

Teach the Family

Key Verses: *“And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.”*
—Deuteronomy 6:6,7, New King James Version

Selected Scripture:
Deuteronomy 6:3-9

which heighten vulnerability to anxiety and depression.

Clinicians emphasize that algorithms designed to maximize engagement can overwhelm adolescents’ still-developing self-regulation systems, increasing risk for compulsive use, comparison anxiety, and cyberbullying.

Nearly everywhere we go we see adults buried in their phones, even while driving an automobile. Children from the earliest days sit in shopping carts or

Our Key Verses presaged the fast-paced modern world. Ours is a world filled with constant and unprecedented distraction. Cell phones hold us as captives under their influence. Hours of page-flipping, messaging, and looking up “vital” information all contribute to spiritual disruptions. A 2024 World Health Organization report found:

11% of adolescents show signs of problematic social media behavior, up from 7% in 2018. Girls are especially affected—13% vs. 9% for boys.

Problematic use is associated with lower mental and social well-being, higher substance use, and sleep disruption, all of

restaurant highchairs with their digital media entertainment. We believe a break from the digital world can foster well-being and inner peace.

We do not disparage the use of today's technological marvels. We do, however, advocate for a soothing balm to counter it. It is identified in Scripture as "the secret place" that we may enter and enjoy the peace, quiet, and wisdom God's Word affords. "He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ... He is my refuge and my fortress; My God, in Him I will trust." (Ps. 91:1,2, *NKJV*) How do we get to that refuge? More importantly, for today's lesson, is how may we guide our children to it?

Our Key Verses wisely advise a home atmosphere of godliness. Family reading of the Bible has a profoundly wholesome influence on life. It starts with the heads of the household, who must cherish God's word in their heart. Then, from the heart, daily speak of the virtues of God's law. Consider the psalmist's words, "The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple; The statutes of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes; The fear of the LORD is clean, enduring forever; The judgments of the LORD are true and righteous altogether. More to be desired are they than gold.—Ps. 19:7-11, *NKJV*

Realizing the power of this Psalm's message, how could we advocate for anything less than a home filled with the knowledge of our Great Creator? Apostle Paul was a wonderful spiritual father. He lovingly noted, "Though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel." (I Cor 4:15, *NKJV*) "Fathers, do not provoke your children, lest they become discouraged." (Col. 3:21, *NKJV*) May we have the grace and wisdom to guide our children to and through God's Word at every opportunity. ■