



Parent group discussion questions

Use these questions with the 'Helping your children on the journey' video available on the Kitchen Table Project YouTube channel:
www.youtube.com/KitchenTableProject

1. When life is challenging it can be difficult to let others know how we are feeling. But it's important that we don't try to face our circumstances alone. There is great encouragement in having others around us. Diane shares how her 'prayer partners' were a great support to her, especially in challenging times.

How can you create a culture of honesty and openness within your family and friendships? Can you find someone you would be comfortable talking and praying with?

2. Diane and Patrick talk about second hand smoke and the importance of looking after ourselves as we care for and support others.

What are some of the ways you can demonstrate self-compassion and do things that will look after your physical, emotional and spiritual wellbeing?

3. Diane shares some of the simple practical things she does to try and stop her stress bucket from overflowing.

Can you think of things you could put in place to help you too?

4. Patrick talks about how Jesus is the rescuer, not us. We can't always fix things, but we can walk with others on their faith journey and let others walk with us too.

How can you create opportunities for your children to see your faith and your struggles as you journey together?