



# Gospel Light®

HOME DISCUSSION GUIDE  
for Elementary

FALL D  
Lesson 3

## Choose Well

***“Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.”***

James 5:13

Do you pray more often when you're in trouble, or when things are going well? I'm much more vocal about my prayers when I am facing something difficult! But I also want my children to learn that they can pray in both good times and in bad. In order to remember all the good things God has done for us, we keep a chalkboard in our living room. Every day, we write good things that have happened to us. When we've had a particularly hard day, it reminds us of all the good things that have happened. And at night before bed, it gives us a visible list of things for which we can thank God!

### Try This:

At the dinner table, play the “High-Low” game. Say the first part of the verse together, and then take turns sharing one low point of your day. Say the second part of the verse, and then take turns sharing one high point of your day. Conclude by singing a favorite worship song and thanking God for being present in both those low points and high points of the day.