

FAMILY CONVERSATION STARTERS

Why don't we do what we want to do?

Paul wrote this in a letter to his friends who lived in Rome:

"I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it." (Romans 7:18-20)

This is such a human feeling, but it can be hard to talk about! These questions are designed to start a conversation for all ages, maybe around the table or in the car. *Safety first: We recommend the caregiver go first to show what honest sharing of the heart sounds like, and that sharing should be 100% optional.*

Would you like to share a time when you wanted to do what was good, but you didn't? Or when you did something wrong, even when you didn't want to?

Examples: I yelled at my child ... I hit my brother ... I cheated on a test ...

What did you want to do instead?

I wanted to be more patient ... I wanted to play together ... I knew I should study.

What made it seem impossible to do the right thing?

I was really overwhelmed ... I was SO angry ... I was scared of failing

How did you feel?

I was embarrassed/scared/angry/sad. I wished it didn't happen. I cried. I felt hot.

How can our family love each other when these kinds of things happen?

We can cool down, take a break, breathe deep. Hug each other. Share our feelings or talk, like we're doing right now. Pray for one another