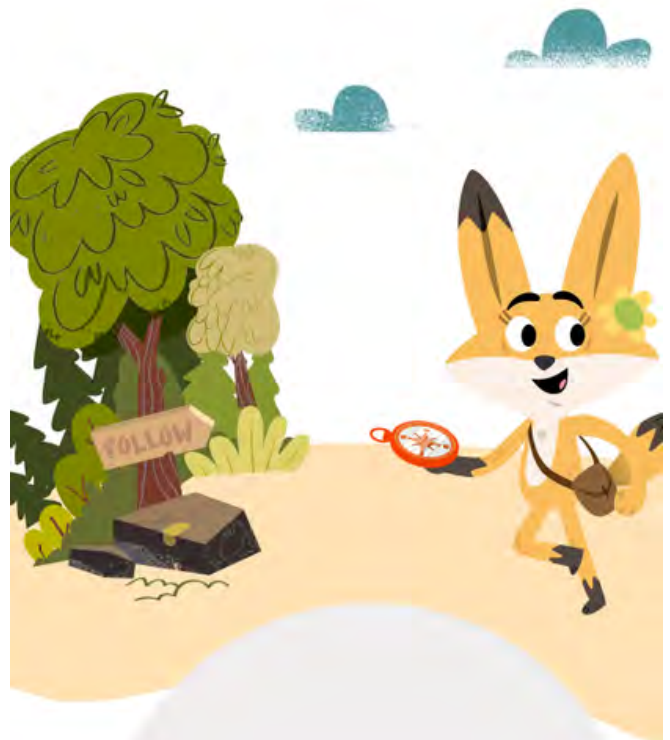
Who is always
with you?

God is always
with me.



Prayer:

Dear God, thank You that
You always hear us.
You are bigger than the
whole sky, but You listen to
our small voices.
Thank You for being with us
and hearing us all the time.
We love You.
In Jesus' name,
Amen.



MEMORY VERSE

"God is with you
wherever you go."
Joshua 1:9 NLT



CATALYST KIDS



God loves you



