



FAMILY DISCUSSION GUIDE

SPIRITUAL DISCIPLINES WEEK 2 ADD MORE GOD

Family Discussion Kick-Off

1. Kids **share** what happened during the past week.
2. **Check up** on past week's prayer requests and events.
3. **Discuss** the welcome question: **If you had a pet goose, what would you name it?**

Family Activity

You'll Need

1 Distraction in Action activity supplement

To Do

Say: Let's play a game to help us ignore distractions when we need to spend time with God. One person will give a signal to pray, and we'll see how fast you can copy them.

1. **Choose** a *signal kid*: they'll put their hands together and bow their head like they're praying.
2. **Read** off one activity from the activity supplement and **give time** for kids to do it.
3. **Repeat step 2** over and over with different activities on the activity supplement **until the *signal kid* gives the signal**. *If you want to make the game trickier, keep reading activities even after the signal is given!*
4. The *signal kid* **participates** with everyone else until they **choose to give** the signal.
5. Kids **notice** the signal, **stop** doing the activities, and **copy** the signal until everyone is doing it. *Let kids notice the signal on their own instead of telling them.*
6. **If time allows, repeat** game with different *signal kids*.

Ask this during the activity.

1. **What do you think made Harper choose a game over her responsibilities?** *Answers will vary.*

Family Discussion

Say the point and Bible verse together.

Add more God. Subtract more me.

John 3:30 NLT

"He must become greater and greater, and I must become less and less."

1. **Who must become greater?** *God*

Choose a few review questions.

1. **What is a distraction?** *Something that keeps you from doing what you need to do*
2. **How do distractions make it hard to spend time with God?** *You can't think about God or spend time with Him when you're focused on something else.*
3. **Which distractions make it hard for you to spend time with God?** *Answers will vary.*
4. **What are some fun things you can do to focus on God?** *Think about God while you ride your bike, sing to God if you love music, talk about God with friends while you play, etc.*
5. **Who always loves you, wants to spend time with you, and will help you get rid of distractions?** *God*

Choose an action step question.

1. **Which distractions keep you from spending time with God?** *Answers will vary.*
2. **Which distraction keep you from sharing God's love with others?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please show us what distracts us from You. Thank You for helping us spend more time focused on You. In Jesus' name, amen.