

WEEK 3

AT-HOME DISCUSSION GUIDE



BIG IDEA

God will protect my heart
and mind.

THE BIBLE

Joy & Peace: Philippians 4:4-9, 11-13

QUESTIONS

- In today's Bible passage, what is the first thing Paul says for us to do?
- How do you think Paul was able to stay joyful even while in jail?
- How is God different than superheroes?
- Philippians 4:13 says we can do all things through God. What do you think that means?
- What are some things in your life that might cause you to worry?
- What does it mean that God protects our heart and mind?
- Has God ever helped you through something difficult?

ACTIVITY

Give each kid this week's printable and something to write/draw with. Instruct them to create their own superhero and what powers they would have. After all the kids are finished, ask a few of them to share about their superhero. (You could take photos of the superheroes the kids created. Send them in a text, or post them on social media, to encourage parents this week!

Awesome superheroes, everybody! What powers do your superheroes have? Those are some cool superpowers. But don't forget the greatest superpower there is—God, who protects our hearts and minds!

MEMORY VERSE OF THE MONTH: Matthew 5:16 (NIV)

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.