Your study, your pace

Community, Care and Belonging

Presence that respects a person’s agency

Seven original guided layouts help you move from a concern to one considered next step. Begin anywhere. Every question, prayer, disclosure and group activity is optional; private reflection is a complete use of these pages.

Print at actual size on US Letter paper. Write on the page or use a separate notebook. This is a printable source PDF, not an interactive form.

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These Christian reflection prompts do not provide professional health, legal or financial services. Read the named Bible passages in their surrounding context and use current qualified support for personal decisions.

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A friend’s first response

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Choose the prompts that serve you. Sharing is optional.

The words my friend actually used

A listening response without diagnosis or a quick explanation

A practical offer with a clear limit

Current qualified or urgent support to seek when needed

Before I send the reply

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Choose the prompts that serve you. Sharing is optional.

What I know directly and what I am assuming

Whose privacy or consent may be affected

Whether the conversation needs a pause or a different channel

A reply I would be willing to stand behind calmly

Care across the walls

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Choose the prompts that serve you. Sharing is optional.

The person’s stated preference for contact

A facility rule or condition to check with an official source

A sustainable boundary around money, time or messages

How to care for family members without exposing their story

A thoughtful welcome home

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Choose the prompts that serve you. Sharing is optional.

What the returning person wants help arranging

A responsibility each household member can realistically accept

An official condition that needs current verification

When we can revisit the plan with everyone’s consent

After caregiving ends

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Choose the prompts that serve you. Sharing is optional.

The task my body still expects to do

A feeling I can name without judging it

A support or routine I want to keep

A decision I can leave open while life changes

Care across generations

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Choose the prompts that serve you. Sharing is optional.

What the parent wants to decide or do for themselves

The specific help they have requested

A health or legal question for a qualified professional

A respectful way to review what is working

Belonging without losing myself

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Choose the prompts that serve you. Sharing is optional.

What this community has meant to me

A limit or change I need to name

What I may keep private while leaving or pausing

A relationship or practice I may choose to carry forward