
FAMILY DISCUSSIONS



JANUARY 2025

Resilience is getting back up when something gets you down.

Week One

Jesus Wept

John 11:1-45

When you're sad, remember you're not alone.

Week Two

Do Not Worry

Matthew 6:25-34

When you're worried, trust God.

Week Three

Slow to Anger

James 1:19

When you're angry, talk to God.

Week Four

Paul and Silas

Acts 16:16-40

God can help you choose joy.

MEMORY VERSE

Be strong, all you who put your hope in the LORD. Never give up.

Psalm 31:24, NIV

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them "Jesus is there to help you with whatever you face today."



Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're sad?"



Meal Time

At a meal this week, have everyone at the table answer this question: "When is a time you have been sad lately?"



Bed Time

Pray for each other: "Jesus, thank You that You care about how we feel. We know that sometimes we will feel sad. But even when we're sad, You are still with us and You care about us"

