



**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?

**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 you family to pick one or two habits to intentionally practice in this season.**

## **1** CONNECTING WITHIN YOUR HOUSEHOLD

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

## **2** CONNECTING WITH GOD ON YOUR OWN

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

## **3** CONNECTING WITH FRIENDS & FAMILY OUTSIDE YOUR HOME

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

## **4** CONNECTING WITH GOD & WITH OTHERS

- Start a family devo habit or start a bible study with a friend
- Pray with someone
- Share your story