



At Home Conversation

A completed at home conversation is worth 1 point.



SHARE



READ



TALK



PRAY



BLESS

Share highs and lows

Record responses below

High: Good things from your day. What brought you joy? Where did you see God at work?

Low: Tough, difficult, challenging or hard things from your day. When were you misguided or lose hope?

Name: _____

High: _____

Low: _____

Name: _____

High: _____

Low: _____

Name: _____

High: _____

Low: _____

Name: _____

High: _____

Low: _____

Parent/Guardian Signature after form is completed:

Read a Bible verse

Choose a number below, find the passage in your Bible and read aloud.

Circle the number you chose to read.

1. John 15:1-8
2. Galatians 5:22-23
3. Jeremiah 29:11
4. Ecclesiastes 3:1-8
5. Hebrews 12:1-2
6. Psalm 121:1-8
7. Mark 12:30-31
8. 1 Corinthians 13:4-7
9. 1 John 3:16-18
10. Philippians 4:6

Talk about how the Bible reading might relate to your highs and lows

What might God be trying to teach you through this particular Scripture passage?

Pray for one another's highs and lows

Praise and thank God for your highs. Ask God to be with you in your lows.

Other ways to pray...

PTA prayer:

- Praising prayer
- Thanking prayer
- Asking prayer

JOY prayer:

- Thanking Jesus
- Praying for Others
- Praying for Yourself

Circle the prayer style you chose to use

Bless one another

Place your hand on your child/spouse's/siblings head or shoulder. Make the sign of the cross on their forehead.

Speak a word of blessing like:

- The Lord bless and keep you.
 - Jesus loves you and so do I
 - You are a blessed & beloved child of God.
- ...or make up your own!