



a conversational *jump start*

If it's been a minute since you had conversations with adults that didn't revolve around child-rearing, shake off the dust with one of these prompts.

laugh

If you could have an unlimited supply of one thing for a year, what would it be?

If you had to be handcuffed to one person for a week, who would it be and why?

What is the silliest fear you have?

If you had to sing karaoke right now, what song would you pick?

(Pro tip: at some point in the evening, sing your songs!)

Share a video or meme that made you laugh.

If you could instantly be an expert in something ridiculous, what would it be?

If you could create a funny law that everyone had to follow, what would it be?

connect

What did you enjoy yesterday?

What has been a pleasant surprise in the season of life we are in?

What has been more difficult than you thought? *(Pro tip: no problem solving!)*

What are three qualities you admire about yourself? About your partner?

What would you like us to do more often together? As a family?

What do you like best about our relationship?

If you could travel anywhere in the world right now, where would you go?

What is one way I can support you better this week?



It's okay for spiritual rhythms to look a little different these days.

The important thing is to stay connected to your loving Heavenly Father. He loves you so much and longs to be part of the everyday – amidst the chaos.

Here are nine sacred pathways – ways people naturally connect with God and draw near to Him.

Any of them resonate with you?

If so, which one(s)?

If not, try this [questionnaire](#)*.

For more info and tips on how to lean into your pathway, check out this [post](#)*.

**KidsCrossing is not affiliated with these organizations and offer these only as a sacred pathway resource.*

Naturalists deeply connect with God when outdoors and worshipping in the midst of God's creation.

Sensates connect through worship experiences that ignite their five senses, like art, music, smells, and more.

Traditionalists connect through rituals and symbols and embrace structure and repetition, like liturgies.

Ascetics are more “monastic” and connect best in solitude and with simplicity with no outside noise and distraction.

Activists believe in the miraculous and connect by standing up for godly principles and values that champion God's truth.

Caregivers connect by giving of themselves in acts of services to help others: sick, disabled, hungry, etc.

Enthusiasts embrace the mystery of the spiritual world and celebrate with outward displays of passion and enthusiasm.

Contemplatives crave intimacy with God and connect when they have time to simply adore Him.

Intellectuals connect when their minds are stimulated by study, apologetics, and intellectual pursuits of their faith.

Does this all sounds too much? Read this instead:

The Lord is my shepherd; I have what I need. He lets me lie down in green pastures; he leads me beside quiet waters. He renews my life; he leads me along the right paths for his name's sake. Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the Lord as long as I live. Psalm 23