

## **~~CONFIRMATION~~ SESSION: BREATH**

### **CONTENT OVERVIEW**

What does your calendar look like on any given week? It is probably safe to assume that your weekly calendar is quite full. Between work and family, each day gets filled with sport practices and games, theater or music rehearsals, club or organization meetings. In fact, you may find yourself feeling more like an Uber driver than a parent most days, as you diligently get people to and from where they need to be. In addition to all of the driving, time has to be set aside for appointments, homework, grocery shopping, cooking dinner, and laundry (which never seems to be finished). On top of that, we cannot forget about exercise and having a social life. Quality time with family needs a spot as well. Regardless of how you spend your time day after day, week after week, you would probably say your life is pretty busy. In the busyness and chaos of our day-to-day lives, however, we must ask ourselves an important question: Is God a priority?

We typically do a good job balancing everything we have to do each day. We know where people have to be and when and what has to get done each day. For the most part, we are able to accomplish our goals by the end of the day. But do we order our lives around God? Is God a priority in our lives and in the lives of our family members? Sometimes when our lives get busy, God and our relationship with Him become less of a priority. When we have to cut something out of our schedules because there does not seem to be enough time in the day to get everything done, God is typically the first thing to go.

God loves us in a profound and life changing way, for we were each made in the image and likeness of God. We were created out of God's love and we are sustained by that same love. God pursues us and desires a relationship with us. When we are rooted in God's love, we allow ourselves to not only receive His love but to return it. An encounter with God's love leads to a transformation of our hearts because His love is so powerful and good. When we allow our hearts to be transformed by God's love, the way we see, know, and experience the world changes. Our lives — how we approach every interaction; how we handle every moment of joy, stress, anxiety, and fear; and how we carry ourselves each day — take on a whole new meaning when we are rooted in God's life-changing love. Being rooted in this love "order[s] our hearts rightly," as St. Augustine said.

### **CONVERSATION STARTERS**

1. Read John 10:10. What does an abundant life in God look like? As a family, are we currently experiencing "life abundantly"?
2. Do we make God a priority in our family? Are there times when God is not a priority? What are some ways we make God a priority in our lives?
3. Is it difficult to trust God with our lives? Why or why not?