

Elementary & younger Families



Middle & High School Families

Highs & Lows

A high (happy) is something good from your day. It's something that made you smile, laugh, feel proud, or feel excited.

A low (sad) is something hard from your day. It might be something that made you frustrated, tired, left out, or upset.

Spark Story Bible Story:

The Light of the World page 416

Talk

- What is something new or different coming up for you? How does it make you feel?
- What helps you feel brave when you are nervous?
- Who helps you when you don't know what to do?

Pray

Dear God, sometimes tomorrow feels scary because we don't know what will happen. Thank you for being with us wherever we go. Help us be brave and trust you. Amen.

Bless

May God go with you into new days and new things, hold your hand when you feel nervous, and remind you that you are never alone.



Weekly Challenge

You're being sent on a scavenger hunt this week. Keep an eye on the Lord of Life Facebook page, church doors, and website for your clues. Go searching — alone, with friends, or as a family. The unknown can be playful, surprising, and holy. Happy searching.

Highs & Lows

Take a moment to go around and share a high and/ or a low for the week. A "High", stands for highlight could be a joy, great memory or something that went well. A "Low" something that isn't going so well or a tough time in your life right now.

March 1: Genesis 12:1

March 2: Genesis 12:7

March 3: Genesis 18:12-14

March 4: Romans 4:1-3

March 5: John 3:9-10

March 6: John 3:16-17

March 7: John 3:1-2a

Talk

- What is something in your life right now that feels uncertain or unclear?
- When you don't know what's going to happen, do you tend to worry, avoid it, or jump in? Why?
- How can trusting God (and trusting other people) make facing the unknown easier?

Pray

Trustworthy God, there are things ahead of us that feel scary or unclear. Help us trust you when we don't know what comes next. Give us courage for tomorrow and peace for tonight. Amen.

Bless

May God walk with you into what you cannot yet see, steady your heart when you feel unsure, and remind you that you never go alone.

