



HABITS **OF THE** HOUSE HOLD



HABIT 1: WAKING

Core passages: Psalm 5:3 | Lamentations 3:22-23

BIG IDEA

The way we begin our day shapes the way we live our day. Waking is not about having a perfect quiet time or winning the morning. It is about who gets our first attention.

LEADER TEACHING | 5 MIN

Most mornings don't begin with calm music and deep prayer. They begin with alarms, kids making noise down the hall, or the mental checklist of everything waiting for us. And yet Scripture consistently shows that beginnings matter.

In the Bible, waking up is often linked with attentiveness to God. Psalm 5 says, "In the morning, Lord, you hear my voice." Lamentations reminds us that God's mercies are new every morning. Jesus himself regularly withdrew early in the morning to pray. Not because mornings were easy, but because they were formative.

This habit is not about adding pressure to already-full mornings. It is about asking a simple question: who or what gets my first attention? Our phones? Our stress? Or God?

The way we wake up sets a tone not just internally, but relationally. Presence, patience, and grace are rarely accidental. They usually flow from how we orient ourselves at the start of the day, and our kids pick up on that more than we realize.

Faithfulness here doesn't require waking up earlier than everyone else. Sometimes it simply means pausing, praying, or choosing intention before reaction. We are practicing awareness, not perfection.

DISCUSSION QUESTIONS | 20-25 MIN

Let the conversation breathe. These questions build on each other, so don't rush to cover all of them. Better to go deep on a few than surface-level on all of them.

1. When you think about your typical morning, what words would you use to describe it?

2. What usually gets your first attention when you wake up? Why do you think that is?

WEEK 1



3. Psalm 5:3 says, "In the morning, Lord, you hear my voice." What does your own inner voice tend to say to you first thing in the morning?
4. How does the way your day begins seem to affect your patience, presence, or reactions later on?
5. Growing up, what were mornings like in your home? How might that still shape you today?
6. What is hardest about being intentional in the mornings in your current season of life?
7. How does your morning posture seem to influence the tone of your household?
8. What might it look like to invite God into your waking without adding pressure or guilt?

WEEK 1



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test.

Before reaching for your phone, take one slow breath and pray something simple: “God, help me be present today.”

Read a single verse in the morning. Psalm 5:3 or Lamentations 3:22-23 are good places to start.

Sit on the edge of the bed for 30 seconds and name one thing that makes you feel grateful. Say it out loud to God.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of this day. We confess that we often rush into our mornings without noticing you. Help us wake up with awareness of your presence, your mercy, and the people you have entrusted to us. Give us grace when we forget, and patience as we practice. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

What did you notice about your mornings this week?

When did you feel most present?

What do you want to carry into next week?

WEEK 1



HABIT 2: MEALTIMES

Core passage: Deuteronomy 6:4-7

BIG IDEA

Mealtimes shape family identity. They draw us back to each other, slow us down, and turn ordinary moments into places of connection, belonging, and grace.

LEADER TEACHING | 5 MIN

Mealtimes are one of the most powerful and overlooked habits of family life. In Scripture, meals are everywhere: covenant meals, celebratory meals, even Jesus' most tender moments with his disciples happened around tables. Meals slow us down long enough to actually see each other.

But mealtimes can feel chaotic. We're tired, our kids are hungry, someone spills something, someone argues. And yet these moments form us. Not because they're perfect, but because they're shared.

The habit of mealtimes is not about gourmet food or perfectly behaved kids. It is about presence. Turning off distractions, sitting together, asking simple questions, and choosing to see the people God has entrusted to us.

Kids don't need fancy. They need consistent. The table becomes a place where grace is practiced, stories are told, and family identity is shaped over time.

This week we aren't aiming for idyllic meals. We are practicing the spiritual discipline of presence: showing up, slowing down, and sharing the moment God has given us.

DISCUSSION QUESTIONS | 20-25 MIN

Mealtimes look very different depending on the age and season of your family. Let people describe their reality without judgment. The goal is honesty, not comparison.

1. When you think about your family's current mealtime rhythm, what words come to mind?

2. What were mealtimes like in the home you grew up in?

WEEK 2



3. What tends to make shared meals challenging in your current season?
4. Deuteronomy 6 describes faith being passed down when you sit at home. How might the table shape faith in your family?
5. Where do you see opportunities to build connection around your table right now?
6. What does a meaningful mealtime look like for your family in this stage of life?
7. What conversations do you hope happen at your table over the years?
8. If you could change one thing about your family's mealtimes, what would it be and why?

WEEK 2



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Choose one meal this week to make intentional. Just one.

Turn off screens, sit together, and ask a simple question: “What was something good about today?”

Don’t aim for perfection. Aim for presence.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of gathering at the table. Help us slow down long enough to see the people you have entrusted to us. Make our mealtimes places of grace, laughter, and belonging. Teach us to be present, not perfect. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

Where did you feel connected at the table this week?

What surprised you?

What is one thing you would like to repeat next week?

WEEK 2



HABIT 3: DISCIPLINE

Core passage: Hebrews 12:5-11

BIG IDEA

Discipline is not about control or punishment. It is about formation. Through loving, consistent discipline, we help shape our children's hearts, not just their behavior.

LEADER TEACHING | 5 MIN

Discipline can be one of the most emotionally charged parts of parenting. For many of us, the word itself carries baggage: either from being disciplined harshly, inconsistently, or not at all. Scripture, however, frames discipline not as punishment but as loving guidance.

Hebrews 12 reminds us that God disciplines those he loves, not to harm us, but to shape us. Discipline is an act of care. It is how we teach our children what love looks like when things go wrong.

This habit is not about having all the right techniques. It is about consistency, clarity, and calm presence. Kids don't need perfect responses. They need predictable ones.

When discipline is rooted in relationship rather than reaction, it becomes formative rather than fear-based. Our posture matters as much as our words.

Discipline done in anger teaches fear. Discipline done with love teaches trust. Every moment of correction is also a moment of discipleship, and that is true no matter how old your child is.

DISCUSSION QUESTIONS | 20-25 MIN

Discipline looks very different with a toddler than with a teenager. Let that diversity show up in the room. The principles carry across ages even when the practice shifts significantly.

1. What emotions come up for you when you think about disciplining your kids?

2. How was discipline handled in the home you grew up in?

WEEK 3



3. What do you find hardest about discipline in your current season?
4. Hebrews 12:11 says discipline produces a harvest of righteousness. What might that look like over time in a child?
5. How does your emotional state affect the way you discipline?
6. What does consistent discipline look like in your home right now?
7. How has your approach to discipline shifted as your kids have grown or as your family has changed?
8. What helps discipline feel loving rather than reactive?

WEEK 3



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. This week, before correcting a behavior, pause for one breath.

Ask yourself: "What is my child learning from this moment?"

Aim for calm, clarity, and follow-through rather than volume or intensity.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

"God, thank you for loving us enough to guide us. Help us discipline our children the way you discipline us: with patience, consistency, and grace. When we feel overwhelmed, give us calm hearts and clear wisdom. Amen."

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

When did discipline feel most difficult this week?

When did it feel most loving?

What do you want to practice differently next time?

WEEK 3



HABIT 4: SCREENTIME

Core passage: Romans 12:2

BIG IDEA

Screens shape attention, imagination, and habits. Screentime is not just a parenting issue. It is a formation issue for both kids and parents.

LEADER TEACHING | 5 MIN

Very few things create more low-grade tension in modern parenting than screens. We live surrounded by them. They entertain, distract, soothe, educate, and if we're honest, sometimes rescue us when we're exhausted.

But Scripture reminds us that whatever captures our attention ultimately shapes our hearts. Our kids are not just consuming content. They are being formed by rhythms of attention, stimulation, and expectation.

This habit is not about declaring screens bad. Technology is a tool. The deeper question is formation: what kind of people are our habits creating? Are screens helping our families rest, connect, and delight, or are they crowding out presence, creativity, and conversation?

One of the most powerful things we can do is model what we want to see. Kids rarely develop healthier habits than the ones they observe in us.

This week is not an invitation to perfection or drastic rules. It is an invitation to awareness, intentionality, and small, realistic shifts. Screentime is ultimately about discipleship of attention.

DISCUSSION QUESTIONS | 20-25 MIN

Screen dynamics shift a lot depending on the age of your kids. A toddler and a teenager present very different challenges. Let the group share their specific situations without trying to solve each other's problems.

1. How would you describe your family's current relationship with screens?

2. What emotions typically surface when screentime becomes a conflict in your home?

WEEK 4



3. How do screens function in your household right now: entertainment, relief, routine, something else?
4. Romans 12 speaks of being transformed by the renewing of the mind. How might that connect to attention habits?
5. Where have you seen screens help your family? Where have they created tension?
6. When are screens most tempting as a parenting tool, and what drives that?
7. How does your own screen usage shape the rhythm of your household?
8. What might one intentional, grace-filled shift look like for your family this week?

WEEK 4



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Designate one screen-free window of time this week: a meal, bedtime, or a car ride.

Notice your own phone habits around your kids for one day without trying to change anything yet.

Replace one screen moment with something else: a walk, a game, or just sitting together.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, you created us for presence, connection, and delight. Help us develop wisdom and discernment in how we use technology. Shape our attention, our habits, and our homes. Give us grace as we practice small changes. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

What did you notice about screens this week?

Where did you feel most present?

What small shift felt meaningful?

WEEK 4



HABIT 5: FAMILY DEVOTIONS

Core passage: Deuteronomy 6:4-9

BIG IDEA

Family devotions are not about creating perfect spiritual moments. They are about weaving God's presence into the ordinary rhythms of daily life.

LEADER TEACHING | 5 MIN

Family devotions can feel intimidating. We imagine long Bible readings, deep theological discussions, and perfectly attentive children. But that picture usually creates pressure instead of practice.

In Scripture, faith is most often passed down in the middle of ordinary life. Deuteronomy 6 speaks of talking about God when we sit at home, walk along the road, lie down, and get up. The emphasis is not on formal lessons. It is on consistent presence.

Family devotions are less about length and more about frequency. A short prayer before school, a simple Bible story at bedtime, a quick gratitude moment at dinner: these small habits shape spiritual imagination over time.

The goal is not to impress our kids with spiritual knowledge. The goal is to model that God is near, approachable, and involved in everyday life. When parents participate, even imperfectly, it communicates that faith matters.

This week we are not aiming for elaborate routines. We are practicing small, faithful touchpoints that gently root our families in God's story.

DISCUSSION QUESTIONS | 20-25 MIN

Some people in your group may feel a lot of guilt around this topic. Go easy. The goal of this conversation is to lower the bar to something realistic, not raise it.

1. What emotions come up when you hear the phrase "family devotions"?
2. What did spiritual practices look like in your home growing up?

WEEK 5



3. What feels most intimidating about leading spiritually in your home right now?
4. Deuteronomy 6 emphasizes talking about God in everyday life. What might that look like practically in your current season?
5. Where do you already see natural openings for spiritual conversations with your kids?
6. What does a simple, realistic devotional rhythm look like for your family right now?
7. As your kids have grown or changed, how have you had to adjust how you talk about faith with them?
8. What makes spiritual rhythms sustainable rather than overwhelming?

WEEK 5



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Pray a short prayer before school, a meal, or bedtime this week. Keep it simple.

Read one short Bible story or verse together and ask one question about it.

Ask one faith-oriented question at dinner and see where it goes.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you that you are present in our everyday lives. Help us weave your story into our homes in small, faithful ways. Give us courage to lead imperfectly and trust you with the growth. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

What felt natural this week spiritually?

What felt awkward or challenging?

What small step do you want to repeat next week?

WEEK 5



HABIT 6: MARRIAGE

Core passage: Ephesians 5:25–33

BIG IDEA

Your marriage sets the emotional climate of your home. The way you love your spouse forms the way your children understand love, safety, and belonging.

LEADER TEACHING | 5 MIN

It is easy to think of parenting as the primary work of family life, especially in demanding seasons. But Scripture consistently points us back to something deeper: the health of a family is rooted in the health of the marriage.

Ephesians 5 describes marriage as a reflection of Christ's love: sacrificial, steady, and full of grace. That kind of love doesn't stay between husband and wife. It spills over into the entire household.

Kids are always watching. They are learning what love looks like by observing how we speak to our spouse, how we handle tension, and how we show affection, respect, and forgiveness.

This habit is not about adding pressure to have a perfect marriage. It is about remembering that investing in your spouse is one of the most powerful ways you can invest in your kids.

In busy seasons, marriage often gets what's left over. A conversation, a check-in, a moment of intentional kindness: these small acts build something lasting. Faithfulness in marriage doesn't happen accidentally. It happens through intentional, grace-filled choices over time.

DISCUSSION QUESTIONS | 20–25 MIN

Be aware that not everyone in the group may be in the same marital situation. Be aware of people in hard seasons without making the conversation feel like a marriage performance review.

1. How would you describe the current season of your marriage?

2. What has been most challenging about staying connected with your spouse in this stage of life?

WEEK 6



3. What did marriage look like in the home you grew up in?
4. Ephesians 5 talks about sacrificial love. What does that look like practically in your marriage right now?
5. Where do you feel most disconnected from your spouse these days?
6. How has parenting shifted the rhythm of your marriage over time?
7. What are small ways you can show intentional love to your spouse this week?
8. How does the health of your marriage show up in your kids?

WEEK 6



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Have a 10-minute uninterrupted conversation with your spouse this week. No phones, no agenda.

Express appreciation for one specific thing your spouse did or said recently.

Plan one simple moment of connection: a walk, coffee, or just sitting together after the kids are down.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of marriage. Help us love our spouse with patience, kindness, and intentionality. Strengthen our relationships so that our homes can be places of stability, grace, and love. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

Where did you feel most connected to your spouse this week?

What felt difficult or distant?

What is one small step you want to continue next week?

WEEK 6



HABIT 7: WORK

Core passage: Colossians 3:23-24

BIG IDEA

Work shapes identity and rhythms. The way we approach our work forms what our children believe about purpose, success, and what matters most.

LEADER TEACHING | 5 MIN

Work is a central part of our lives as parents. It provides, it challenges, it gives us a sense of purpose, and sometimes it drains us. Scripture presents work as something more than just a paycheck. From the beginning, work was part of God's good design.

Colossians 3 reminds us to work as if we are working for the Lord, not just for human approval. That shifts everything. Work becomes not just something we do, but something that forms us and something our kids are watching closely.

Our children are learning from how we talk about work, how we carry stress, and how present we are when we're home. They are picking up on whether work feels like an identity, a burden, or a calling.

This habit is not about working less or more. It is about working with intention. Bringing God into our work, and making sure our work doesn't crowd out what matters most.

Faithfulness here might look like setting a boundary, being present when you're home, or simply reframing your work as part of your calling. Small shifts in how we approach work can have a lasting impact on our families.

DISCUSSION QUESTIONS | 20-25 MIN

Work looks different for everyone in the room: full-time, part-time, stay-at-home, or somewhere in between. Make sure the questions feel relevant across those different realities.

1. How would you describe your current relationship with work?

2. What messages about work did you receive growing up?

WEEK 7



3. What part of your work brings you the most fulfillment? What part is most draining?
4. Colossians 3 talks about working for the Lord. How might that reframe the way you approach your work this week?
5. How does your work impact your presence at home?
6. How do you transition out of work mode when you get home? What helps or hurts that transition?
7. What do your kids currently seem to believe about work based on what they observe in you?
8. Where do you feel the most tension between work and family right now?

WEEK 7



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Create a simple transition habit when you arrive home: pause, take a breath, pray something short before you walk in.

Avoid checking work on your phone during one key family moment this week.

Share something meaningful about your work with your kids this week, something that shows them why it matters.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of work and the ability to provide and contribute. Help us approach our work with purpose and integrity, and give us wisdom to be present with our families. Keep our priorities aligned with what matters most. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

When did work feel most meaningful this week?

When did it feel like it was crowding out other priorities?

What is one small shift you want to carry forward?

WEEK 7



HABIT 8: PLAY

Core passage: Ecclesiastes 3:1-4

BIG IDEA

Play is not a distraction from what matters. It is part of what matters. Through play, we build connection, joy, and a sense of delight that reflects God's goodness.

LEADER TEACHING | 5 MIN

For many parents, play feels optional or even inefficient. There are always more productive things to do. But Scripture paints a picture of a God who delights, who celebrates, who invites us into joy. Play is one of the primary ways children experience connection and love.

When we enter our kids' world through play, we communicate something powerful: I see you. I enjoy you. I want to be here with you. That kind of connection builds trust in ways that instruction alone never can.

Play doesn't require elaborate planning or endless energy. It can be simple: throwing a ball, building something, being silly, or just stepping into whatever world your child is already in.

This habit is not about becoming a different kind of parent. It is about being present in a different way. Play creates space for laughter, connection, and joy: things that are deeply formative for both kids and parents.

What play looks like changes a lot as kids grow. What stayed the same is the posture underneath it: showing up, paying attention, and choosing delight.

DISCUSSION QUESTIONS | 20-25 MIN

Play looks completely different with a four-year-old versus a fourteen-year-old. Let the group talk about what play actually looks like at their specific stage without assuming one picture fits everyone.

1. What comes to mind when you think about playing with your kids?

2. How did your family approach play growing up?

WEEK 8



3. What makes play easy or difficult in your current season?
4. Ecclesiastes 3 speaks of a time to laugh and a time to dance. How might play fit into a full life of faith?
5. When do you feel most connected to your kids?
6. What kinds of play fit your kids' stage right now?
7. What gets in the way of engaging in play more often?
8. What is one small way you could step into your child's world this week?

WEEK 8



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Join your child in something they already love this week. Let them lead.

Initiate a simple game or activity with no agenda other than being together.

Set aside 10 to 15 minutes of undistracted play. Put the phone down.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of joy and delight. Help us slow down and enjoy the people you have entrusted to us. Teach us to connect through laughter, presence, and play. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

When did you feel most connected through play this week?

What surprised you?

What do you want to carry forward?

WEEK 8



HABIT 9: CONVERSATION

Core passage: Proverbs 18:21 | James 1:19

BIG IDEA

Conversation builds connection. Through everyday words, listening, and curiosity, we turn our families into friendships.

LEADER TEACHING | 5 MIN

Conversation is one of the simplest and most powerful ways we connect with our kids. But in the busyness of life, real conversation often gets replaced by instructions, corrections, or quick check-ins.

Scripture consistently highlights the power of words. Proverbs tells us that life and death are in the tongue. Our words shape identity, build trust, and create emotional safety for the people we love most.

Conversation is more than talking. It is listening, noticing, and being curious. It is asking questions without rushing to fix or correct. It is creating space where our kids feel seen and heard.

This habit is not about having deep, meaningful talks every day. It is about small, consistent moments of connection. Over time, those moments build trust and openness that pay dividends later, especially in the harder seasons of parenting.

When we listen well, we communicate value. And when kids feel valued, they are more likely to keep talking to us. Not just now, but when it really matters.

DISCUSSION QUESTIONS | 20-25 MIN

Conversation with a preschooler and conversation with a teenager are almost entirely different skills. Let the group share what they're navigating without assuming the challenges are the same.

1. How would you describe the level of real conversation in your home right now?

2. What kinds of conversations did you have with your parents growing up?

WEEK 9



3. What makes it easy or difficult for your kids to open up to you?
4. Proverbs 18:21 speaks about the power of words. How have you seen words build up or tear down in your family?
5. When do your kids seem most likely to talk? What creates that opening?
6. What does meaningful conversation look like at your kids' current stage?
7. What habits or distractions tend to shut down conversation in your home?
8. What is one small way you could create more space for conversation this week?

WEEK 9



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Ask one open-ended question this week and listen without interrupting or fixing.

Put your phone away during one key conversation time and see what happens.

Follow your child's lead in a conversation, even if the topic seems small to you.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

"God, thank you for the gift of words and connection. Help us speak with kindness and listen with patience. Create homes where our children feel safe, seen, and heard. Shape our conversations with grace. Amen."

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

When did you feel most connected in conversation this week?

What helped you listen better?

What do you want to keep practicing?

WEEK 9



HABIT 10: BEDTIME

Core passage: Psalm 4:8

BIG IDEA

Bedtime is more than the end of the day. It is a moment to anchor our kids in peace, security, and grace.

LEADER TEACHING | 5 MIN

Bedtime is often one of the most emotionally charged moments of the day. Everyone is tired, patience is thin, and what should feel peaceful can quickly feel chaotic.

But Scripture reminds us that endings matter just as much as beginnings. The final moments of the day can shape what our kids carry into rest. Will that be peace or anxiety? Connection or distance?

Throughout the Bible, rest is seen as a gift from God. Psalm 4 speaks of lying down and sleeping in peace because God makes us dwell in safety. Bedtime becomes an opportunity to remind our kids: you are safe, you are loved, and God is near.

This habit is not about a perfect routine. It is about creating a consistent rhythm that communicates comfort and presence. A simple prayer, a blessing, a moment of connection: these small acts build a sense of security over time.

What bedtime looks like changes as kids grow. The toddler who needs a song and a prayer becomes the teenager who needs a few minutes to decompress and talk. The posture stays the same even when the practice shifts.

DISCUSSION QUESTIONS | 20-25 MIN

Bedtime rhythms are very age-dependent. Let the group share their current reality without assuming everyone is dealing with the same challenges or opportunities.

1. How would you describe bedtime in your home right now?

2. What were bedtime routines like when you were growing up?

WEEK 10



3. What tends to make bedtime stressful in your current season?
4. Psalm 4 talks about lying down in peace. What helps create that kind of environment in your home?
5. When do your kids seem most in need of reassurance or connection?
6. What simple rhythms help create calm at bedtime for your family right now?
7. How has your bedtime routine changed as your kids have grown?
8. What is one small shift that could make bedtime more intentional this week?

WEEK 10



WEEKLY PRACTICE

Choose one small practice for this week. Do it once, or as often as you remember. This is practice, not a test. Say a short prayer or blessing over your child at bedtime this week.

Take two to three minutes to talk about one thing from their day before lights out.

Create one consistent, calming moment and do it the same way every night this week.

CLOSING PRAYER PROMPT

Invite the group to close with something like this, or pray it in your own words:

“God, thank you for the gift of rest. Help us create homes where peace and safety are felt. As we end each day, remind our families that you are near and that your love never leaves. Amen.”

PERSONAL REFLECTION TAKE-HOME

Sit with these on your own before next week:

When did bedtime feel most peaceful this week?

What moments of connection stood out?

What do you want to continue next week?

WEEK 10

