



the roster



Four Relationships You Shouldn't Live Without

FAMILY MONTH DEVOTIONAL

Every year South Hills sets aside an entire month for what we call Family Month. The goal is simple: to hear what God says about relationships and to put it into practice together.

We know every family looks different—some feel close, others feel broken or even absent. The good news is Jesus invites every one of us to be part of His family.

This year we're focusing on the relationships that shape who we are. The truth is, who you are has a lot to do with who you're with. Most of us don't intentionally build our inner circle—we just end up spending time with whoever happens to be around. Sometimes that works out. Other times, those connections can pull us further away from who we want to be.

Everyone knows we need good people around us, but what does that actually mean? If you look at the lives of people you admire, you'll see most of them have invested in **four specific relationships**. Scripture shows us the same thing.

This month, we'll explore:

- **Week 1: Ride-or-Die** — someone who's seen you at your worst and still believes in you, encourages you, is loyal, and shows up (Jonathan's armor-bearer).
- **Week 2: Coach** — someone wiser who offers guidance, challenges you, and helps you grow (Jethro).
- **Week 3: Sparring Partner** — someone who shares your values, sharpens you, and holds you accountable (Nathan).
- **Week 4: Protégé** — someone who looks up to you, reminds you how far you've come, and carries your influence forward (Timothy).

These relationships won't just make you a better person—they'll make you a better family member. Each day in this devotional you'll find a short scripture to read, a question to reflect on, and a simple action step to live it out.

You can do this on your own, with your family, or with friends. As you lean in, we believe God will use His Word to grow stronger families and a stronger faith.



WEEK 1: RIDE-OR-DIE

Theme: Loyalty & Encouragement (Jonathan's Armor-Bearer)

Big Idea: A ride-or-die is someone who's seen you at your worst and still believes in you, encourages you, is loyal, and shows up when you need them.

DAY 1 – OCTOBER 5

Read: 1 Samuel 14:6-7 – “Do all that you have in mind,” his armor-bearer said. “Go ahead; I am with you heart and soul.”

Devotion: Sometimes the bravest thing we can hear is, “I’m with you.” Jonathan’s armor-bearer didn’t give him a strategy or a speech—he simply gave him his loyalty. That kind of faithfulness mirrors God’s own heart for us. We don’t have to carry life alone. A ride-or-die reminds us that when God calls us into something big, He often provides people to walk beside us.

Ask: Why is it powerful to know someone will stand with you no matter what?

Who in your life has been that kind of “ride-or-die” friend or family member?

How can you be that kind of person for someone else?

Do: Take a moment to let a family member or friend know you’re in their corner. Say it in your own words—something that communicates, “I’ve got you.”



DAY 2 – OCTOBER 6

Read: Proverbs 16:24 – “Kind words are like honey—sweet to the soul and healthy for the body”

Devotion: Words have weight. A single word of encouragement can breathe life into a weary heart. Families thrive when kindness is spoken out loud. God calls us to use our words not as weapons but as tools of healing, shaping an atmosphere where people feel safe and loved.

Ask: How do encouraging words show loyalty?

How does it feel when someone believes in you with their words?

Do: Share a word of encouragement with someone in your family today that reminds them you're on their side.



DAY 3 – OCTOBER 7

Read: Proverbs 12:18 — “The words of the reckless pierce like swords, but the tongue of the wise brings healing.”

Devotion: We all know what it feels like to be cut down by careless words. But wise words bring healing, and God invites us to be people who speak life. When we choose to encourage instead of criticize, we remind others of their worth in Christ. That’s what a loyal friend or family member does—they bring healing, not harm.

Ask: How does loyalty change the way you speak to the people closest to you?

Can you think of a time your words helped bring healing instead of hurt?

Do: As a family, make a list of words or phrases that build each other up. Post it somewhere you’ll see it this week.



DAY 4 – OCTOBER 8

Read: Proverbs 10:19 – “Too much talk leads to sin. Be sensible and keep your mouth shut.”

Devotion: Sometimes the best way to love someone is simply to listen. We don't always need to fill the silence with answers. Just being present communicates, “You matter.” Jesus often gave His full attention to people, showing us that love isn't always about what we say—it's about showing up.

Ask: Why do loyal friends and family sometimes know when to speak and when to just be present?

How can simply showing up communicate love and support?

Do: Practice presence today. Sit with someone in your family and listen without interrupting. Let them know you're there for them.



DAY 5 – OCTOBER 9

Read: Ephesians 4:29 – “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.”

Devotion: Paul reminds us that our words are meant to build, not break. Being a ride-or-die doesn't mean ignoring mistakes—it means calling out the best in someone even when they've stumbled. Our words can echo God's grace: “I see your mess, but I believe in what God is doing in you.”

Ask: How does being a ride-or-die mean building someone up even when they've messed up?

Who in your family needs to hear, “I still believe in you” right now?

Do: Write a quick note, text, or say face-to-face something that reminds a family member you believe in them—even if they're having a hard season.



DAY 6 – OCTOBER 10

Read: Luke 6:45 – “For the mouth speaks what the heart is full of.”

Devotion: Our words are like windows into our hearts. If we're full of frustration, it spills out. But if we're full of God's love, that shows too. A loyal heart produces loyal words. When Jesus fills us, we naturally speak encouragement, patience, and grace to the people around us.

Ask: How do loyal words come from a loyal heart?

What do your words show about what's in your heart?

Do: Pray as a family that God would fill your hearts with His love so your words naturally encourage and build each other up.



DAY 7 – OCTOBER 11

Read: 2 Timothy 1:7 — “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Devotion: Courage isn’t about being loud—it’s about being faithful. The Spirit gives us power to love boldly, to speak truth with kindness, and to stand by the people God has placed in our lives. Families grow stronger when each member knows they have both accountability and encouragement rooted in God’s love.

Ask: How can you be bold in showing loyalty to your family?

What would it look like to hold each other accountable in love and encouragement?

Do: As a family, make a simple plan for how you’ll show up for each other this week. Each person share one thing they’ll do—and then encourage each other to

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WEEK 2: COACH

Theme: Wisdom & Guidance (Jethro with Moses)

Big Idea: A coach is someone you look up to—someone who offers wisdom, guidance, challenge, and encouragement to help you grow in ways you couldn't on your own.





DAY 8 – OCTOBER 12

Read: Exodus 18:17–19 — “Moses’ father-in-law replied, ‘What you are doing is not good... Listen now to me and I will give you some advice, and may God be with you.’”

Devotion: Moses was chosen by God, but that didn’t mean he had it all figured out. Jethro’s advice saved Moses from burnout and helped him lead better. Even strong leaders need guidance. God places “coaches” in our lives not to criticize us, but to help us live healthier, wiser, and more faithful lives.

Ask: Why do you think it was important for Moses to have Jethro’s advice?

Who in your life has helped guide you with wisdom when you needed it most?

Do: Think of someone you respect who’s spoken truth into your life. Take a moment to thank them—send a text, write a note, or say it face to face.



DAY 9 – OCTOBER 13

Read: 1 Peter 3:8 — “Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.”

Devotion: It's hard to learn from someone else if pride is in the way. Coaches can see things we can't, but it takes humility to listen. God's wisdom often comes through ordinary people He places around us. A humble spirit opens the door to growth that pride keeps shut.

Ask: How does humility make it easier to receive guidance?

Why is it sometimes hard to listen to advice, even when it's good for us?

Do: Talk as a family about one area where each of you could use guidance. Pray that God would give you wisdom through His Word and through people you trust.



DAY 10 – OCTOBER 14

Read: Romans 12:15-17 — “Rejoice with those who rejoice; mourn with those who mourn... Do not be proud, but be willing to associate with people of low position. Do not be conceited.”

Devotion: A true coach doesn't just show up for the big wins—they're there for the tough losses too. God designed us to celebrate together and to carry one another's burdens. Life feels lighter when we have people who can guide us through both joy and pain, pointing us back to God's presence in every season.

Ask: Who do you turn to when you're celebrating something good?

Who do you turn to when you're struggling?

How does having a “coach” in your life help in both moments?

Do: Celebrate or grieve with someone in your family today—remind them they don't have to go through it alone.



DAY 11 – OCTOBER 15

Read: Proverbs 19:20 — “Listen to advice and accept discipline, and at the end you will be counted among the wise.”

Devotion: Good advice isn't always easy to hear. Sometimes God uses a coach to tell us what we don't want to hear but desperately need. Wisdom grows in the soil of correction. When we accept it with an open heart, God uses it to shape us into the people He created us to be.

Ask: When was the last time you got advice you didn't want to hear—but needed to hear?

How did it help you in the long run?

Do: Talk as a family about one area where each of you could use guidance. As a family, share one piece of advice you've received that stuck with you. Talk about how it shaped your choices.



DAY 12 – OCTOBER 16

Read: Proverbs 11:14 — “For lack of guidance a nation falls, but victory is won through many advisers.”

Devotion: We weren’t created to figure life out alone. God gives us His Word, His Spirit, and His people to guide us. Having trusted voices around us keeps us from stumbling into avoidable mistakes. When we invite others to speak into our decisions, we often see God’s direction more clearly.

Ask: Why is it risky to try to figure everything out on your own?

How does godly advice bring strength and direction? How does having a “coach” in your life help in both moments?

Do: Pick one decision—big or small—that you’re facing this week. Ask God for wisdom and talk it over with someone you trust.



DAY 13 – OCTOBER 17

Read: Philippians 2:4 – “Let each of you look not only to his own interests, but also to the interests of others.”

Devotion: The best coaches don't just give advice—they care. They see beyond their own world and take time to invest in others. That kind of selfless love reflects the heart of Jesus. When we look out for others, we carry His presence into their lives.

Ask: How does a good coach help you see beyond yourself?

How can you help guide others with love and humility?

Do: Take interest in someone else today. Ask them how they're really doing, and listen with care.



DAY 14 – OCTOBER 18

Read: Hebrews 13:7 – “Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.”

Devotion: Faith isn't just taught—it's caught. When we see someone living faithfully, their example points us to Jesus. A coach models what it looks like to trust God in the everyday. We don't just listen to their words; we learn by watching their life. And when we follow their example, we grow closer to Christ ourselves.

Ask: Who has been a faith coach in your life—teaching you by both words and example?

What's one way you could follow their example this week?

Do: Pray as a family, thanking God for the people who have coached and guided you in faith. Then encourage each other to keep living in a way that points others to Jesus.

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WEEK 3: SPARRING PARTNER

Theme: Accountability & Growth (Nathan with David)

Big Idea: A sparring partner is someone who shares your values, pushes you to grow, tells you the truth even when it's hard, and helps you stay on track with God.



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DAY 15 – OCTOBER 19



Read: 2 Samuel 12:7 – “Then Nathan said to David, ‘You are the man!’”

Devotion: David was king, but even kings need someone who loves them enough to tell the truth. Nathan risked his relationship to confront David, and that honesty helped David turn back to God. Real friends don’t just cheer you on when you’re right—they help pull you back when you’re wrong. That’s what love looks like in action.

Ask: Why do you think it was so important for Nathan to be honest with David?

How does a true friend help you see blind spots you can’t see on your own?

Do: Think of someone who has spoken truth to you when you needed it. Thank God for them and ask Him to help you receive correction with humility.



DAY 16 – OCTOBER 20

Read: 1 John 1:9 – “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Devotion: Confession feels scary, but it's also freeing. When we bring our struggles into the light, shame loses its grip. God is faithful to forgive, and often He uses trusted people to remind us of His grace. A sparring partner doesn't condemn you—they walk with you back to the forgiveness of Jesus.

Ask: Why is confession so hard?

How does sharing your struggles with a trusted person make forgiveness and healing more real?

Do: Write down something you need God's forgiveness for. Pray about it, then tear it up as a reminder of His grace.

DAY 17 – OCTOBER 21

Read: Romans 3:23 — “For all have sinned and fall short of the glory of God.”

Devotion: We’re all on level ground at the foot of the cross. Remembering that we all fall short keeps us humble and helps us extend grace to others. A sparring partner isn’t someone who thinks they’re better than you—they’re someone who knows they need Jesus too and is willing to walk the road of grace with you.

Ask: How does remembering we all fall short keep us humble?

Why is it important to have people who remind us of God’s grace when we mess up?

Do: As a family, share one way you’ve experienced God’s grace. Thank Him together for His mercy.



DAY 18 – OCTOBER 22

Read: 2 Corinthians 7:10 — “Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”

Devotion: There's a big difference between regret and repentance. Regret just makes us feel stuck in shame. Repentance turns us toward God, and that's where healing begins. A sparring partner helps us move past just feeling bad and points us to the God who makes us new.

Ask: What's the difference between regret and true repentance?

How can a sparring partner help you turn back to God instead of just feeling bad?

Do: Journal about a time you grew closer to God because someone lovingly challenged you.

DAY 19 – OCTOBER 23

Read: Romans 14:19 – “Let us therefore make every effort to do what leads to peace and to mutual edification.”

Devotion: Accountability isn't about tearing each other down—it's about building each other up. When love is the foundation, even hard conversations can bring peace. God calls us to relationships where truth and grace work together to make us stronger.

Ask: How can accountability actually build peace instead of conflict?

How do sparring partners help you grow stronger instead of tearing you down?

Do: Ask your family if there's a way you can support them in their growth this week. Be quick to forgive and quick to encourage.



DAY 20 – OCTOBER 24

Read: James 5:16 – “Therefore confess your sins to each other and pray for each other so that you may be healed.”

Devotion: Healing often happens in community. God designed us to pray for one another, not just ourselves. When you know someone is praying with you, it lifts the weight off your shoulders. A sparring partner doesn't just challenge you—they bring your struggles before God with you.

Ask: Who in your life do you find it easiest to be honest with? Why?

How can you be a safe person for someone else to be honest with?

Do: Pray together as a family, asking God to help you be open, honest, and supportive with one another.



DAY 21 – OCTOBER 25

Read: Acts 3:19 – “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

Devotion: God doesn't just forgive—He refreshes. When we turn to Him, He replaces guilt with peace and heaviness with joy. That's the gift of accountability done in love: it brings us back to God and opens the door to new life.

Ask: How can admitting you're wrong bring refreshment and freedom?

Why do you think God ties forgiveness to restoration and renewal?

Do: Share one area where you need encouragement or accountability. Pray for each other and ask God to give you courage and strength.

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WEEK 4: PROTÉGÉ

Theme: Mentoring & Legacy (Paul with Timothy)

Big Idea: A protégé is someone who looks up to you, learns from your example, and reminds you of how far God has brought you. Investing in them not only shapes their faith, but strengthens yours too.



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DAY 22 – OCTOBER 26

Read: 1 Timothy 4:12 — “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

Devotion: Paul believed in Timothy even though others might have dismissed him because of his age. Everyone needs someone to believe in them and call them forward. When we encourage those coming behind us, we remind them that God sees more in them than they might see in themselves.

Ask: Why do you think Paul encouraged Timothy to set an example, even though he was young?

Who looks up to you, whether you realize it or not?

Do: Go around the table as a family and share something you’re grateful for. End by thanking God together in prayer.



DAY 23 – OCTOBER 27

Read: 1 Thessalonians 5:18 – “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Devotion: Gratitude is contagious. When we model thankfulness, it shapes the hearts of the people around us. A protégé watching your life may learn more from your gratitude in hard times than your success in good times. Gratitude points us back to God, the giver of every good gift.

Ask: How does gratitude shape the way we live out our faith?

How might showing thankfulness influence someone who’s learning from your example?

Do: Go around the table as a family and share something you’re grateful for. End by thanking God together in prayer.



DAY 24 – OCTOBER 28

Read: Proverbs 27:9 – “The heartfelt counsel of a friend is as sweet as perfume and incense.”

Devotion: The wisdom we’ve received isn’t meant to stop with us. When we share what God has taught us—through Scripture, through trials, through mentors—we multiply His influence. Passing down encouragement and counsel is one of the most lasting gifts we can give to someone who looks up to us.

Ask: Who in your life has given you godly counsel that you treasure?

How can you pass on that same kind of wisdom to someone else?

Do: Share one piece of advice that has shaped your faith with someone younger than you.



DAY 25 – OCTOBER 29

Read: 2 Corinthians 4:15 — “All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.”

Devotion: God’s grace isn’t meant to stay contained—it’s meant to overflow. When others see His grace alive in you, it inspires them to lean into Him too. A protégé isn’t just watching your words—they’re watching how you live out God’s grace when life is both easy and hard.

Ask: How does God’s grace in your life overflow to others?

How can the way you live give glory to God and inspire those who look up to you?

Do: Write a short prayer of thanks for God’s grace in your life. Share it with your family as a reminder of His goodness.



DAY 26 – OCTOBER 30

Read: Psalm 100:4 – “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

Devotion: Worship is one of the best ways to pass down faith. When younger eyes see you praise God—not just on Sundays but in everyday moments—it leaves a mark. Gratitude and praise show others that God is worthy of our trust no matter the circumstances.

Ask: How often do you take time to thank and praise God?

How can modeling gratitude and worship help shape the next generation?

Do: Pray together as a family and make a list of things you're thankful for. End with a meal or activity that celebrates God's blessings.



DAY 27 – OCTOBER 31

Read: Philippians 4:6 — “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Devotion: Anxiety is something everyone faces, including the people who look up to you. When they see you pray through worry instead of being consumed by it, they learn that God can be trusted with every detail. Your prayers teach them that peace doesn't come from control—it comes from surrender.

Ask: What's one worry you've carried this season?

How can prayer—and watching others pray—help us hand those worries over to God?

Do: Pray together, giving your worries to God. Then enjoy a simple fall activity as a family (pumpkin carving, trick-or-treating, or a walk together).



DAY 28 – NOVEMBER 1

Read: Psalm 107:1 – “Give thanks to the Lord, for he is good; his love endures forever.”

Devotion: Family Month may be ending, but God’s love never does. The lessons we’ve learned aren’t meant to stay in October—they’re meant to carry on. When we live with gratitude and pass down God’s love, we’re building a legacy that will outlast us.

Ask: What moments from Family Month do you wish could last forever?

How can your family carry those moments forward beyond this month?

Do: Take a few minutes to thank each other for the ways you’ve grown together. Make one simple plan for how you’ll keep building into each other in the weeks ahead.



NOTES





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