

SESSION 3 - 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.

- Scripture: Read the passage out loud, or encourage a family member to read.
- Devotion: Read this to your family.
- Conversation: Pick and choose what questions are best for your family to discuss.
- Prayer: Pray for your family, or encourage a family member to pray.

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:

"Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love."

Ephesians 4:15-16 (NLT)

DEVOTION:

What is the best funny or silly face you can make (if needed, show your answer)? There are 43 muscles in your face capable of creating over 10,000 combinations of facial expressions. Our bodies have lots of different parts, and they all work together to keep us healthy and active. It's pretty amazing how everything is connected! If just one little part isn't working right, it can make a big difference. Here are some fun facts about the human body that will either be awesome or gross!

- Your mouth produces about one liter of saliva each day
- Human teeth are just as strong as shark teeth.
- Scientists estimate that the nose can recognise a trillion different scents
- The average person has 2,000-10,000 taste buds on their tongue
- A baby has more bones than an adult. The around 300 bones at birth fuse together to form the 206 bones of an adult.

The Bible refers to the family of God as the Body of Christ. Each person represents a body part that has a specific job. These jobs or roles usually go along with spiritual gifts and/or talents. Some of these were given to us by God and others are developed over time. Regardless, all of our gifts have the same purpose, to build up the Church and serve others. We each have a unique role to play in the Body of Christ, because we are all connected. Just like the parts of our body, when we do our jobs, the Church will thrive. If we don't, things tend to fall apart. Ephesians 4:16 (NLT) says it best, "*As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.*" Since we are all connected in God's family, He wants to use our family to help other people grow in their faith. At the same time, He wants to use other people to help our family grow. The best part is that it doesn't matter what your age is, God can work through you. The only question that remains is how can our family use our gifts to build up the church and serve others?

CONVERSATION:

- How is the Church like a human body? Who is the Head of the Church? What would happen if a different body part tried to be the head?
- What makes each member of your family unique? Take a moment to share two to three abilities or characteristics that each family member has.
- What specific abilities do you have, and how do they make your family, class, team, or church better?
- What are some ways our family could intentionally serve others? What about serving with our local church?

PRAYER:

Together, thank God for how He has created the Church to be connected together and serve others. Ask for His guidance to understand how each family member is uniquely gifted.

Finally, ask Him for opportunities to use your gifts to build up the Church and serve others.