



## Family Time

### Main Idea:

### How To Rejoice in Suffering



### Key Verse: Colossians 1:24, NIV

*Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church.*

### Set it up:

To begin, we are going to watch a scene from Homeward Bound. The family thinks their pets have been lost forever, and they are sad. Let's see what happens.

### Watch: Week 4 Video

This week's video is on the Playlist of the CBC YouTube channel or go to [cbcfamily.net](http://cbcfamily.net) and click on 4G Guides for the video link.



### Ask:

Have you ever found something you thought was lost?



What was it, and how did you feel when you found it?

### Say:

In the movie, just before the movie scene we watched, the family was quite sad because they thought they had lost their beloved pets. But in the midst of their sorrow, they experienced tremendous blessings and joy when their pets were returned to them. In the same way, God offers healing to people who experience all kinds of emotions.

### Together read Psalms 34:18 and 147:3.

These verses teach us that when we are *brokenhearted*, God is near us and wants to heal us.

What events might cause us to be *brokenhearted*?

How might we feel *crushed* or *wounded*?

How does God *heal* or comfort us in these situations?

As a family, think about a situation in which someone who is brokenhearted might receive God's healing. In the movie clip, brokenhearted people were comforted. How else might brokenhearted people be comforted? Can we be part of God's healing?

Remind everyone that God is always there to comfort us in times of sorrow, and we can be a part of how He heals others.