

Faith Talk *Activity* - July 5, 2026

Family-Friendly Activity: Abide and Seek

What you need: Just yourselves and a little space to move!

What you do:

Play a quick variation of freeze tag. One person is "It" and represents sin or distraction, things that pull us away from abiding. Everyone else moves around the space freely.

When tagged, you freeze.

The only way to unfreeze is for another player to come stand right next to you, shoulder to shoulder, and say one thing they know about Jesus (a name for Him, something He did, a promise He made). Once they say it, you're unfrozen.

After a few rounds, sit down together and talk:

- "In the game, you couldn't unfreeze yourself; someone had to come close and speak truth over you. How is that like what it means to abide in Christ?"
- Then ask: "What's one true thing about Jesus that you want to remember this week when something tries to freeze you up, shame, temptation, or fear?"

Let everyone share their answer, and close with a quick prayer together.