

# Faith Talk *Activity* - June 28, 2026

## Family-Friendly Activity: Abide or Slide

### **Materials needed:**

- Index cards
- Pen
- Small bowl or cup

### **Instructions:**

#### 1. **ABIDE:**

- Write the word ABIDE in big letters on one card
- Set it in the center of the table

#### 2. **Write the Cards:**

- As a family, each person writes things on their own card that pull attention away from God
- Be honest—write down one thing on each card
  - examples: screens, busyness, worries, distractions
- Write down things that bring you closer to God
- Be honest- write down one thing on each card
  - examples: prayer, church, reading the Bible, serving others

#### 3. **Abide or Slide:**

- Take turns reading each card aloud
- Decide together: does this help us **abide** or does it make us **slide**?
- Sort into two piles

#### 4. **Family Pick:**

- At the end, pick one “abide” thing from the pile that your family wants to do *this week*
- Pick one “slide” thing you want to watch out for together

**John tells us there will always be things competing for where we put our loyalty and attention. This activity helps your family name those things out loud — and choose together, like the early church, to stay rooted in the life and love of God.**