

HEART CONNEX

Truth Flowing from One Generation to the Next—Through Strong Heart Connections

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Joy in Grace—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): Say: **I believe you will find success and joy in your life. One action you take that causes me to believe in you is . . .**

2. Read Scripture: Invite a family member to pray. Ask family members to read Romans 5:6-8. Discuss the Truth and Untruths in light of these verses.

Truth

- God expressed His love for us in the sacrificial death of His Son for our sins.

Untruths

- No one voluntarily dies for strangers.
- No one gives anything away for free.
- Sin is just a meaningless religious concept.

3. Explore Scripture: Say: **When we were helpless, hopeless, and ungodly, Christ died for us.** Explain that we need to celebrate God's grace. Point out that Paul reminded us of the actions God took for us. Share that "without strength" means that we were unable to do anything to get us right with God. Emphasize that "ungodly" means we were repulsive to God because of our sin. Say: **At the right time, God took action and changed our situation.**

4. Think It Through: The teenager will lead this step.

5. Nail It Down: Say: **You know how unfair it feels to be blamed for something you didn't do. Imagine being told you had to pay for a terrible act committed by someone else.** Point out that this is what Christ did for us. Explain that Christ freely gave Himself so we could be pardoned from the consequences of our sin. Say: **We can have joy in God's grace for us.**

6. Pray: A teenager will lead this prayer.

7. Blessing: Say: **May you be blessed each time you remember God's loving act of grace through Jesus' death on the cross.**

Parent Tip: The average adult watches about two hours and thirty-eight minutes of television per day. If parents watched one hour of television, 98 minutes would be available for family worship, homework projects, wise discipline, and listening to the hearts of children or teens.