



## Family Conversation Cards

These conversation cards can be printed on an Avery pre-perforated business card template such as 5371 or 28371. There are four pages of cards, and each page is focused on a different topic.



**Body of Christ:** This set of conversation cards is centered on the body of Christ. They will help families think about the body as something personal, but also about the body as community. Families will be invited to play around with movement and connections between our bodies and the world around us.



**Creation:** This set of conversation cards is centered on creation and the world. This will help families think about creation and how God is all around us through nature and beyond. They include invitations to enjoy creation and stand in awe of all the miracles and wonders God shows us in creation.



**Diversity:** This set of conversation cards is designed to remind children of the beauty of differences. During Lent, we turn to God by letting go of old ways of thinking of things and discover new ways of thinking of things. With these cards, families can discover the new ideas God has in front of us.



**Feelings:** This set of conversation cards is centered on feelings and emotions. Everyone has a wide array of emotions, especially during the time of Lent. Going from "Fat" Tuesday to Ash Wednesday to Palm Sunday to Good Friday to Easter is a journey of different feelings for all. This is intended to get families thinking about how God is with us even through the different feelings we express.



Body of Christ

In the story of Genesis, Abram is 99 years old when God tells him to be perfect. "I am God Almighty; walk before me and be blameless" (Gen. 17:1). Walking can mean any kind of movement. Let's pretend to move like Abram. What would it look like to move "perfectly" in front of God? Do your best to move "perfectly." What do you think God wants from us that looks "perfect"?



Body of Christ

Our bodies are pretty amazing. In the Bible, there are lots of stories about people who were able to do or experience miracles with their bodies. David was a small person who beat Goliath, a really big person. Jesus was able to heal people who were really sick. What's something amazing your body can do?



Body of Christ

You are what you eat. Have you heard that phrase before? If food represented your mood, what food would you eat when you were sad? How about when you are happy? When Jesus talks about the bread representing his body at the Last Supper, what kind of mood do you think the bread represents? Why?



Body of Christ

What kind of person wears a crown? A king or a queen? Both? Jesus wore a crown, but it was not a nice crown. In fact, it was a crown of thorns. Why do you think the people would put a crown of thorns on Jesus? Did Jesus like wearing that crown? Why or why not?



Body of Christ

There is a Bible story about a man named Daniel who always listened to God. He tried to tell others about God, but they did not listen to Daniel. In fact, they wanted to hurt Daniel, so they threw him in a den with lions. God protected Daniel from the lions because Daniel trusted God. When have you felt God's protection?



Body of Christ

Wiggle your toes. Now wiggle your fingers. Then wiggle your nose. God made every part of your body, from your toes to your nose. God wants us to take care of our bodies and use them to do good things. What is something good you can do for God today with your body?



Body of Christ

Jesus' friends had a hard time staying awake when Jesus was praying in the Garden of Gethsemane. What's the most tired you have ever been? What happened when you were that tired?



Body of Christ

Sometimes when people get really excited, they use their whole body to show how excited they are. They jump up and down, wave their hands, or might even spin in circles. On Palm Sunday, we show how excited we are about Jesus arriving in Jerusalem. Show your most excited actions.



Body of Christ

What is the heaviest thing you have ever had to carry? How did it feel? Did anyone come and help you? Jesus had to carry a very heavy wooden cross up the steep hill of Golgotha. A person in the crowd saw that he was struggling, so he went to help Jesus carry the cross. How do you think it made Jesus feel to know someone would help him?



Body of Christ

Jesus rode into Jerusalem on a donkey. Most kings ride on big, beautiful horses, but not Jesus. He chose a humble animal to be close to the people. Have you ever ridden a horse? Is it exciting or frightening? What would it feel like to be so high up? How do you think Jesus felt riding on a donkey?



Creation

Lent is about connecting to God in intentional and meaningful ways. Go for a walk at a nearby park or nature trail and see what God is doing all around you. What are the animals doing? What plants do you see? Is anything blooming?



Creation

Psalm 107:1 reminds us that God's love endures forever. God shows us how much God loves us through many different expressions in nature. Go outside and look for signs of God's love for us in nature.



Creation

God is our creator. God has made everything in the world, including you and me and everyone around us. God shows us miracles every day. God even invites us to make miracles of our own. Take something from nature and create something new from it, like a piece of art.



Creation

Water is a symbol of our baptism. During Lent we learn about the different ways water was used to symbolize cleansing and new life (Psalm 51:2). How does water make you feel? How does it feel when you take a bath? How does it feel when you drink it?



Creation

Read John 3:19-21 together. In the beginning God created the day and the night. There is something beautiful that shines in the day and in the night. What shines during the day? What shines at night? What do they have in common? (They offer light.) What would it be like if there were no sun or moon?



Creation

Purple is the seasonal color for Lent. There are so many wonderful things that God made in nature that are purple. Find some things inside or out that God made purple. Why do you think purple was so important to the people in the church? What do you think of the color purple?



Creation

Read Mark 11:5 and John 12:14. One tells the story of Jesus entering Jerusalem on a colt, and the other tells the story of Jesus entering on a donkey. A colt is a young male donkey. Have you ever seen a colt or donkey? What would you want to ride in a parade?



Creation

Palms are beautiful plants. They have long branches that hang down from the top of the plant. Have you ever seen a palm tree or bush? Where do you think palms grow? In Jesus' time palms were used as a symbol of success. People waved them like we wave flags to celebrate Jesus when he arrived in Jerusalem.



Creation

Go to a place that is high up. Visit a mountain, a hillside, a tall building, or even just the upper level of your home and look at everything all around. Notice the things that look big and the things that look small. What do you see from this point of view? What do you think God sees? Is it hard to see the small things? What is easier to see from up here?



Creation

Play hide and seek outside at a park or in your yard. Have the kids hide and the adults seek. God is like the seeker who finds each of us and brings us close. When have you felt God close to you?



Diversity

Did you know that if you stick out your tongue and compare it to another family member's tongue, it is different? What if everyone took a picture of their tongues and compared the bumps? Try to count all the bumps on each other's tongues!



Diversity

Some cultures eat different kinds of foods from others. Some show how they honor God in different ways. Some cultures love insects; others love reptiles like snakes and lizards. Some cultures like to sing and others to dance. What's unique about your culture? What are some ways you honor God?



Diversity

Sharing the love of God can be done in different ways. For example, some people like to share hugs and others like to share food. How do you share God's love with others?



Diversity

The beauty of friendship is seen when you learn about the traditions in each other's families. What are your favorite family traditions in your home? What are your friends' favorite family traditions?



Diversity

Jesus' disciples were very different from each other. One worked with money, another with wood. One was a fisher, another a writer. Why do you think Jesus needed different kinds of people around him?



Diversity

Discovering gifts that God has given each person is the best part of growing up. What kind of gifts has God given you and your family members?



Diversity

Silly songs can be one of the ways that we honor God. Some teach us how to sing, and others teach us how to dance. "He's Got the Whole World in His Hands" is a fun favorite song that we can learn to sing and dance to together. Are you more of a singer or a dancer? Or do you love both?



Diversity

God created beautiful ecosystems that are different all over the world. An ecosystem has very diverse parts, like water, trees, and different kinds of birds and insects. How do you think the ecosystems work together? How do they help each other? How do they honor God?



Diversity

A rainbow in the sky comes from the rain and the sun working together to create a beautiful array of colors. It is one of God's gifts to us as a reminder of God's love. Our eyes capture the wonder of these colors, but we can never hold them in our hands. What other beautiful things has God given us that we can never hold in our hands?



Diversity

Different countries have different ways they celebrate their children. The Norwegian Constitution Day is an important holiday that includes a children's parade where every child passes before the king and queen. What kind of children's parade would you want to be in?



Feelings

Pancakes on Shrove/Fat Tuesday are part of the Christian tradition that started with Pope Gregory in 600 CE. He thought that Christians should not eat meat or animal products during Lent. So everyone would do their best to use up all the eggs, milk, and butter they had left in the house before Ash Wednesday. What's your favorite way to eat pancakes?



Feelings

Sometimes when we are asked to "humble ourselves," it makes us feel sad. The people in the Bible talked a lot about "being humble." But it isn't supposed to make us feel sad. It just means that we are supposed to think about how others feel too. When are you good at noticing how others feel?



Feelings

During Lent we are invited to give something up so that we can do other things that might help us grow closer to God. Sometimes giving something up can be hard and make you have all kinds of feelings. How do you feel when you have to give up something you really like?



Feelings

Have you ever been really scared before? What are the things that make you scared? What are the things that you think make adults scared? Why? How do you think God helps you when you are scared?



Feelings

Psalm 51:6 reminds us that God calls us to seek truth. What does it feel like when someone does not tell you the truth? How do you feel when you don't tell someone the truth? How does God help us be better at telling the truth?



Feelings

Sometimes we are not able to see our family or our friends. Some days we may feel lonely. What makes you feel lonely? Why does that make you feel lonely? What do you do when you are lonely?



Feelings

Read Matthew 6:1-4 together. Jesus reminds us to do the right thing even when no one will notice. When have you done something nice because others were looking? When have you done something nice when no one was looking?



Feelings

Secret treasures are fun to hold onto—like a special rock collection or coin collection. God reminds us that these treasures are nice on earth, but the treasures that God has for us in heaven are even better. What secret treasures do you have? Why are they important to you? What kind of treasures does God have for you?



Feelings

Rejection can make us feel pretty bad. Rejection can come in different kinds of ways—like not making it onto a sports team or having other kids say mean things about you. Have you ever felt rejected before? When did you feel rejected? What did you do about it?



Feelings

Being accepted and celebrated can make us feel pretty amazing. When you get a good grade, you feel like you did what was right. Or when you do really well in a performance, people stand and applaud your work and you feel accepted. When have you felt accepted? What did you do to get that celebration?