



Scriptural Meditations

FOR CHILDREN

AGES 0 - 5 YEARS

A 30-Day Journey

KEMI OYEDEPO



**Scriptural
Meditations
For Children
Ages 0-5 Years**
A 30-Day Journey

KEMI OYEDEPO

Scriptural Meditations for Children © 2017 by Kemi Oyedepo

All rights reserved. This manual is not for sale but it may be reproduced, copied, and distributed for non-commercial purposes, provided it remains in its complete original form.

Unless otherwise noted, Scripture quotations are marked and taken from the following versions of the Holy Bible: King James Version (*KJV*), New Living Translation (*NLT*), New International Version (*NIV*), and The English Standard Version (*ESV*).

Although this is a free resource, it remains the copyrighted property of the author.



Acknowledgements

My teacher, my helper, my comforter and my guide – The Holy Spirit. Thank You for your constant inspiration.

My husband & Pastor - David Oyedepo Jnr. Thank you for your constant encouragement & prayers.

My children - seeing the fruits of my labour in you so far remains one of my greatest joys!

My family – Thank you for your constant support.

Finally, to those who follow Crisis-Proof Your Family (CPYF); I'm humbled. I'm praying for you from the depth of my heart that in your family, the name of the Lord will be glorified!

If there is any crisis or storm in your life right now, I decree peace! Be still in Jesus name. Amen!

Peace & blessings,

~Kemi Oyedepo~



EQUIPPING YOU. EDUCATING YOU. ENRICHING YOUR FAMILY LIFE.

Introduction

I'm a parent.

Not just any kind of parent.

I'm a parent whose greatest desire is to raise my children to love and serve the Lord.

I'm a parent whose desire is to see my children have authentic personal relationships with God through Jesus Christ.

I'm a parent who is eager to see my children do great and mighty exploits for the kingdom of God.

I'm a parent whose desire is to see my children imitate Christ in every compartment of their lives.

I realize, however, that these desires of mine cannot be achieved without my deliberate investment of God's Word into them. I often joke about the importance of pumping our children with the Word of God until they are bursting at the seams. In that joke, there is a lot of seriousness. Apart from every other investment we make into our children - mentally, emotionally, etc, spiritual investment remains the most important.

With that understanding, I started teaching my children the Scriptures from the moment they were born. I had a list of Scriptures that I read to them frequently and as soon as they could speak; in fact, as soon as they could sing the alphabet song, that was my cue to begin the rigorous but rewarding journey of helping them memorize the Scriptures (even though they were mumbling at first).

That journey hasn't stopped but I can confidently say we've been off to a great start. I want you to know that you can never go wrong with laying the foundation for your children with the Scriptures. Teaching your children how important the Scriptures are to their daily living is not optional if you want to see them grow in the Word. Teaching them to meditate or think deeply about the Scriptures they learn is not optional either, if you want to see them overcome the challenges of life.

There is something amazing about meditation that transfers the Scriptures from the head straight to the heart. And when the Scriptures get to your heart, they stick! It's no wonder that we are admonished to let the Scriptures penetrate deep into our hearts, for they bring life to those who find them and healing to their whole body (Proverbs 4:21 - 22).

When the Scriptures take root in the heart of a person, this is what happens:

- When they are tempted, the Word will flow out of them.
- When they are challenged, the Word will flow out of them.
- When they feel confused, the Word will flow out of them.
- When their health is affected, the Word will flow out of them.

It's the Word that would make your children victorious in life and that is exactly what this manual is designed to help them achieve!

This manual is specifically for children aged 0-5 years, so your input as a parent or guardian is required. You will need to read the Scriptures to your children and help them memorize them each day. That means your involvement is absolutely necessary for this process to be productive. I have deliberately personalized most of the Scriptures because I found that they resonated better with my children that way. You may also feel the same way as you go along.

You may be extremely busy with various tasks in your life and you may be wondering exactly how I expect you to add this to your 'to do' list. Believe me when I tell you I completely understand your point. However, remember that anything that is important to you, you make time for. So if you share the same desires I have for my children's spiritual lives, you have to be willing to give it what it takes, despite how uncomfortable it is for you. Remember that your children are with you for only a season, so it's important to make this season of their lives count.

When you begin to see these Scriptures finding expression in them, it'll fuel your commitment to the process. I encourage you to pray for your children as you go through this journey with them, asking the Holy Spirit to continuously help their understanding. If your own spiritual life still needs a push, use this manual as much as you need it. It's not only for your child(ren); in fact, as you move along on this journey with your child(ren), you'll see that the Scriptures will also take root in your own heart.

Here are a few tips on how to use this manual:

- First, note that this is a 30-day journey to help challenge your child(ren) to grow in the Scriptures. Each day has a Scripture listed and a *focus* to assist you with explaining the Scripture to your child (dren).
- Try your best to use this manual every single day. To see results, consistency is key! If you currently have a time of devotion with your children (if you don't, I recommend you begin one), include the use of this manual.
- Be patient with yourself and with your child(ren). Don't get frustrated if they don't remember the Scriptures as quickly as you'd like. Keep at it. It will take some time but as long as you are consistent, they will get it.
- When you go through the first round of 30 days, evaluate your child(ren) and then begin the journey again. You can use this manual every 30 days for as long as it's needed.
- Don't rush the process. The last thing you want is for your children to cram Scriptures. Be watchful and sensitive. Ensure they are ready for additional Scriptures before introducing them to new Scriptures.
- Whatever you do, never stop praising and encouraging your child(ren) for their efforts!
- Finally, please know that the earlier you begin this process, the better. Your child is not too young to know the Scriptures.

This manual is not restricted to parents/guardians alone. If you are a grandparent who spends a lot of time with your grandchild(ren), I encourage you to get involved in their scriptural meditations journey.

I'm excited for you! More importantly, I'm overly excited for your child(ren). The confidence, the wisdom and transformation in them that only the Word can bring, will give you so much joy. I'm sure by the time they reach the 5-year-old mark, they would be ready to move on to Volume 2 of the Scriptural Meditations manual! Please note that if your child is above the age of 5, this manual can still be used if needed. Any age is a good time to begin meditating on the Scriptures!

I congratulate you for embarking on this exciting journey with your child(ren) and I look forward to your testimonies!



*And that from a child thou hast known the holy scriptures,
which are able to make thee wise unto salvation through faith
which is in Christ Jesus.*

~2 Timothy 3:15~^{KJV}

Crisis-Proof Your Family



DAY 1

In the beginning, God created the
heavens and the earth
(The first verse in the Bible)

~Genesis 1:1~
ESV

Crisis-Proof Your Family

**Focus: God is the One who set the world in
motion.**



DAY 2

I shall be taught of the Lord and great
shall be my peace

~Isaiah 54:13~

Crisis-Proof Your Family

***Focus: Learning about God and learning from
God, gives me peace (erases anxiety/worry).***



DAY 3

In everything, I will give thanks

~1 Thessalonians 5:18~

Crisis-Proof Your Family

Focus: No matter what happens, I would always be thankful.



DAY 4

I can do all things through Christ who
strengthens me

~Philippians 4:13~

Crisis-Proof Your Family

***Focus: By God's strength, I can accomplish
anything.***



DAY 5

I am led by the spirit of the Lord
because I am a child of God

~Romans 8:14~

Crisis-Proof Your Family

Focus: The Holy Spirit leads me at all times.



DAY 6

Rejoice in the Lord always: and again I
say rejoice

~Philippians 4:4~
KJV

Focus: I will never let anything steal my joy .



DAY 7

Let everything that has breath praise
the Lord

~Psalm 150:6~
NIV

Crisis-Proof Your Family

***Focus: I have breath, so I will gladly sing
praises to God.***



DAY 8

In everything, I am more than a
conqueror

~Romans 8:37~

Crisis-Proof Your Family

***Focus: No matter what I face, I cannot be
defeated.***



DAY 9

I am a sign and a wonder

~Isaiah 8:18~

Crisis-Proof Your Family

Focus: I am not ordinary.



DAY 10

This is the day that the Lord has made; let us rejoice and be glad in it

~Psalm 118:24~
ESV

Focus: Today is a gift from God, so I will be joyful and enjoy it.



DAY 11

I have the mind of Christ
~1 Corinthians 2:16~

Crisis-Proof Your Family

Focus: In everything, I think like Jesus.



DAY 12

I will praise thee; for I am fearfully
and wonderfully made

~Psalm 139:14~
KJV

Crisis-Proof Your Family

Focus: God made me special and unique.



DAY 13

Anything is possible if a
person believes

~Mark 9:23~
NLT

Crisis-Proof Your Family

Focus: By faith, nothing is impossible.



DAY 14

By His stripes, I am healed

~Isaiah 53:5~

Crisis-Proof Your Family

Focus: Jesus has paid the complete price for my healing.



DAY 15

I walk by faith & not by sight

~2 Corinthians 5:7~

Crisis-Proof Your Family

Focus: I won't let the things I see affect my faith.



DAY 16

The joy of the Lord is my strength
~Nehemiah 8:10~

Crisis-Proof Your Family

Focus: Being joyful in God always gives me strength.



DAY 17

I have hidden your word in my heart
that I might not sin against you

~Psalm 119:11~
NIV

Crisis-Proof Your Family

***Focus: Thinking about God's Word, keeps me
from sinning.***



DAY 18

I am the light of the world. A city set on a hill that cannot be hidden

~Matthew 5:14~

Crisis-Proof Your Family

Focus: I must be a good example to others.



DAY 19

We love because he first loved us

~1 John 4:19~
NIV

Crisis-Proof Your Family

**Focus: Because God loves me, I can love
freely.**



DAY 20

I am as bold as a lion

~Proverbs 28:1~

Crisis-Proof Your Family

Focus: I have no reason to be afraid.



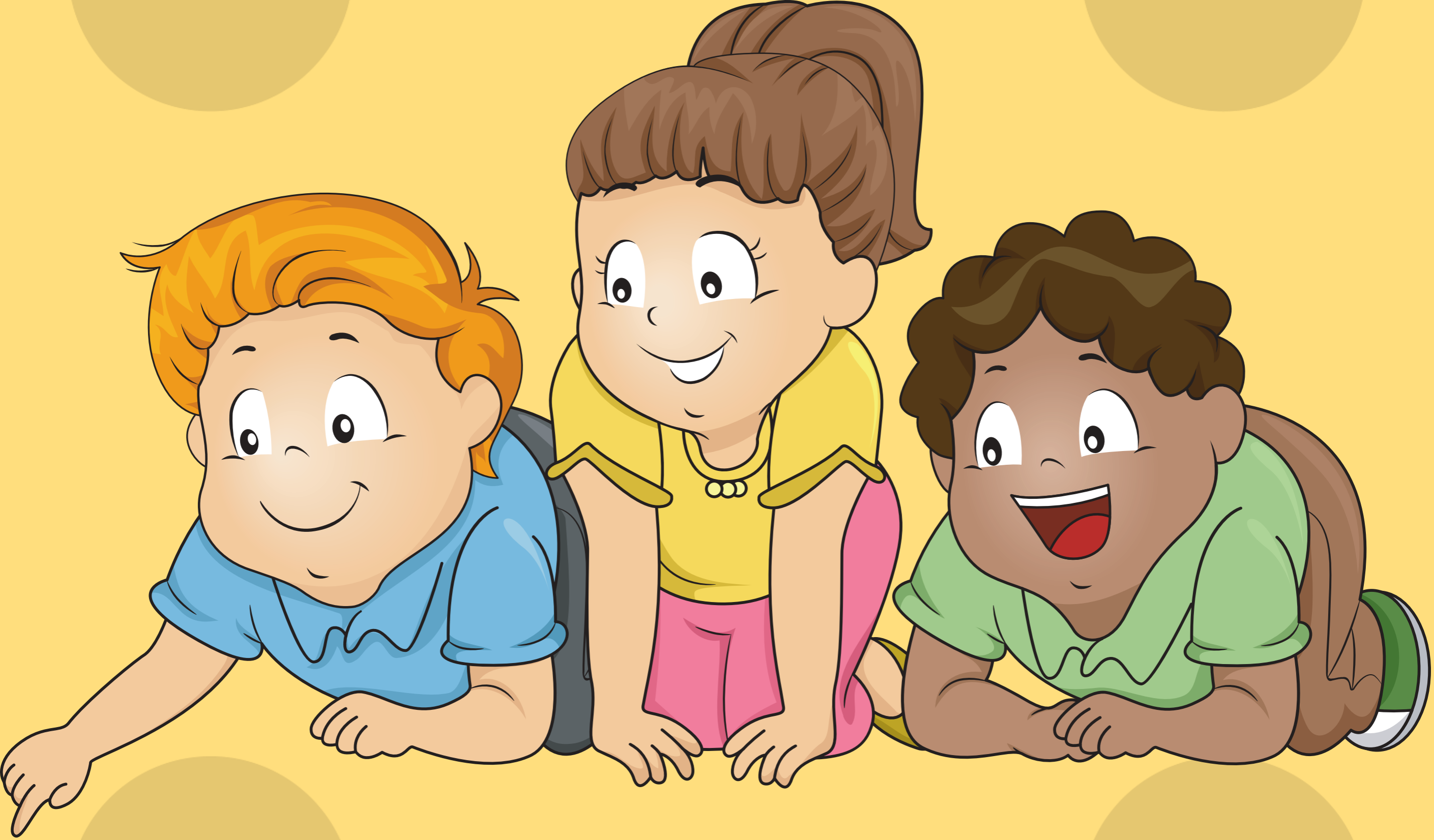
DAY 21

Like Daniel, I have an excellent spirit

~Daniel 6:3~

Crisis-Proof Your Family

Focus: Even among my peers, I am outstanding.



DAY 22

Do to others as you will like them do to
you

~Luke 6:31~
NLT

Crisis-Proof Your Family

**Focus: If I want others to be nice to me, I
must be nice to them.**



DAY 23

If God is for me, who can be against me?

~Romans 8:31~

Crisis-Proof Your Family

Focus: Because God is for me, I don't have to worry.



DAY 24

When I am afraid, I will put my trust in
you

~Psalm 56:3~
NLT

Crisis-Proof Your Family

Focus: Trusting in God clears my fears.



DAY 25

I am saved by grace through faith

~Ephesians 2:8~

Crisis-Proof Your Family

Focus: Because of God's grace, I become saved when I believe.



DAY 26

I am blessed coming in and blessed going
out

~Deuteronomy 23:6~

Crisis-Proof Your Family

Focus: Every step I take is blessed.



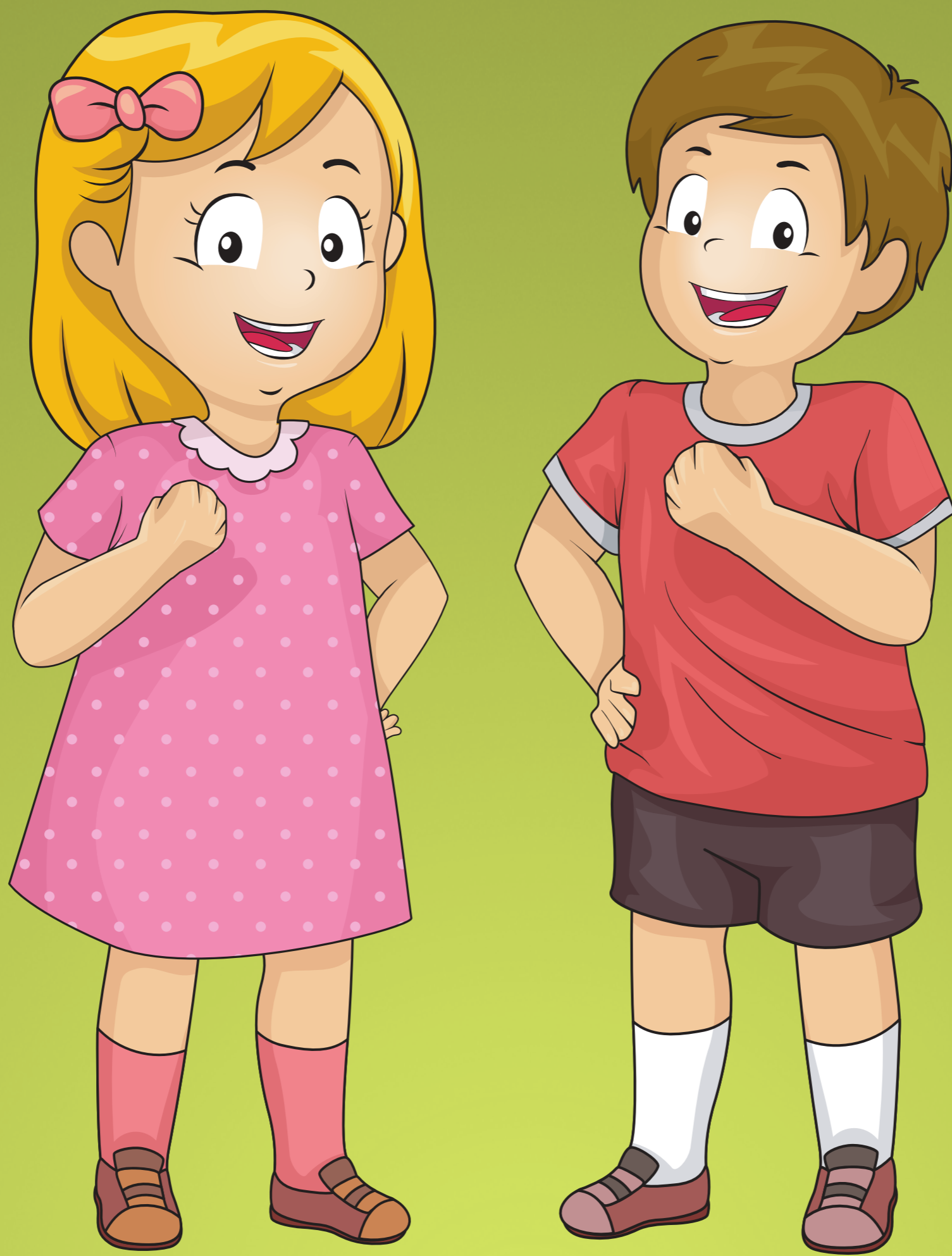
DAY 27

Jesus Christ is the same yesterday, today,
and forever

~Hebrews 13:8~
NLT

Crisis-Proof Your Family

Focus: Jesus cannot change.



DAY 28

Greater is he that is in me than he that is
in the world

~1 John 4:4~

Crisis-Proof Your Family

*Focus: Because God lives in me, I can face
anything and anyone without fear.*



DAY 29

I am an eternal Excellency and the joy of
many generations

~Isaiah 60:15~

Crisis-Proof Your Family

***Focus: I am extraordinary. I am important.
I will be relevant for a very long time.***



DAY 30

The grace of our Lord Jesus Christ be
with you all. Amen.

(The last verse in the Bible)

~Revelation 22:21~

KJV

Crisis-Proof Your Family

Thank you for downloading this manual.

We're trusting God with you that these Scriptures will dwell in the heart of your child and energize their faith for the rest of their lives in Jesus' name, Amen.

You are blessed forever; you and your household!

For more family enriching resources that will be a blessing to you, find us & follow us!

Website: www.crisisproofyourfamily.com

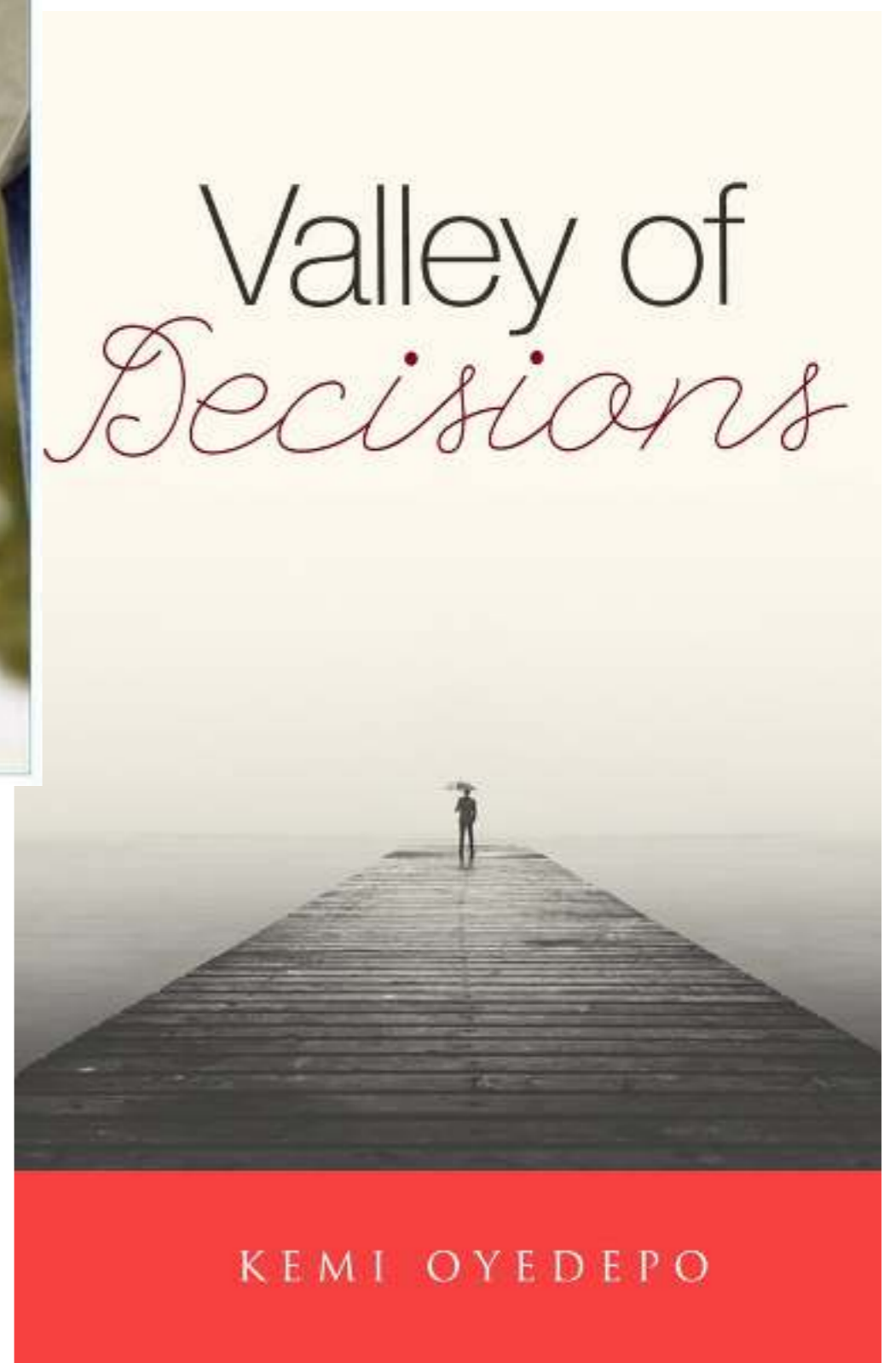
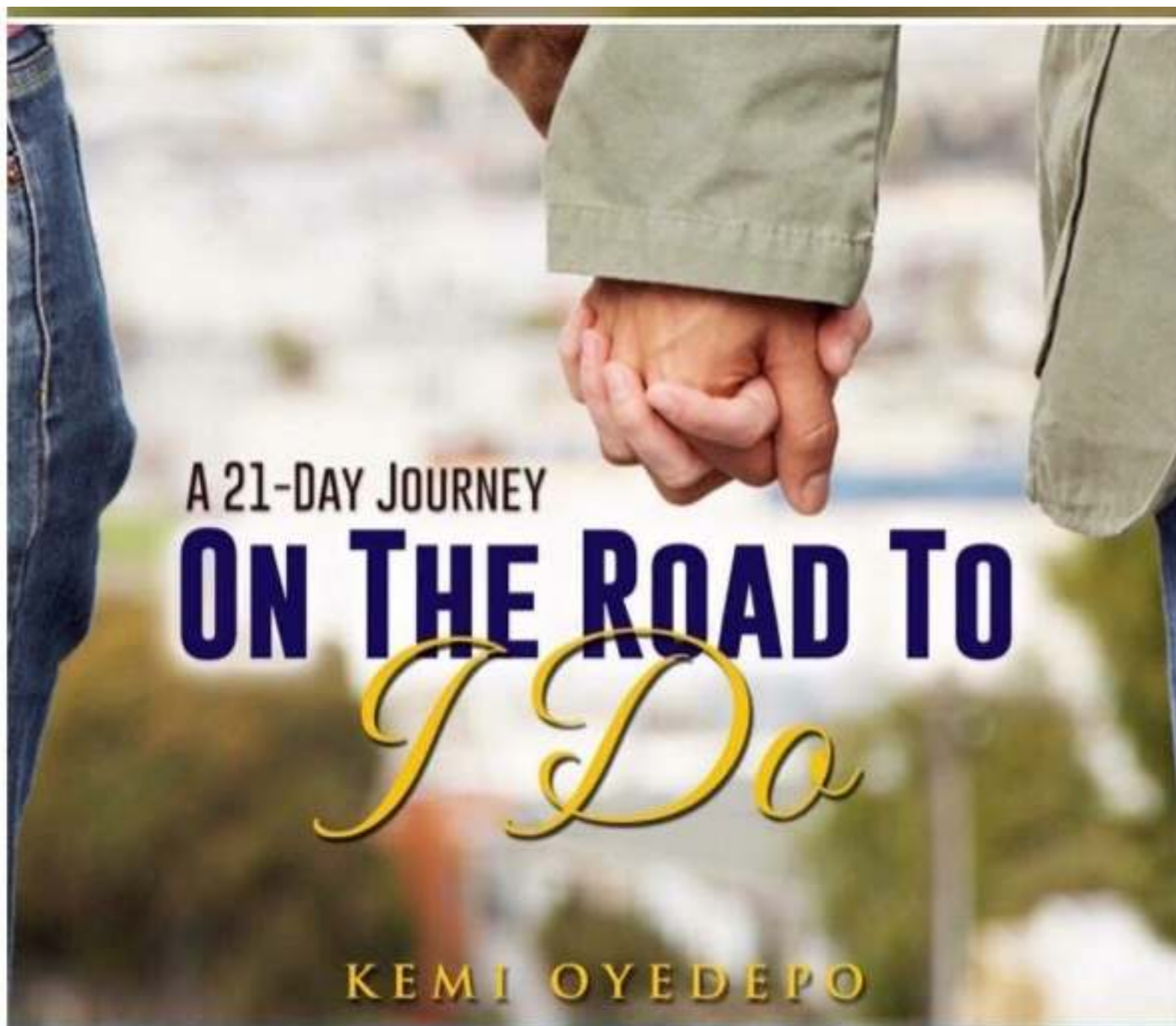
Facebook: Crisis-Proof Your Family

Instagram: @cpyfamily

Email: Info@crisisproofyourfamily.com

cpyfamily@gmail.com

The following free resources are available on the website. Visit the website to download them or click on the images below:



Design: Kemi Oyedepo, for Crisis-Proof Your Family

Scriptural Meditations for Children

Ages 0-5 Years

Meditation transfers the Scriptures from the head straight to the heart; and when the Scriptures get to the heart, they stick! There is no better time to put the Scriptures into your child's heart, than now. Laying this foundation for your child is what will stir them on the path to victory in every area of their lives.

This 30-Day Scriptural Meditations journey will help your children realize exactly who they are in Christ as they begin their relationship with God. Your children will enjoy learning these Scriptures that will cause them to grow in their faith and build their confidence. You also will be blessed as you see their undeniable growth in wisdom and understanding.

Enjoy this adventure with your children as they soar high in their spiritual journey!

ABOUT THE AUTHOR

Kemi Oyedepo has a passion to write and teach about relationships and family life in an exciting and engaging way. She uses her God-given platform – Crisis-Proof Your Family (CPYF) to communicate her message with a unique and practical style drawn from the Scriptures. Her vision is to help individuals build and maintain an enviable family life that glorifies God and draws multitudes to Jesus Christ. She is married to Pastor David Oyedepo Jnr and they are blessed with children.