

Faith Talk *Activity* - July 12, 2026

Family-Friendly Activity: Pass the Weight

What you need:

A backpack or bag, and several household objects to fill it with — books, water bottles, canned goods, whatever is handy.

What you do:

Load the backpack up so it's noticeably heavy. Have one person put it on and walk across the room or around the house a few times while everyone else watches. Then ask: *"What would make that easier?"* Let someone suggest sharing the load, then have two people carry it together, one strap each. Walk together.

Sit down and talk about it:

"John says God doesn't ask us to give what we don't have, He asks us to share what He's already given us. What has God already put in your 'backpack' — things like time, skills, kindness, money, or encouragement — that someone else might need help carrying right now?"

Let everyone answer:

Then as a family, pick one person in our church you could practically help this week, and decide together what you'll do. Close with a quick prayer asking God to make your family known by how you love.