

Faith Talk *Activity* - May 31, 2026

Family Activity: Unlocking Freedom Box

This simple activity helps families identify areas of sin and brokenness, walk through confession, repentance, and healing together, and celebrate the freedom that Christ offers over the things that once held them captive.

Materials needed:

- Small box or container
- Lock (or tape/string to seal it)
- Paper and markers
- Key (real or decorated paper cutout)
- Small pieces of paper

Instructions:

1. Create the locked box:

- Write on outside: "Sin in the Stubborn Places"
- Lock it (with real lock, combination, or sealed tape)
- Tell family: "This represents what's holding us back"

2. What's inside the box:

- Each person writes sins/struggles on small papers
- Put them inside (folded up, anonymous if they want)
- Examples: "Anger," "Secrets," "Lies I believe," "Fear"

3. The three keys to freedom:

- Make or find three "keys" (paper cutouts labeled):
 - KEY 1: "Confess Sin"
 - KEY 2: "Break Strongholds"
 - KEY 3: "Heal the Brokenness"

4. Unlock one key at a time:

- **Using KEY 1:** Open the box together
 - Pull out one struggle, read it aloud
 - Say: "I confess this. I give it to God."
- **Using KEY 2:** Ask: "Where did this sin come from?"
- **Using KEY 3:** Pray: "Jesus, heal this. I invite You in."

5. **Destroy the papers:**

- Safely burn them (in fireplace), tear them up, or throw them away
- Say: "This no longer controls me"
- Watch it disappear

6. **Keep the empty box:**

- Put it somewhere visible as a reminder: "This used to hold me, but I'm free now"
- Or fill it with things representing freedom: promises from God, Bible verses, prayers