

Faith Talk *Activity* - August 16, 2026

Family-Friendly Activity: Just Sit Down

Materials needed:

- One sturdy chair in the middle of the room

Instructions:

Take turns standing next to the chair and describing everything you know about it, what it's made of, how strong it looks, whether you think it could hold your weight. Then describe why you believe it can hold you. Then actually sit in it.

Point out the obvious: knowing and believing got you close, but only sitting down is trust.

Then ask together: John says saving faith is like sitting down — not just knowing about Jesus or agreeing He's real, but putting your full weight on Him.

Two questions:

1. Do you feel you have fully trusted Jesus to save you?
2. Is there anything in your life right now that you're still standing next to instead of sitting down in, something you know God can handle but haven't trusted to Him and fully handed over to Him yet?

Let everyone share honestly, then talk about one of the six "one another" command categories as a family. Pick one your family wants to practice together this week (serving, forgiving, welcoming, etc.) and decide on something specific to do.

Close with a short prayer asking God for the victory that only faith can give.