

Faithful Families Weekly

Questions and Activities to Keep the Conversation Going

Slowing Down with God John 12:1–3 • Psalm 27 • Mark 1

The world often tells us to hurry, do more, and pay attention to everything at once—but God invites us to slow down, pay attention, and trust that good things take time. Jesus made space to be quiet with God, and we can too.

Questions to Keep the Conversation Going

1. What are some things that make our family feel rushed?
2. What is something good that takes a long time to grow or happen?
3. Why do you think Jesus sometimes went away by himself to pray?
4. In John 12, Mary stops everything to spend time with Jesus. What do you think she noticed because she slowed down?
5. Psalm 27 tells us to “wait for the Lord.” What is hard about waiting?
6. When do you feel peaceful and unhurried?
7. What is one way our family could slow down and notice God this week?

Try This at Home

Game: The Slow-Motion Challenge

Choose an ordinary activity—walking across the room, putting on your shoes, eating one bite of food, or giving someone a hug—and do it *as slowly as you possibly can*. What do you notice when you slow down that you usually miss? Take turns choosing silly or ordinary things for everyone to do in slow motion.

Activity: Grow Something Slowly

Plant a seed in a small cup of soil and put it somewhere you can watch it grow. Each day, check on it together—but remember, you can’t hurry it! As you wait, talk about the things God might be growing in us that also take time: kindness, courage, patience, love, and wisdom.

Family Blessing

May God help us slow down, pay attention, and trust that beautiful things can grow in God’s good time.