



At Home with God: For Such a Time as This Final Reflection

Find a quiet place to pray and reflect. You can do this exercise in one session or break it up over several days. You might do this alone or with your spouse first, then invite other family members to join you in reflection.

Begin with a few moments of silence. Recognize that God is with you. Ask the Holy Spirit to guide your thoughts and memories. Think back over the subjects that were covered in the [At Home with God: For Such a Time as This](#) series. You can review these pages on our website if it is helpful.

[Emotions](#)

[Hands](#)

[Story](#)

[Nature](#)

[Music and Art](#)

[Blessing](#)

[Rest](#)

[Bodies](#)

Which of these topics resonated with your family? What positive benefits did you notice? Which activities seemed to work best for your family?

Which of the topics fit into activities that you were already doing as a family? Were you able to bring a deeper spiritual awareness to these activities?

Which topics did you want to try but have not had the time yet? Might you try these in the coming months?

What are the one or two activities that you are sure you want to continue? Talk with God about how you can make space for these practices as you move forward.

Ask God if there is anything he wants you to know that you haven't thought of.