



# Middle & High School Families

## 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 8:** John 4:9

**March 9:** John 4:10

**March 10:** Exodus 17:5-6

**March 11:** John 4:16-18

**March 12:** John 4:28-29, 39

**March 13:** Romans 5:1

**March 14:** Psalm 95:1

## Elementary & younger 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:

Naomi & Ruth page 110

### Talk

- Who is someone you are thankful for right now? Why?
- What does it mean to be a good friend?
- Is there someone who might need extra kindness from us this week?

### Pray

Dear God, thank you for our family and the people who care about us. Help us be patient, kind, and loving, even when it's hard. Teach us how to be good friends to one another. Amen.

### Bless

May God help you be kind to the people around you, say "I forgive you" and "I love you," and remember that families don't have to be perfect to be full of love.



### Talk

- What makes relationships strong — trust, honesty, fun, forgiveness, something else?
- When there is conflict, what makes it harder to fix? What makes it easier?
- Is there a relationship in your life that could use one small step toward peace?

### Pray

Loving God, thank you for the people in our lives. Help us care for one another when it's easy and when it's hard. Teach us to listen well, say we're sorry, and love like you love us. Amen.

### Bless

May God bless your relationships with patience and grace, help you forgive and be forgiven, and remind you that love is worth showing up for.



### Weekly Challenge

This week, take one intentional step toward peace. That might mean reaching out to someone you haven't talked to in a while, saying "I'm sorry," offering forgiveness, or checking in on someone who might feel left out or forgotten. It doesn't have to fix everything. Small steps matter. God works through simple acts of care and courage.