

FAMILY RESOURCE PACK



Family Resource Pack

Finding the Good Life discussion guide

Finding the Good Life is a concept we've all grown up with and something that a lot of us strive for. As we work through this series, we want to give you the tools you need to help start discussions with your family. We understand that finding the good life isn't something that should wait until you're an adult, but rather something that should be taught from a young age.

Below are discussion guides and questions for each week of our 'Finding the Good Life' series. Use these guides as a way to structure your thoughts and questions before diving in with your kids. While there are a number of questions for each week listed below, feel free to add your own open-ended questions that might further develop your discussion.

Finding your plus one

WEEK 1

This week we're going to explore the concept of finding your plus one—not specifically about marriage, but about where Jesus sits in our lives and in our relationships. We'll guide you through questions that can help you have an open and honest discussion with your children, sharing where Jesus fits into your lives and your relationships.

Before we dive in, let's remember that our relationships, just like the one between husbands and wives, can reflect the love and respect we have for Jesus. Our goal today is to help your children understand the importance of placing Jesus at the centre of their own lives and relationships.

Here are some questions you can ask your children to initiate this conversation:

1. **What does mean to respect someone?** Encourage your child to think about how love and respect are important in all relationships.
2. **How can we show love and respect in our family, just like husbands and wives are encouraged to do in the Bible?** This question helps your child consider practical ways to demonstrate love and respect to one another.
3. **What do you think it means to have Jesus at the centre of our lives and relationships?** Encourage your child to share their thoughts on what it means to prioritise their faith.

Share the importance of love and respect in your relationship as parents. Talk about how you put Jesus at the centre of your marriage, and how this has strengthened your bond.

You can then discuss with your children how they can grow in their faith and make Jesus an integral part of their lives. Share your experiences and what you've learned about following Christ in your daily lives.

As you conclude your discussion, remind your children that Jesus is the ultimate example of love and respect. Encourage them to seek His guidance in all their relationships, even at their young age.

Remember, these conversations are the seeds of a strong foundation for your children's faith and relationships. They're bridges to understanding the importance of love, respect and the presence of Jesus in our lives. Keep nurturing these conversations and let them grow naturally as your children continue to develop their understanding of faith and relationships. You're guiding them on a beautiful journey of love and faith in Jesus.

Finding home

WEEK 2

This week we want to spark a conversation that can help strengthen the bonds in your family. We're going to talk about roles within the household, inspired by a beautiful scripture from the Bible found in Ephesians 6:1-4. It reminds us of the importance of honouring our roles in the family and nurturing our children in the Lord's teachings.

Before we dive in, let's remember that a family is like a team, and each member plays a unique and essential role.

Here are some questions you can ask your kids to get the conversation started:

1. **How do you see our family working together as a team?** Encourage your children to think about the roles each family member plays in making the household run smoothly.
2. **What do you think it means to 'honour your father and mother'?** This is a great way to introduce the idea of respect and love within the family.
3. **Can you tell me about a time when you felt really happy or proud of something you did for the family?** This can help them recognise their contributions and value in the family.

Remember, the goal here is to have an open and honest conversation. So, as your kids share their thoughts, be sure to:

- **Listen carefully:** Show your children that their opinions matter, even if they're different from yours.
- **Ask follow-up questions:** Encourage them to explain their ideas and feelings further.

Now, let's switch gears a little and talk about your role as parents. You can say something like:

- **We, as your parents, want to guide and support you in the best way possible. Are there things you'd like us to do differently or better to help you feel more supported?** This question opens the door for your children to express their feelings and expectations.
- **What are some rules and routines that you think work really well in our family?** Acknowledging the positive aspects of your family life can reinforce a sense of belonging.

As you wrap up your discussion, make sure to emphasise love, understanding and teamwork. Share your appreciation for your children's contributions and insights. You could say something like:

- **"We love you so much, and we're grateful for the unique gifts each one of you brings to our family. Together, we can grow and support one another, just as God intended."**

Remember, these conversations can be ongoing. Continue to nurture an environment where your children feel heard and valued. Together, you can strengthen the bonds within your family, just as God intended. We wish you all the best in this beautiful journey of family life.

Finding your tribe

WEEK 3

This week, we're diving into a crucial discussion about our kids' friendships—at school, in sports, or even within our church community. We want to help you start a meaningful conversation with your children about the value of close friendships and their wider friendship groups and how they can develop lifelong, faith-filled connections. So, let's get started!

Our goal is to help our children understand the importance of friendships that challenge and uplift them.

Here are some questions you can ask your kids to spark this vital conversation:

1. **Tell me about your friends at school or in your sports team. What do you like most about them?** This question encourages your child to think about the values they see in their friends.
2. **How do you think your friends help you grow as a person and in your faith?** Explore the positive influences that their friends might have on them.
3. **In our family life group, or your life group in Kidzone, what do you appreciate most about the friends you've made there?** Encourage your child to consider how their faith is deepened through these connections.

To help our kids develop meaningful and lasting friendships, it's important to remind them of the "one another's" of Scripture, which encourage us to love and care for others in our lives. You could share some of the examples at the website below to further help your kids understand the value of considering others, not just themselves.

<https://www.watermark.org/blog/the-one-anothers-of-scripture>

Discuss with your child the idea that having a few close friends who share their values and faith can be more valuable than having many friends. Encourage them to think about the qualities that make their current friendships special.

As you wrap up your discussion, remind your kids that building lifelong friendships takes time and effort. Encourage them to be open, kind and empathetic to others. Share that faith-filled friendships can be a source of immense joy and support throughout their lives.

Remember, this conversation is just the beginning of helping your children navigate their friendships in a way that reflects their faith and values. Keep the lines of communication open and cherish these moments of growth and connection as a family. Your guidance is making a lasting impact on their lives.

Finding your seat

WEEK 4

In our last week of the series we want to help you embark on a heart-warming journey, exploring the special relationships our children have with their elders—grandparents, or even those who fill that cherished role in their lives. We'll guide you through questions that will help you spark conversations with your kids about the value of these unique bonds.

Before we begin, it's good to remind our kids that our elders have walked paths they're just beginning to explore. Our aim today is to encourage children to see the value in these relationships and deepen their connection with their elders.

Here are some questions you can ask your children to initiate this conversation:

1. **Tell me about the elders in our family or community. What are your favourite memories with them?** This question helps your child reflect on their experiences and bond with their elders.
2. **What kind of wisdom do you think our grandparents or adopted grandparents have gained through their life experiences?** Encourage your child to consider the wealth of knowledge their elders possess.
3. **In Hebrews 11, we learn about heroes of faith. Why is it valuable to learn from the stories of heroes and our elders?** This connects their relationships with elders to the stories of faith-filled heroes in the Bible.

Share stories from Hebrews 11 and discuss how the faith and perseverance of those heroes can inspire your children in their own faith journey. Explain that, just like the heroes in the Bible, our elders can teach us important life lessons.

Discuss the importance of spending quality time with their elders and actively listening to their stories and advice. Encourage your children to ask questions and learn from their experiences.

As you conclude your discussion, remind your children of the value of these relationships. Share your appreciation for the wisdom and love their elders bring into their lives. This might be a good time to explore what kind of elders are currently involved in your kids' lives. Perhaps this is a good opportunity to look at "adopting" a grandparent who can speak wisdom and experience into your kids' lives.

Remember, these conversations are the seeds of deeper connections between your children and their elders. They're bridges to the wisdom and stories that will enrich their lives and faith journeys. Cherish these moments and keep nurturing these precious bonds. Your guidance is helping your children grow and learn from those who have walked the path of life before them.