

# FAMILY TABLE TALK

WEEK OF MAY 30



Once your family is seated at the table & eating, go through each section below together.

## HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the **most athletic person** in your family go first.

## LESSON RECAP

This week we jumped into the book of Romans and heard what the Apostle Paul had to say about being in God's family. Paul said we were all born with a nature that has a certain set of rules, but those rules actually harm us and make us sin. But when Jesus came to Earth, the rules changed. When we trust in Jesus as our Savior, we are changed from the inside out, and we no longer have to follow the rules of our old nature. We also become a part of a new family - God's family! And when we are part of that new family, we no longer have to follow the rules that we had before. Instead, we embrace the way our new family lives!

We have been invited to a new family, with laws that help us love, forgive, be patient, put others first, and have joy in times of trouble! And we have a Helper that helps us follow Jesus - the Holy Spirit helps us follow those rules so we can love our family better!

**THE BIG IDEA:** The Holy Spirit makes us a part of God's family.

**THE BIBLE:** Life in the Spirit: Romans 8:12-17

## ASK THIS

- What is your favorite part about belonging to God's family?
- How can you show others you are part of God's family?
- How can you invite others into God's family?

## NOW WHAT?

The Holy Spirit is sometimes called the "Helper." This week, think about this question as you go about your days: *What is something you need the Holy Spirit's help with so you can do your part in God's family?*