

# Table Talk

SPIRITUAL CONVERSATION STARTERS FOR YOUR FAMILY AND FRIENDS

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Philippians 4:4-9

Emotions Matter in Faith

Jun 22, 20...

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## For Younger Kids:

1. **What makes you feel really happy or thankful?**  
Paul says we should always rejoice! How can we do that, even on hard days?
2. **What do you do when you feel worried or scared?**  
Did you know the Bible says we can tell God all our worries in prayer?
3. **Can you name something “good and lovely” you saw or heard today?**  
Why is it good to think about those things?

## For Older Kids & Preteens:

1. **Paul says to be gentle with others. What does it look like to be gentle with your words and actions?**  
Can you think of a time you saw someone do this?
2. **What’s something that usually makes you anxious or upset?**  
How could prayer help you feel peace in that situation?
3. **What kind of things do you watch or listen to?**  
Do they help you think about what is true, pure, and good—or not?

## For Teens & Adults:

1. **Why do you think Paul ties joy, gentleness, gratitude, and peace together in this passage?**  
How are they connected in real life?
2. **How does your upbringing or culture shape how you express emotions?**  
Are there emotions you find difficult to show or talk about?
3. **What do you usually do with anxiety—ignore it, hide it, vent it, or pray?**  
What’s one way you could turn worry into peace this week?
4. **What habits shape your thoughts?**  
How could you intentionally fill your mind with things that are true, pure, and life-giving?

## Family Challenge:

Each family member shares **one thing they’re thankful for** and **one thing they’re worried about**. Pray together, asking God to bring peace, and then write Philippians 4:8 on a card or mirror to remind yourselves to focus on what is **true, noble, and lovely** throughout the week.