

For Families with Youth

Faith at Home: Highs, Lows & Scripture Stories

Today's practice invites youth (and the people who love them) to reflect on real life—what's been hard, what's been good—and notice where God might be meeting us in the middle of it all.

You don't need to rush. You don't need perfect answers. Just show up, listen, and be curious together.

Step 1: Start with Highs & Lows

Take turns sharing:

- **One high** from the week (something that brought joy, relief, or gratitude)
- **One low** from the week (something heavy, frustrating, or hard)

No fixing. No debating. Just listening.

Step 2: Read Scripture Together

Read **Luke 24:13–35** (the road to Emmaus story).

You can:

- Read it out loud together
- Have one person read while others listen
- Or skim it quietly and then talk

After reading, invite each person to name:

- **One word or phrase** from the Scripture that connects to either their high or their low

There's no wrong answer—whatever stands out, stands out.

Step 3: Talk It Through

Use one or both of these prompts:

- *How does this Scripture help you see your week a little differently?*
- *If you were telling a friend about your faith, how might this story help you explain it?*

Let the conversation go where it goes. Silence is okay, too.

Step 4: Serve with Kindness

As a simple act of love, write **one sentence of encouragement** for someone on Zion's prayer list (or for someone you know who could use it).

This could be:

- A prayer
- A word of hope
- A reminder that they are not alone

Small words can carry big grace.

Closing

End by offering a short prayer together—or simply by saying:

God, thank you for walking with us, even when we don't recognize it. Amen.

Service Project: Kindness Notes

With extra time at home, write one sentence of encouragement for someone on Zion's prayer list. A simple word of hope can carry warmth, comfort, and God's love farther than you might imagine.