

Family Faith Resources – Beginning of the Year

1. Family Faith Conversation Starter – “Highs, Lows, and Thank You, God!”

A fun and quick way to build faith at home:

- Each family member shares one “high” and one “low” from their week.
- Together, name one thing you want to thank God for.
- End with a short prayer: “Thank you, God, for being with us in our highs and lows. Help us share Your joy this week. Amen.”

A simple way to see God in everyday life!

2. Family Joy Journal (One Sentence a Day)

Keep a small notebook in a shared space. Each evening, one family member writes (or draws) one sentence or picture of joy from the day—something they’re grateful for, something that made them smile, or a moment they felt close to God.

At the end of each month, look back together and thank God for those moments!