

# Our Family's Adventure Anchored in Christ

September 2016

## Our Family's

Begin devotion time by lighting a candle to remind your family that God is there with you.  
OR, have your family come up with your own way to start out devotion time.

## Adventure

With school up and running and the fall upon us – transitions have occurred. Discuss the following with your family:

- What transition have you gone through in the past month or two? What has changed?  
o Ex: I started second grade, lost a tooth, miss a friend that moved, started a new job, welcomed a new co-worker, grew a whole inch, etc.

## Anchored

Read Psalm 18:1-2. Discuss:

- How does this passage connect God to your struggles/ joys through life changes?
- Where do you think God is in the midst of change – the good and the difficult changes

## In Christ

We know that through all of our life changes, God is our “strength” and “stronghold.” How can we show this strength to others?

A week challenge for you:

- Find one person every day to just ask, “What has changed for you this fall?” and just listen to the changes s/he is going through. Listening to our loved ones can give them strength in joys and struggles.

OR, come up with your own challenge to support someone around you going through a life change.

**Close in Prayer:** Pray your own prayer, or use this one:

Dear God, Life is full of transition and change. Changes that are fun and life-giving, and also changes that wear us out and are difficult. Help us to know you are with us throughout everything – giving us strength through all things. Thank you for being constant strength in our lives. Help us to be strength for each other – with you working through us to care for one another. Amen.

Our Family's Adventure Anchored in Christ is a resource designed to be used in community. “Our family” can be a small group at church, part of WELCA Bible Studies, or used in the home – there are so many options! Our hope is that this resource might be a blessing in your faith walk. We'd love to hear your feedback on how your congregation is using this resource! Metigoshe Ministries

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