

Grandparent + Grandchild Weekly Connection Keepsake-Journal

*A 7-week faith-friendly journey
of connection, purpose,
and small meaningful change*

“ *Microchange leads to
substantive change.* ”

— Edward L. De La Loza



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Our Weekly Focus (7-DTL)

This week we focus on the
Biological dimension:
Caring for the body, energy,
and physical well-being.

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Together Check-In

How do we feel today?



Happy

☐


Okay

☐


Tired

☐


Worried

☐


Frustrated

☐


Sad

☐

Today we may need:



Rest

☐


Encouragement

☐


Quiet

☐


Prayer

☐


Fun

☐


Time
Together

☐

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Small Microchange We'll Practice

This week, our small step is:

4



Opening Prayer Together

Dear God, thank You for this
special time together.
Help us grow in love, faith,
and purpose this week.
Amen.



5 Share One Small Moment

Something small that happened this week that mattered to us:

♡

Grandparent may write while your grandchild shares — perhaps saying, 'Wow, that is so important and I don't want to forget. Let me write that down.'

6 Draw It!

Draw a picture of our small moment.

☀

7 Grandchild Space

My words:



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8 Faith Reflection & Prayer

This week's Scripture

"I can do all things through Christ who strengthens me."

— Philippians 4:13

What does this mean to us?



9 Gratitude & Blessing

We are grateful for:

- ---
- ---
- ---

Let's pray a blessing for our week together:

May God bless our time together with love, joy, peace, and good health. May our hearts stay close to Him and to each other.
Amen.



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Today's Shared Microchange

Today, we will: _____

How it helps: _____



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Creation Walk Nature Note

We noticed this in God's creation today:



The world is God's gift to us.

Every time we notice something beautiful, we say thank You, God!



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12 Our Week 1 Memory

A picture of us this week!

One word that describes our week together:



Thank You, God, for this week!



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