



PRINT, CUT, FOLD AND PLACE IN A JAR OR BASKET

EDUCATION

The National Survey of Children's Health identified one in four children ages 12 to 17 as having special health care needs in 2019. Does this statistic surprise you? What are some ways our church or community can help children with various disabilities?



EDUCATION

According to the CDC, children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. How does lack of sleep affect you? How does it affect your emotions and decisions? What are some things that can help you sleep better at night?



EDUCATION

Eating healthy food and exercising have a positive impact on mental health (Canadian Mental Health Association). Have you ever felt this? Does exercise, time outdoors, or a good meal boost your mood? How can this knowledge help change attitudes and outlooks in positive ways?



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EDUCATION

46% of Americans report that they are lonely (www.gatewaytoprevention.org). What makes you feel lonely? How can I help you when you're lonely? How can we help others when they feel lonely?



EDUCATION

Refugees are people who have to leave their homes quickly and move to a new country. Sometimes this happens because of a natural disaster or war. If you had to leave your home, what would you want to take with you? What could we provide for refugees to help them feel at home in America?



EDUCATION

Of food produced for human consumption, \$1 trillion is lost or wasted globally each year. This is enough to feed more than twice the number of undernourished people across the globe (World food program).

How can we take care of the gift of food we are given? Is there any way we can share our extra food?



SERVICE

What do you think depression is? What are some emotions that you think depressed people feel? Depression is not only being sad, but it can also include feelings of exhaustion, being shut off from others, hopelessness, and irritability. What skills do you have that can help those who are struggling with depression?





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SERVICE

What do you think the term “shut-in” means? Have you heard that word before? How can we care for the shut-ins, or homebound, members of our church?



SERVICE

If you were new to America or our community, what would you need help with? How can our family or church help people who have moved to America or to our community? What can we learn from people of other cultures?



SERVICE

If we had to get our food from the local food pantry, what would you look for? What types of things do you think get donated? (If able, visit a pantry and donate the items that you would seek out.)



SERVICE

A widow is a woman whose husband has passed away, and a widower is a man who has lost his wife. What are some ways we can care for the widows and widowers at church or in our community? Why is it important for us to care for those who have lost their spouse?





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SERVICE

Your identity is in Christ; that makes you valuable. If you had a disability, how would you want to be seen? How would you want to be helped and why? How would you want to help and serve others?



SERVICE

Having a new baby brings lots of joy to a home. A baby also brings lots of change – a different sleeping schedule, a child who needs lots of supervision, and less time to do extra tasks around the home. How can we support families with new babies at home?



CELEBRATION

Name one good thing that happened today that we can celebrate. Give me a high and a low for today (high = one good thing and low = one not so great thing that happened). Find a way to celebrate the good thing.



CELEBRATION

Name one gift God gives you daily. How can we thank God for our daily gifts like home, food, and family?





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CELEBRATION

Who has a birthday or baptism birthday coming up? Why is this day important? How can we celebrate it?



CELEBRATION

How can we give thanks for our grandparents and older community members? What gifts do they have that we don't? Why do you think God gives us the gift of the elderly in our lives?



CELEBRATION

How can we celebrate new families and babies being born in our community? Why are babies always gifts, even when they are unexpected?



CELEBRATION

What are some reasons for us to celebrate as a family? How does each individual bless our family? How has God made each family member a gift to our family?





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CELEBRATION

What life event or special holiday is approaching, and how can we celebrate it as a family? How will this event be a gift from God in our lives? What are you looking forward to most?



WORSHIP

Where do you see life upheld in the Divine Service?



WORSHIP

Discuss Jeremiah 1:5: “Before I formed you in the womb I knew you, and before you were born, I consecrated you; I appointed you a prophet to the nations.” While we might not be appointed as a prophet to the nations, God knew us in the womb. In fact, He created us! How does this give your life meaning and value? How does it give every life value?



WORSHIP

Read and discuss the lyrics to “My Song Is Love Unknown” (LSB 430). What sticks out to you about this hymn? How much does God love you? How does His love transform you? Is there a part that you want to memorize for hard days?





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WORSHIP

What life issues can you connect with Micah 6:8? “He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.”

(Hint: Who needs your kindness? Who needs to have his or her life protected and upheld?)



WORSHIP

If you are anxious or depressed over a test or event that didn't go well, is there a Bible verse you find comfort in?



WORSHIP

How do you think the sacraments help support those facing life issues and why?

