



**MY
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Youth Ministry Resource

Family Conversations



HOW TO USE THIS RESOURCE

These conversations are meant for families or small groups to engage with the content from the Sunday youth lessons. There are seven family conversations, beginning with the first Sunday in Lent and going through Easter. Each conversation is modeled on the organization of the youth teaching outlines so that hopefully the conversations from the youth lesson can be extended and continued in the family or small group setting.

The conversations include opportunities to share stories, read Scripture, reflect on new ideas, and pray. This outline is meant to be a guide. Therefore, each family or group can adjust and adapt to fit their own context.

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FAMILY CONVERSATION #1

First Sunday in Lent

Sunday Lesson Scripture and Big Idea

Luke 9:23–25

The season of Lent is an opportunity to shift our focus so we can see ourselves and the world around us through the lens of love.

Connect

Describe a time that you learned something new about yourself. It could be something like:

- realizing you like a food or activity that you didn't know you liked
- finding out you could do something you didn't know you could do
- understanding *why* you act or respond the way you do in certain circumstances
- or something else!

Learn

Jesus said to everyone, "All who want to come after me must say no to themselves, take up their cross daily, and follow me. All who want to save their lives will lose them. But all who lose their lives because of me will save them. What advantage do people have if they gain the whole world for themselves yet perish or lose their lives?"
—Luke 9:23–25

Engage

During the season of Lent, we use the practice of fasting from one small thing to draw our attention to other places in our lives where we may need to say no to ourselves so we can say yes to following Jesus.

Did you decide to fast from something during the season of Lent? If so, what are you fasting?

How can we help you keep your fast?

Pray

Jesus, we know that the small amount of suffering that we experience in our fast is so small compared to what you experienced on the cross. Even still, we say no to ourselves through this fast in the hope that we might understand better what it means to follow you. Would you open our eyes to the places in our lives where our motivations are contrary to the way of love? Thank you for your constant empathy and compassion for us. May we learn to have the same for others. Amen.

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