Based on our panelists and Adam’s sermon, we’ve provided some ideas for you and your family to engage with people and with God, but this is just a starting point. We encourage you to use what is helpful and to be creative with your own unique ways to reach out to others or spend time with God!

We’d love for you and/or your family to pick one or two habits to intentionally practice in this season.

Before you jump into one of the activities and ideas below, take some time to journal, tell a friend, or talk as a family about....

- With what relationships have you felt disconnected as an individual and/or as a family unit?
- Where is God inviting you to reach out, or respond to someone reaching out either within your household or outside of your household?
- Where you have seen God at work?
- Have you felt disconnected or distant from God?
- Where is God inviting you to connect with God?

Connecting Within Your Household

1. Eat a meal together
2. Play together (board games, video games, crafts)
3. See your daily tasks around the home as a way to care for each other

Connecting With God On Your Own

1. Meditate on 1 Peter 5:7 or a specific verse that speaks to you
2. Practice spiritual habits (visit: grace.org/reentry for video instruction of 3 easy habits)
3. Gratitude journal

Connecting With Friends & Family Outside Your Home

1. Do a recipe swap with a friend via FaceTime or zoom
2. Plan a surprise gift and drop it off
3. Go for a walk with a friend

Connecting With God & With Others

1. Start a family devo habit or start a bible study with a friend
2. Pray with someone
3. Share your story