

Take some time to work through some or all of the questions from this morning's sermon.

- 1) How can we "be still" amidst the chaotic reality around us?
- 2) What are you mourning? Take time to grieve before God
- 3) What can you invite God to help you with?
- 4) What is something God is calling you to do during this time? How can you help one another to do so?

As a family consider picking an activity or two from the list:

Write some of the Scriptures from today's sermon on an index card or sticky note and display them somewhere that will actively remind you of the truth.

Take a prayer walk outside lifting up businesses and families.

Purchase something online from a small business and send it to a friend to encourage them

Have each person in your family write down one person outside your home to pray for. Take turns in a family time of prayer where each person lifts up one of those people.

Struggling with specific fears? Take time to look up Scripture that relates to the struggle, and work together to memorize them in fun ways; make up songs, actions, picture clues, whatever comes to mind.

Make a playlist of praise songs that speak truth and peace into your heart. Look up new artists to add and discover some new anthems to declare over our nationwide situation.