

Elementary & younger Families



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 29: Matthew 21:10-11

March 30: John 12:1-3

March 31: John 12:24

April 1: John 13:30-31

April 2: Exodus 12:13

April 3: John 19:30

April 4: John 19:38-40

Talk

- Why do you think it can be easier to talk about the good parts of life than the hard parts — or sometimes the other way around?
- How can we become the kind of family (or community) where it feels safe to share both celebration and struggle?
- How does remembering that Jesus walked through both Palm Sunday and Good Friday shape the way you handle your own highs and lows?

Pray

Steadfast God, thank you for being with us in the best days and the hardest ones. When we are happy, help us give thanks. When we are hurting, hold us close. Stay with us through it all. Amen.

Bless

May God be with you in joy and in sorrow, in celebration and in struggle, and remind you that no moment is faced alone.

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:

Palm Sunday page 454

Chief Priests page 460

Last Supper page 462

Jesus is Betrayed page 468

Christ the King page 474

The Day Jesus Died page 476

Talk

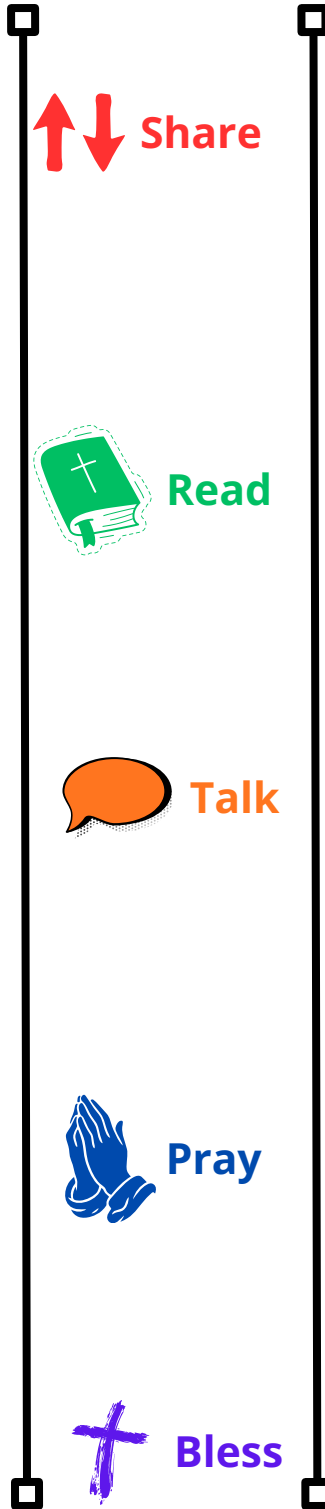
- When someone in our family is having a really good day, how can we celebrate with them?
- When someone is having a hard day, what helps them feel better?
- How can we remind each other that God is with us on both happy days and hard days?

Pray

Dear God, thank you for being with us on good days and hard days. Thank you for our joy and for helping us when we feel sad or tired. Stay with us always. Amen.

Bless

May God be with you when you are happy and when you are sad, when days are exciting and when they are hard, and remind you that God's love never leaves you.



Weekly Challenge

This week, participate in the life of the church. Join us for worship on Palm Sunday, Maundy Thursday, Good Friday, and Easter. Walk the highs and lows of Holy Week with Jesus and with one another. Spend time with the prayer stations at church. Walk the labyrinth. Come as you are — joyful, tired, hopeful, grieving. We don't walk this road alone.