

Family

Discussion Questions

- Do you feel like you spend enough time together as a family?
- What are some activities you could say "no" to, in order to make space for time together as a family?
- What are the "redeemable moments" in your day-to-day life as a family unit?
- What is one thing your family can begin doing this week to cultivate health, life, and unity in your family unit?

