

# SESSION 4 | FAMILY CONVERSATIONS

These family conversations are designed to help you create moments to talk about God and faith in your family. We want to encourage you to carve out a moment each week to read and discuss each family conversation. This could be over the dinner table, before bedtime, or whenever works best for your family. In each family conversation, you will find four parts.

<b>Scripture:</b> Read the passage out loud, or encourage a family member to read.	<b>Devotion:</b> Read this to your family.	<b>Conversation:</b> Pick and choose what questions are best for your family to discuss.	<b>Prayer:</b> Pray for your family or encourage a family member to pray.
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**Just as a heads-up things, probably won't go as planned with your family conversations.** Your family may interrupt, someone probably won't pay attention, and there may not be any grand spiritual moments. What matters most is that you are seeking God as a family. Faith in your family is more often caught than taught. Your family will most likely forget these devotions, but they will remember the intentionality and time together. That will set the stage for you to model faith and continue building a spiritual legacy in your family.

## SCRIPTURE:

*"Two are better than one, because they have a good return for their labor:<sup>10</sup> If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.<sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone?<sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."*

**Ecclesiastes 4:9-12**

## DEVOTION:

Have you ever tried to do something challenging all by yourself, like carrying a heavy load, completing a project, or solving a tough problem? Ecclesiastes 4:9-12 reminds us that life is better when we have good friends by our side. Friends can help us when we're down, support us when we're struggling, and celebrate with us when things go well. Just like a rope made of three strands is stronger, having good friends makes us stronger too.

Friendship is a gift from God. A recent study from Harvard University concluded that close friendships, more than money or fame, are what keep people happy throughout their lives. This is one of the many reasons why we need to choose our

friends wisely. The people you surround yourself with can greatly influence your thoughts and actions. Good friends encourage you to be your best self, help you make wise choices, and stand by you no matter what.

Think about the friends you have right now. Are they helping you grow closer to God and become the person He wants you to be? Are you taking the time to invest in your friendships?

It's not just about finding good friends, it's also about being a good friend. Here are some ways you can be a good friend to others:

**Listen:** Listen to your friends. Show interest in what they have to say, because this shows that you value and care about them.

**Encourage:** Offer help when they need it and celebrate their successes. Build them up!

**Forgive:** No one is perfect. You will have conflicts with your friends. Be quick to offer and receive forgiveness.

**Pray:** Lift your friends up in prayer, asking God to guide and bless them. You may be the only one praying for your friends.

**Be Honest and Trustworthy:** Keep your promises. Be someone your friends can rely on and confide in.

You need good friends. Our family needs good friends. Take time to invest into your friendships. Be there for them, and let them be there for you. Remember, two are better than one, and with God at the center, your friendships can have a big impact in your life and the lives of others.

## CONVERSATION:

What are some things that would be hard to accomplish on your own?

Who are some of your best friends? Why do we need good friends in our lives?

Use the list of ways to be a good friend as a reference. What are some qualities you look for in a good friend, and how can you develop those qualities in yourself?

Can you share a time when a friend helped you through a difficult situation? How did their friendship make a difference?

How can our family be more intentional about building friendships with other families?

## PRAYER:

As a family, give thanks to God for the gift of friendship and all the friends you have in your lives. Ask God to guide you to choose your friends wisely. Finally, ask him to help you be a good friend to others.