

As parents, we are always concerned about the health of our children. We want them to get the right nutrition and exercise, to have the right medical care, and to be in a sound educational environment. But the most important way of keeping children healthy is to show them what holiness looks like. The apostle Paul reminded Timothy of “the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also.” (2 Timothy 1:5)

It is vitally important to protect our families from destructive influences. What they need to see in us is warm, true, Christlike holiness. Prayer then becomes a great force. Spend time each day praying for your family. Make a point of also daily sharing a Bible verse with someone in your family circle.

2 Timothy 3:15 “From childhood you have known the Holy Scriptures.”