





Morning Time

As your kid starts their day, remind them about a time you saw them do something new or something that they were afraid to do, but they did it anyway.



Drive Time

While on the go, ask your kid: “What is something you were afraid to do or try, but you did it anyway?”



Meal Time

At a meal this week, have everyone at the table answer this question: “What is something happening soon that you are preparing for? Do you feel ready to do it? How can God help you do that hard thing?”



Bed Time

Pray for each other: “God, sometimes I see all the things I can’t do instead of remembering all the things I can do. Help me to realize that whatever You ask me to do, I don’t have to do alone. You’re with me, and I can have courage because of it.”

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