

# Faith Talk *Activity* - May 24, 2026

## Family Activity: Five Steps to Freedom

This simple activity makes the six disciplines tangible and repeatable, helping families practice the progression from conviction to freedom rather than staying stuck in shame and defeat.

### ***Materials needed:***

- Five pieces of paper
- Markers
- Small stone or weight
- Feather or light object
- Bible

### ***Instructions:***

1. **Create the five steps:** Write one discipline on each paper:
  - Step 1: "Jesus, lead me in holiness" (ask)
  - Step 2: Pursue Holiness (keep getting up)
  - Step 3: Accept Conviction (agree with God)
  - Step 4: Grieve and Repent (weep with Jesus)
  - Step 5: Absorb the Word (treasure)
  - Step 6: Pray Intentionally (commune)

Lay them out like stepping stones

2. **The burden demonstration:**
  - Hold the heavy stone: "This is shame and regret, it kills us"
  - Hold the light feather: "This is grief with Jesus, it moves us to freedom."
  - Discuss: "Which one helps us change?"
3. **Walk the steps together:**
  - Start with something you're struggling with
  - Physically walk through each step, saying what it means
  - End by setting down the "shame stone" and picking up the "freedom feather"

4. **Practice "getting back up":**

- Have someone fall down (gently!)
- Others help them stand back up
- Say together: "Righteous people fall but keep getting up!"
- Repeat several times to make the point memorable

5. **Daily prayer practice:**

- Morning: "Jesus, lead me in holiness today."
- When tempted: Walk through the six steps mentally
- Evening: Reflect on where you needed to "get back up."

6. **Weekly check-in:**

- Which step was hardest this week?
- Share one time you "wept with Jesus" instead of hiding in shame
- Celebrate the times you got back up after falling