



Family Discussion Guide – “Joyful Relationships”

The Big Idea (one sentence)

Joy grows when we think about people with gratitude, love them from the heart, and pray for them.

Key Bible Verse

“I thank my God every time I remember you.”

— *Philippians 1:3 (NIV)*

Questions for Younger Kids

1. When you think about our family, what is one thing that makes you thankful and happy?
2. Is there someone (a friend, teacher, or family member) you can start praying for this week? What could we ask God to do for them?

Questions for Teens

1. Paul chose joy even while in prison by remembering and praying for people.
 - a. When life is hard for you, do you tend to pull away from people or turn toward them? Why do you think that is?
2. Paul didn't hold grudges; he chose thankfulness and prayer instead.
 - a. Is there anyone you're tempted to stay mad at or hold something against? What might it look like to start letting go and praying for them instead?

Simple Family Application for This Week

“Three Names Challenge” (Family Version)

1. As a family, brainstorm **three people** God puts on your hearts (they can be relatives, friends, teachers, coaches, neighbors, or church friends).
2. Write their names on a piece of paper and put it somewhere you’ll all see it (fridge, by the dinner table, or near the TV).
3. **Every day this week:**
 - a. Thank God for each person by name.
 - b. Ask God to help them:
 - i. Know His love,
 - ii. Make wise choices,
 - iii. Show the fruit of the Spirit (love, joy, peace, etc.).
4. At the end of the week, choose **one** of the three people to encourage:
 - a. Younger kids: draw a picture or write a simple “Jesus loves you and I’m thankful for you” note.
 - b. Teens/parents: send a text, call, or write a short, specific encouragement.

Short Family Prayer

Dear Jesus,

Thank You for the people You’ve put in our lives.

Help us to think about others with thankfulness,

to keep them in our hearts with real love,

and to remember to pray for them.

Teach our family to choose joy,

not just by what happens to us,

but by how we love and pray for others.

Fill our home with Your joy this week.

In Your name we pray, Amen.