



Isolation Inspiration

Philemon 1-20

If your family includes children of varying ages, consider rewording the questions to help your child better understand what's being asked. We've included wording suggestions in parentheses.

1. Who or what refreshes your heart (makes you happy)? Have you had opportunity to talk with your person or to participate in that activity over the last few weeks? If not, how can you make time for it?
2. The letter to Philemon is about reconciliation that cannot be forced or manipulated.
 - a. Is there someone you need to initiate reconciliation toward with a repentant heart (Is there someone – a sibling or parent or friend – you feel you need to ask for forgiveness)?
 - b. Is there someone to whom you need to extend forgiveness, motivated by love?
3. Thinking about J.K. Rowling, J.R.R. Tolkien, or Martin Luther King, Jr., is there anything that has inspired you during isolation? How can we encourage you to pursue that?

IDEAS FOR LIVING SENT THIS WEEK

For children, draw/color a picture to give to your mother, grandmother, or aunt about a favorite activity you like to do with her. Thank her for making you happy.

For teenagers and adults, if possible contact a friend, relative, co-worker, or classmate. Express to them your thankfulness for the relationship and your desire to keep the relationship strong and healthy. Ask them how you can pray for them today.