

Family Discussion Questions

Exploring Our January Theme: Practicing Resistance

These questions are designed to help families engage the theme through family discussions and can be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This process strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

1. When someone asks you to try something new—a game, or a food, or a style—is your first feeling excitement, or resistance? Why?
2. Are “rule followers” always better than “rule breakers”? Why?
3. Who in your family is the most creative and skilled when it comes to resisting doing their chores?
4. If you could, would you resist growing up?
5. What are some things you resist, even though you know they are good for you? Why do you think you resist them?
6. In what ways does our family resist doing things the way most other people do them?
7. Resisting peer pressure is hard. Which friend of yours is really good at it? And which of their resistance strategies do you want to make your own?
8. What ideas from previous generations does your generation resist?
9. How do you resist comparing yourself to others?
10. Is resistance to injustice always “big” and “loud”? What are some “quiet” and “small” ways people can resist injustice?
11. Can kindness be a form of resistance? How?
12. Sometimes resistance means saying “no,” but sometimes it means saying “yes” — yes to hope, love, or justice. What’s something you want to say “yes” to?
13. What gives you the courage to resist? Who or what helps you keep going when it’s hard to do the right thing?

