

Real Talk: Building Stronger Relationships at Home

In order for our family to have the strongest relationships that we can possibly have, we need to make sure we are loving each other, working together, and communicating well. In this conversation guide below, we'll spend time reading the Bible, answering a few questions, and praying together. We encourage you to be intentional as you carve out time to do this as a family. Our hope is that the resource below will help you in your efforts to make talking about Jesus a normal and natural part of life in your home!

Part 1: Scripture Reflection

Read the following verses together as a family:

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
Ephesians 4:32

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.
Colossians 3:13-14

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.
1 Corinthians 13:4-7

Reflection Questions:

- What does being kind and compassionate look like in our family?
- Why is forgiveness important in building strong relationships?
- Can you think of some ways we can better reflect God's forgiveness toward one another?
- What does it look like for us to really love one another?
- Are there things we can do as a family to make sure we are unified and help our relationships continue to grow stronger?

Part 2: Relationship-Building Activity: The Family Relationship Web

Sit in a circle and grab a ball of yarn. Have one person read the following verses:

Therefore encourage one another and build one another up, just as you are doing.
1 Thessalonians 5:11

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:24-25

Have one family member hold the ball of yarn, share one thing they appreciate about another family member, and then toss the ball to that person (while holding onto the strand). Continue until each family member has been encouraged at least twice. As the web forms, talk about how each person is connected and why every strand (relationship) matters.

Reflection Questions:

- How did you feel as someone was talking about what they appreciate about you?
- How does encouragement strengthen our family?
- What happens if a strand in our web is broken (e.g., through unkindness or lack of forgiveness)?
- What are some ways we can make sure we are encouraging one another regularly?

Part 3: Family Prayer Time

Spend some time praying together. Depending on the age of your kids or their willingness to pray out loud, invite everyone to participate. Use these prompts to guide your prayer by having a parent read the heading and quote and then give a few moments of silence for anyone else to pray out loud about that prompt. Once through all the prompts, close the prayer.

Thanksgiving: "Lord, we thank You for the gift of our family and the relationships we share. Help us to cherish and nurture them."

Forgiveness: "God, please help us to forgive one another as You have forgiven us. Show us how to be kind and compassionate in our words and actions."

Unity: "Lord, strengthen the bonds between us. Help us to work through challenges together and reflect Your love in our family."

Optional: End the prayer by reciting Colossians 3:14: "*And above all these put on love, which binds everything together in perfect harmony.*"

This simple exercise can help open meaningful conversations, foster appreciation, and encourage families to grow stronger in their faith and relationships. Consider making an exercise like this a part of your normal family rhythm, either weekly or monthly.