

HEART CONNEX

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

STUDENTS PAGE

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Joy in Grace—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): When it is your turn, say: **Thanks for believing in me. When you say these kinds of things to me, it makes me feel . . .**

Something from the *Heart Surprise* I want to remember:

2. Read Scripture: Romans 5:6-8

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: Write what you want to remember about the Scriptures.

4. Think It Through: Encourage family members to close their eyes and imagine that they are too sick to feed themselves. Say: **You're very hungry, but no one seems to hear you call for help. Then a stranger comes to feed you and doesn't leave your side until you're healthy.** Ask: **How do you feel toward that person?** Discuss responses. Say: **This example gives us a little idea of how God acted to save us when we weren't able to help ourselves. Praise God for His acts of grace in our lives.**

5. Nail It Down: A parent will lead this activity.

6. Pray: Ask each family member to repeat the following as a prayer: **Thank You, God, for sending your Son to die for my sins.** Conclude this time by asking God to help your family find joy in His acts of grace each day this week.

7. Blessing: Listen as your parent blesses the family.

Teen Tip: Go to your parents and ask: **Have you ever felt like giving up on a goal you were trying to reach? What kept you going?** Thank them for sharing. Let them know that you will let their words help you decide to go forward or give up in the future.