

kitchen
table
project



Inspire a faith that lasts

Parent group discussion questions

Use these questions with the 'Talking Faith with Girma Bishaw' video available on the Kitchen Table Project YouTube channel: www.youtube.com/c/KitchenTableProject.

1. Do you tend to focus on the negative things of life or the good things? What about your children? Why do you think that is?
2. Can you think of times where your child is noticeably happy? Do you recognise why and what sparks that happiness?
3. What opportunities are there for you to help your children recognise the good around them? How can we get a balance of being grateful, but also acknowledging and processing the difficult things in life?
4. What practical steps could you take in your home to cultivate a culture of gratitude?