



▶ GET TOGETHER

Gather around the table and have some fun.

- What is your favorite thing to do with your family?
- Say one kind thing about each person around you right now.

▶ GET TALKING

Read today's **Big Idea**, then use the questions to get everyone talking.

Work on memorizing the **Bible Verse** together.

*Note to Parents: Encourage everyone to share because everyone's story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question "soak in" and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA When I am afraid, I will remember that God is good and He is always with me. Because God is good, He wants what is best for us. God is generous, kind, and caring. God is good all the time, even when life is difficult.

Use these questions to talk about how you've seen God's goodness in your life.

- How has God been good to you in the past?
- How has God been good to you or your family during a difficult time?
- How have you seen God's goodness to you today?

BIBLE VERSE FOR THIS WEEK

*So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.*

ISAIAH 41:10

(Continued)



Mealtime Conversations

Week 1 Theme: **Conquering Fear**
Day 1: **God Is GOOD!**

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Here are some ideas for having fun as you read the Bible verse out loud.

- Each person says one word from the verse aloud until the entire verse is shared.
- Turn it into a game: say it quickly, quietly, or in your favorite cartoon voice.

▶ GET GOING

Watch “The Lost Dog” video at livingontheedge.org/mealtime-conversations and talk through these questions.

- What did you like best about this story of the lost dog?
- Have you ever wondered why God allows bad things to happen? When?
- When you believe that God is good, you trust in Him. What does it look like for you to trust God today?

