

## Family Discussion Questions

### Exploring Our December Theme: Choosing Hope

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. What does hope feel like to you? Is it more like a light, a sound, a taste, or something else?
2. When was a time you almost gave up but didn't? What helped you hold on?
3. Who is someone you think of as hopeful? What do they do that shows it?
4. Can you remember a time when you helped someone else find hope? How did it feel?
5. When the world feels heavy, what gives you the strength to believe things can get better?
6. Do you think hope and courage are connected? How?
7. Do you think hope and gratitude are connected? How?
8. What stories, movies, or songs remind you that hope is real?
9. If hope were a color, what color would it be today? Would it ever change?
10. Has there ever been a time when you had to choose hope instead of just feeling it?
11. What small thing gives you hope right now? (Something in nature, a friend, a plan, a memory, etc.)
12. When have you seen hope grow out of something hard or unexpected?
13. If you could give someone who feels hopeless one gift, what would it be?
14. What's one tradition or ritual that helps your family stay hopeful?
15. Do you think hope is contagious? How can we share it with others?
16. Imagine it's a year from now — what are you hoping the world, or our family, will look like?