



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



Week 5: Inspiration,
Creativity, and
God's Gifts

7-DTL Focus: Inspirational

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Our Weekly Focus (7-DTL)

This week we focus on the
Inspirational dimension: noticing
what awakens wonder, creativity,
beauty, and hope — and discovering
how God's gifts in us can bless others.

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Together Check-In

How do we feel today?



Happy
☐



Calm
☐



Curious
☐



Excited
☐



Unsure
☐



Sad
☐

Today we may need:



Quiet
☐



Prayer
☐



Listening
☐



Encouragement
☐



Patience
☐



Time Together
☐

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Small Microchange We'll Practice

This week, our small step is:
*Noticing one thing that inspires us
and making one small creative or
caring response to it.*



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Opening Prayer Together

Dear God, thank You for the gifts You
place in our hearts. Open our eyes to
beauty, our minds to new ideas, and
our hands to create with love. Help us
encourage one another and share our
gifts with joy. Amen.



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Share One Small Moment

Something small that happened this week that inspired us or helped us notice one of God's gifts:



Grandparent may write while your grandchild shares — perhaps saying, “I can see this lights you up. Tell me more — your curiosity is a gift, and I want to remember what inspires you.” Or, “That idea is beautiful. Let’s explore it together, because what inspires your heart matters.”

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Draw It!

Draw a picture of something that inspired you — music, art, nature, kindness, or an idea you want to create.

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Grandchild Space

My words:



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Faith Reflection & Prayer

This week's Scripture

*"I remind you to stir into flame
the gift of God that you have."*

— 2 Timothy 1:6

What does this mean to us?



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Gratitude & Blessing

We are grateful for:

- _____
- _____
- _____

Let's pray a blessing for our week together:

Lord, thank You for the gifts You have placed within us. Stir up creativity, courage, and joy in our hearts. Help us use our talents with kindness, care for creation, and offer something beautiful to the world. Keep our family close to You and to one another. Amen.



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Today's Shared Microchange

Today, we will: _____

How it helps: _____



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Inspiration + Gift Note

One thing that inspired us today or one gift we want to share with the world:

A large, empty rectangular box with a blue border, intended for writing a note. In the bottom right corner of the box, there is a small icon of three overlapping hearts.

God gives each of us gifts.
When we notice beauty, create with love,
and share what is in our hearts,
we bring hope to the world.



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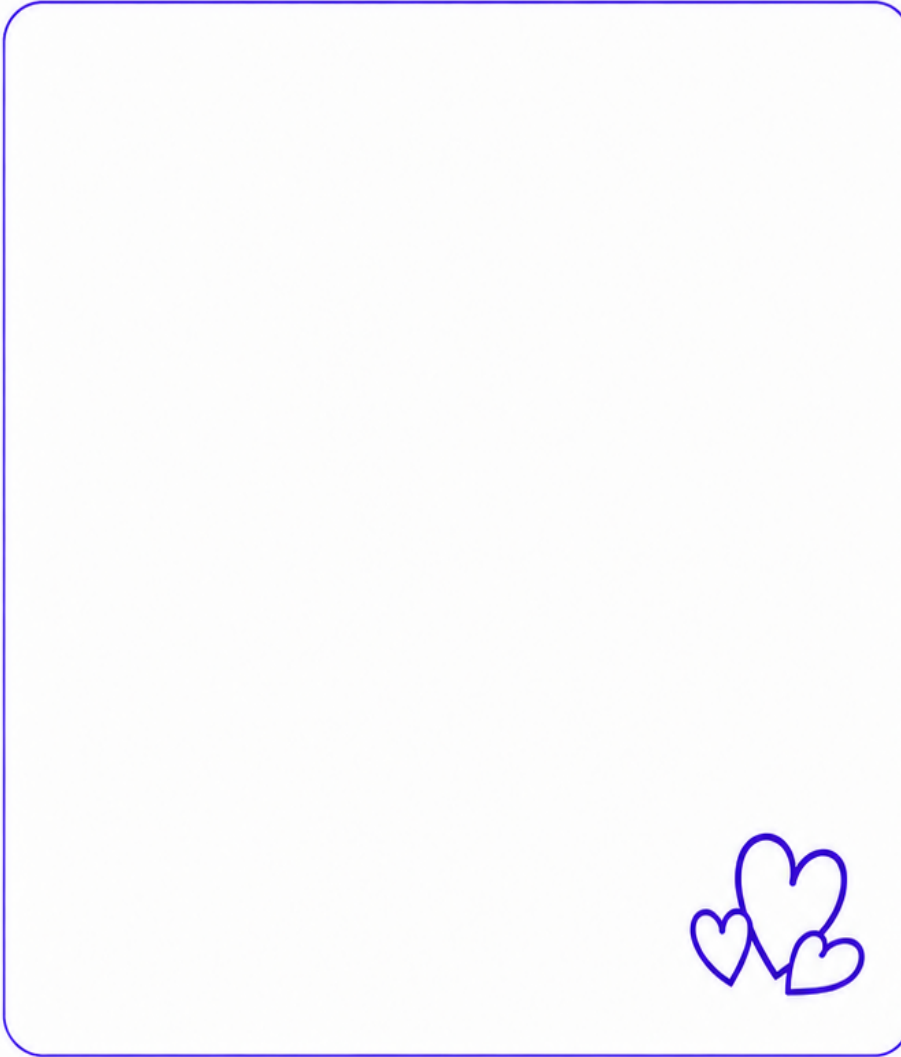
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Our Week 5 Memory

A picture of us this week!



One word that describes our week together:

Thank You, God, for this week! 



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