

FAITH BEGINS AT HOME

Week 2 | Put a Word in the Wind

Faith at Home Weekly Guide

Simple, actionable ways to practice your faith at home all week long, with support for couples, single parents, singles, and grandparents raising children.

Based on "Speak to the Wind!" and "I'll Fight You for It!"
Sunday, September 13, 2026

THIS WEEK'S SCRIPTURES

Ezekiel 37:1-10; Nehemiah 4:9-14; Ephesians 6:12

Last week, we made a decision about the kind of home we want to build. This week, we practice protecting and strengthening it.

We cannot control every season. We can choose how we speak, what we pray about, and what we do next.

We fight for people. We pray and prepare. We keep building.

HOW TO USE THIS GUIDE

Take 10 minutes each day. Read the Scripture. Try the action. Answer the reflection honestly. If you miss a day, begin again.

MONDAY

REMEMBER WHAT YOU'RE BUILDING

READ: Nehemiah 4:14

FOCUS: Remember the Lord. Remember who you are fighting for.

DO THIS

Write the names of the people connected to your home. Include family members who live elsewhere and people you consider spiritual family. Beside each name, write one need you can pray about this week.

Ask each person you can: **"What would support look like for you right now?"**

Choose one practical response: make the call, offer help, listen, or schedule time together.

PRAY THIS

"Lord, help me fight for the people You have entrusted to me with love, wisdom, and patience."

HONEST REFLECTION

Am I spending more energy being frustrated with my people than caring for them?

TUESDAY

PRAY AND SET A WATCH

READ: Nehemiah 4:9

FOCUS: Prayer and preparation belong together.

DO THIS

Identify one vulnerable place in your home: communication, spending, screen time, sleep, or an overloaded schedule.

Pray about it. Then write one plan:

"We will _____ at _____. _____ will help."

Keep it specific. A spending check-in. Phones away during dinner. A calmer bedtime. A weekly conversation. Start with one change you can maintain.

PRAY THIS

"Lord, show me where I need to set a watch. Help me follow through on the wisdom You give."

HONEST REFLECTION

What keeps getting my prayers but has not received my attention or a plan?

WEDNESDAY

REMOVE WHAT GETS IN THE WAY

READ: Nehemiah 4:10; Psalm 139:23-24

FOCUS: Some things are debris. Begin with what you can change.

DO THIS

Take five quiet minutes. Name one habit or response that makes home harder: interrupting, sarcasm, avoiding hard conversations, holding grudges, or refusing help.

Write: "I need to stop _____ and practice _____."

Take one step today. Ask for forgiveness. Return to an unfinished conversation calmly. Seek support for a pattern you cannot resolve alone.

Let children name a small habit of their own. Adults should model this first.

PRAY THIS

"God, do the work in me. Show me what I need to release, repair, and change."

HONEST REFLECTION

What is my contribution to the tension I keep asking God to remove?

THURSDAY

CHANGE THE WORDS IN THE ROOM

READ: Ezekiel 37:9-10; 2 Timothy 1:7

FOCUS: Speak in agreement with God's Word.

DO THIS

Notice one sentence you keep repeating: "Nothing will change." "We always fail." "I cannot handle this."

Name the difficulty honestly. Then read 2 Timothy 1:7 and choose a response shaped by Scripture:

"I feel afraid. God gives me power, love, and a sound mind. I can take the next wise step."

Speak one encouraging sentence to someone connected to your home. Then back it up with one action.

PRAY THIS

"Lord, keep my circumstances from deciding my vocabulary. Help my words reflect Your truth and my actions reflect Your love."

HONEST REFLECTION

Have my words become a verdict over someone who is still growing?

FRIDAY

MAKE ROOM FOR RENEWAL

READ: Mark 6:31; Galatians 6:2

FOCUS: Sometimes you are tired. You need support and rest.

DO THIS

Ask yourself and your household: **"What is draining you? What would make this weekend lighter?"**

Choose one burden to share, one unnecessary task to postpone, and one time to rest.

Ask a trusted person for specific help if you need it. Spend a few quiet moments with God. You do not have to fill every quiet moment with another task.

PRAY THIS

"Lord, renew my strength. Help me receive support and care for the people who are tired beside me."

HONEST REFLECTION

Am I expecting patience from a body and mind I never allow to rest?

SATURDAY

PRAY FOR YOUR HOUSE. PREPARE YOUR HEART.

READ: Nehemiah 4:14; Luke 18:1

FOCUS: Keep praying. Keep taking responsibility.

DO THIS

Gather for 10 minutes, call someone you love, or pray in your home on your own.

Pray by name for your household. Ask for peace, wisdom, healing, protection, and purpose. Let each person share one request without being corrected or interrupted.

Choose one unfinished action from this week and take the next step.

PRAY THIS

"Lord, we place our home and the generations connected to it before You. Help us keep praying and keep building."

PREPARE FOR SUNDAY

Set out what you need. Confirm your departure time. Prepare bags and transportation. Make room for sleep. Ask God to prepare your heart.

HONEST REFLECTION

What have I learned about my household by listening this week?

SUNDAY

BRING THE PRACTICE BACK TO CHURCH

READ: James 1:22

FOCUS: Hear the Word. Practice the Word.

DO THIS

Before church: Pray briefly. Speak kindly. Give yourself time to leave without rushing.

On the way: Ask, "Where did we see God helping us this week?" If you live alone, reflect or call someone afterward.

After church: Each person names one truth they heard and one way to practice it. Write the action down before the day ends.

PRAY THIS

"Lord, help Your Word shape the way we live after we leave the sanctuary."

HONEST REFLECTION

What changed in how I spoke, listened, prayed, or acted this week?

IF YOU ARE A COUPLE

Build together. Guard how you speak to each other.

THIS WEEK

Set aside 15 minutes. Each person answers: **"Where do you feel supported? Where do you feel alone?"**

Listen without preparing a defense. Choose one pressure you can address together. Agree on one action and when you will check in again.

BUILD ACROSS GENERATIONS

If you have children, let them see a calm conversation, shared responsibility, and a sincere apology. Ask, "What helps you feel heard at home?" Give them room to answer.

PRAY THIS

"Lord, help us fight for our relationship without treating each other as the enemy."

HONEST REFLECTION

Am I trying to win the argument or help us move forward together?

IF YOU ARE A SINGLE PARENT

You can build faithfully and receive help.

THIS WEEK

Choose one pressure point: mornings, homework, meals, discipline, or bedtime. Make one small adjustment that would help both you and your child.

Ask a trusted adult for one specific form of help this week. A pickup. A meal. A check-in. Time to rest.

BUILD ACROSS GENERATIONS

Ask your child, "What has felt hard this week?" Listen. Offer reassurance and an age-appropriate next step. Let them hear you pray for them without making them responsible for adult worries.

PRAY THIS

"Lord, give me wisdom for today and trusted people who can help us build."

HONEST REFLECTION

Where am I carrying something alone that I could ask someone trustworthy to help with?

IF YOU LIVE ALONE

Your home needs peace, purpose, and connection too.

THIS WEEK

Notice one pattern that leaves you drained or disconnected. Choose a change: a quieter evening, a regular prayer time, a screen limit, or a planned call.

Invite one trusted person to check in with you this week. Tell them one thing you are praying about and one action you are taking.

BUILD ACROSS GENERATIONS

Pray for someone in another generation. Send a thoughtful message or offer practical help. Your life can strengthen a family even when you do not share an address.

PRAY THIS

"Lord, let my home be a place of renewal. Help me stay connected and available to love others."

HONEST REFLECTION

Is my solitude helping me become grounded, or am I using it to avoid connection?

IF YOU ARE A GRANDPARENT RAISING CHILDREN

What you carry matters. So does what you need.

THIS WEEK

Choose one predictable rhythm: a bedtime blessing, breakfast Scripture, or a weekly check-in. Keep it short enough to repeat.

Ask, **"What is something about your life that you wish I understood better?"** Listen before offering advice.

BUILD ACROSS GENERATIONS

Share one story about how God carried you through difficulty. Then identify one trusted adult who can support you with a practical need. Make the request this week.

PRAY THIS

"Lord, strengthen me for the children in my care. Help us learn from each other and grow together."

HONEST REFLECTION

Am I giving the children room to tell their story while I share mine?

THE KITCHEN TABLE QUESTION

What needs guarding? What needs rebuilding?

Answer together at a meal, on a call, or in your own quiet reflection. Start with yourself. Leave room for each person to answer.

ASK THESE QUESTIONS

1. Where has our home felt most under pressure?
2. What words or habits have made that pressure heavier?
3. What is one thing I can do to make home healthier?
4. What support do we need from someone outside our home?

WRITE ONE SHARED PLAN

This week, we will: _____

Our first step is: _____

We will check in again on: _____

Prayer is our posture. Responsibility is part of our response.

BEFORE NEXT SUNDAY

Keep praying. Keep building.

LOOK BACK HONESTLY

What did I pray about and then act on?

What harmful sentence did I stop repeating?

What did I change in my own behavior?

Who did I listen to or ask for help?

What practice will I carry into next week?

OUR HOUSEHOLD PRAYER

Lord, help us remember You when pressure rises. Show us where to set a watch. Help us remove what keeps getting in the way. Renew those who are tired. Teach us to fight for each other, speak Your Word, and keep building with love. Amen.

Remember the Lord.

Set a watch.

Guard the gaps.

Change harmful patterns.

Make room for rest.

Keep building.

Put a Word in the wind.

"As for me and my house, we will serve the Lord."

Joshua 24:15