



With My Family

Scripture Together

God's gift of sexuality means that it is natural for us to be attracted to other people. His will for us is that we use this gift responsibly by living chastely. Chastity is part of a much broader calling from God: that we cultivate holiness in every part of our lives.

As a family, read **1 Thessalonians 4:3–8**. When you have finished reading, discuss the Scripture. Consider the following questions to help guide discussion:

- What does this passage say is God's will for us?
- How does impure living disrespect other people and God?
- What actions can you take to cultivate holiness in our home?

Faith on the Go

Ask one another: *What are some activities that make you feel healthy and happy?*

ACTIVITY: A Family Plan for Physical Self-Care

Make a plan with your family to get some exercise together. For example, take a walk through your neighborhood or in a nearby park, or play a sport together.



Family Prayer

Pray together:

Heavenly Father, thank you for the love you have for us. Help us imitate your love in the way we care for and protect our bodies, minds, and hearts. Amen.

