



IT COMES
FROM WITHIN

OPENING PRAYER (2 MINS)

Choose one family member to open your time in prayer.

FAMILY CHECK-IN: Best Part About Your Day... Moving from person-to-person, allow each individual to share a highlight from their day. When sharing each person must start with the phrase, "Best part about my day...!"

SCRIPTURE (5-10MINS): Allow different family members to read a verse from below.

⁴³ "A good tree doesn't bear bad fruit. And a bad tree doesn't bear good fruit. ⁴⁴ You can tell each tree by the kind of fruit it bears. People do not pick figs from thorns. And they don't pick grapes from bushes. ⁴⁵ A good man says good things. These come from the good that is stored up in his heart. An evil man says evil things. These come from the evil that is stored up in his heart. A person's mouth says everything that is in their heart.

- Luke 6:43-45 NIV

SUPPORTING: What's going on inside of a person's heart will eventually rise to the surface. Through outburst and physical confrontations or sly remarks and calm actions, however someone feels at their core will be revealed. The goal is to ensure that we've created a safe place for our love ones to reveal how they are feeling!

FAMILY CONVERSATION (10-15MINS): Using the "Feel Wheel" (Feelings Wheel - see next page), allow each family member to identify 2 words that best describe how they are currently feeling. Starting with the oldest family member (**COMMUNICATOR**), give each person a few minutes to share the words. Once the **COMMUNICATOR** has an opportunity to share, the rest of the family can only ask questions to better understand the HIS/HER feelings.

Do:

Focus on the person... All other family members, try your best to limit distractions!

Stay calm... Regardless of what the communicator says, try to remain calm. Remember, the goal is to open up the lines of communication, not shut them down.

Don't:

Don't interrupt... Even if you don't agree with what the other person is revealing, don't just blurt out!

Don't laugh... When someone is sharing something that is serious, try your best not to laugh.

TAKE AWAY:

Building on the momentum from today's conversation, plan your next 4 family meetings. **That's right, your next 4 family meetings!** Studies support the benefits of immediately setting goals, instead of delaying. This will increase the likelihood of you completing your tasks and building stronger relationships.

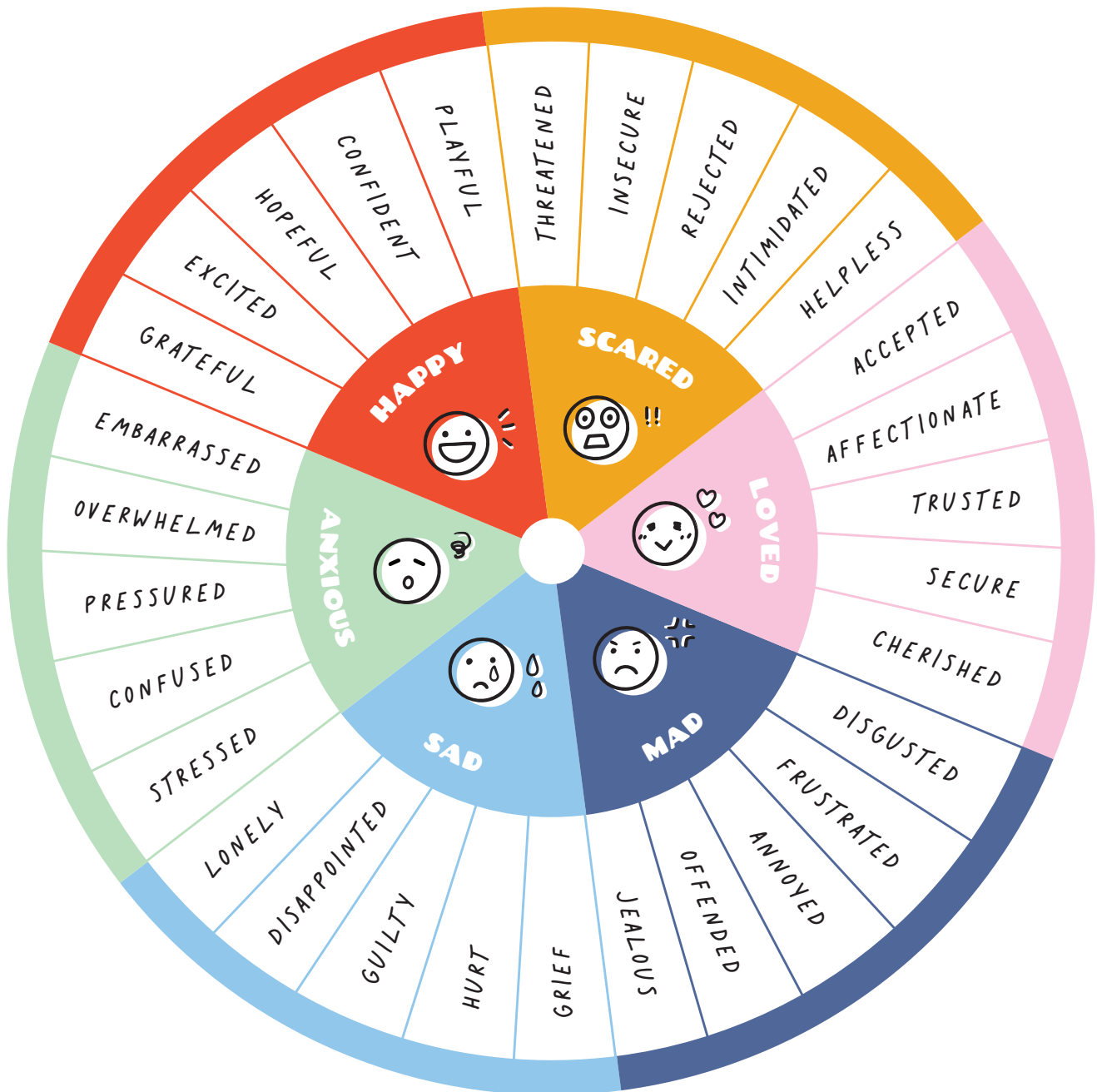
If a family member states something concerning, the parent should schedule a time outside of the larger group setting to meet with the person directly.

CLOSING FAMILY PRAYER:

"Father God, as we begin this process of sharing our inner thoughts and feelings, we pray that you will be present and bring us closer together as a family. Allow these moments to lay the foundation of love and understanding for our family. We love and praise you! In Jesus' name we pray... Amen!

the Feel Wheel

ages 5-12



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