

RITUALS

HOW TO USE FAMILY QUEST CARDS

aking time to have meaningful conversations is an important way for families to live out the prophetic mission of baptism. Such conversations affirm the dignity of each family member by giving each person time to be heard by everyone else. They strengthen interpersonal connections by prioritizing intimacy over activity. And dynamic, back-and-forth conversations help clarify and communicate the mission and values of the family in a way that actually sticks with kids.

Research shows that families that have these sorts of conversations are healthier and happier than families that do not, and kids who grow up in such families are more likely to practice their faith as young adults.

The 96 questions in this Family Quest card pack are designed to help you have meaningful conversations with your family. Here's what to do.

What to do

- Print the Family Quest cards (pages 2-13 of this PDF).
 If you'd like to print the back of the cards, set your printer for two-sided printing. If you prefer to save ink, set your printer to print only the even pages of this PDF. For more durable cards, print on cardstock.
- 2. Cut the cards apart along the gray lines.
- Preview the questions, pulling out questions that might not work for certain members of your family.
- 4. Let each family member choose a card in turn. He or she should answer the question first, then invite other family members to answer.
- 5. If the question sparks a larger conversation, let it develop. Make sure that everyone has a chance to speak and/or answer the question.

3 tips for meaningful family conversations

Whether you're using the Family Quest cards or just talking over a meal, here are some tips for better, more meaningful family conversations.

- **1. Be intentional.** Find a time for your family to talk together. Eating meals together at least several times a week is a good place to start. Long car rides might be an option, too. Ask everyone to put away their personal electronic devices for a set amount of time (20 to 30 minutes) so you can talk. If those options prove difficult, plan a special family outing or even one-on-one "dates" with each of your kids.
- **2. Teach the importance of listening.** "Listening is an act of love," as StoryCorps likes to say. Encourage active listening by modeling it yourself. Curb chronic interruptions by redirecting the interrupter: "Mark, Andy wasn't finished speaking, but as soon as he's done, you can speak." Make sure everyone (even the youngest) has a chance to be heard. For instance, you might say: "Sally, you haven't had a chance to answer this question. I'm really curious to hear what you think." Before wrapping up your time together, ask each person to name something they heard someone else say.
- **3. Keep the conversation flowing.** Ask open-ended questions, avoiding yes/no questions. Ask follow-up questions: "Can you say more about that?" "What do you mean?" "Why do you feel that way?" Be okay with silence; sometimes, children need to think about what to share. Finally, avoid harsh reactions that might cause someone to be more reluctant about sharing her or his thoughts and feelings in the future.

What do you	like most
about our f	amily?

Show your best funny face.
What would cause you
to make that face?

How would you answer this question of Jesus: "Why were you looking for me?" (Luke 2:49)

If our family were a sports team, what would its name and mascot be?

What is a tradition you would like our family to start?

If someone asks you to do something that you don't want to do, is it okay to say no? If so, what is the best way to do that?

What would you like to do to make the world a better place?

What should our family theme song be?

If a home remodeling TV show gave you \$10,000 to remodel or redecorate our home, how would you spend it?

How do you like to handle "big" emotions?

If you could go back in time to be with Jesus, which Gospel story would you most want to experience?

If someone made a movie based on our family, what would the story be? What actor would you want to portray you?

What is your favorite smell? Why?

What is one thing you are thankful for today?

Tell about a dream you had recently.

Describe how to make your favorite meal.















FAMILY QUESTIONS THAT WILL GET YOUR FAMILY TALKING





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What is your favorite thing to do by yourself?

Do you know any stories about our family's ancestors?

If people talk about our family
100 years from now, what would
you like them to say?

If you found a portal to another world, would you step through to explore?

Can you list all the feelings you had today?

What is your favorite thing to do with our family?

What do you most admire about some other families you know?

Whose birthday is next in our family? What do you think they want for their birthday?

What is the most interesting thing you have ever done?

What traditions from our family's cultural or national origins do you wish we celebrated?

Which teacher had the most positive effect on you? If you wrote her or him a thank-you note, what would you say?

How would you answer this question of Jesus: "What are you looking for?" (John 1:38)

If you have a goal that is hard to reach, how do you know when to keep trying and when to give up?

What excites you most about the future?

Do you know any good jokes?

If you had to live today over again (like in *Groundhog's Day*), what would you do differently?















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If the Internet wasn't available for a week, how would you spend your time?	Who are our elected representatives? If you had a chance to talk to them, what would you want to say?
What advice would you give someone about how to stay healthy?	What is your favorite song?
Where should our next family vacation be?	What is the best way to solve a disagreement between two people?
What is your favorite memory from childhood?	What is your favorite holiday? Why?
What is the hardest thing you ever did? How did you keep going even when it was tough?	What did you do to help someone else today?
What qualities make a good friend?	What is your favorite memory of our family?
If you could change something about the world, what would it be?	If you had to choose another name for yourself, what would you like to be called?
What would you like to improve about yourself?	How would you answer this question of Jesus: "Who do you say that I am?" (Matthew 16:15)















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What values or rules do you try to live by?	If you could send a message to your younger self, what would you say?
When you are feeling sad, what can other people do to help you feel better?	What is the best thing about you?
What is your least favorite emotion?	What is your favorite way to pray?
When were you the most scared? What did you do?	Do Instagram, Twitter, TikTok and other social media have more of a positive or negative effect on society? On our family?
What fictional character would you like to be? Why?	Where would you like to visit someday?
What do you hope our family is like in five years?	What is the best way to tell you that you've done something wrong?
What made you happy today?	What do you appreciate about the person sitting on your left?
Can you name all of our family's immediate neighbors?	Do you mostly like being alone, or around other people?















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What is the best way to start a conversation with someone you don't know?	Name something you have in common with someone else in your family.
When you are feeling angry, what can other people do to help you feel better?	What topic do you not like talking about? Why?
If you were offered a chance to visit Mars for a year, would you take it?	Are you more of a "morning person" or a "night owl"?
How would you answer this question of Jesus: "Do you realize what I have done for you?" (John 13:12)	Are you good at keeping secrets? Is there ever a time when you would tell someone else's secret?
What would your perfect day look like?	ls it easier to apologize or to forgive?
Tell a story from your life that no one has heard before.	Use today's date to fill in the blank: What was life like when you were years old? Or: What do you hope life will be like when you are years old?
Is it better to be independent or to be part of a group?	If someone asks you for money, how do you decide whether to give it to them?

If there was a fire in the house, what would you do?

What is the best way to apologize?















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What does sacrifice mean to you? What is worth sacrificing for?	Is there a job or profession you would never do?
What is your favorite thing about going to church?	What is your favorite decade from the past hundred years? Why?
What virtue do you wish was stronger in you?	What do you hope heaven will be like?
How do you make a friend?	How many different emotions can you name?
How many people can you name from our church?	How much money do you need to be happy?
If you were given \$100 to help someone, what would you do with it?	If you were asked to design a new city, what would it be like? What would you name it?
How would you answer this question of Jesus: "What do you want me to do for you?" (Matthew 20:32)	What does a good life look like? What skills does someone need in order to live that good life?
How does God speak to you?	How has God acted in your life?















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