

FAMILY WORSHIP DISCUSSION GUIDE



PRAY

Pray for someone by name that you know who is an "essential worker."

READ

Read Proverbs 29:11 aloud.

DISCUSS

- What do you get worked up over?
- What does it look like for someone to give "full vent to their spirit." What examples of this have you seen in movies?
- What truths and tools enable a person to "quietly hold back" when they really want to vent? Which of these truths and tools would you like to foster in your life?

SING

Sing the hymn, "Jerusalem," together as a family.

PRAY

Pray that your family would be people of self-control who facilitate peace.