

# Faith Talk Activity - Feb. 15, 2026

## Family-Friendly Activity: "Emptying for Others" Service Challenge

This activity helps families visualize Christ's self-emptying humility and practice it in concrete ways, as they experience how individual sacrifice contributes to group unity and Gospel advancement.

### *Materials needed:*

- Clear containers or jars (one per family member)
- Water or sand
- Markers
- Labels or sticky notes
- Poster board

### *Instructions:*

#### 1. **Demonstrate Christ's humility:**

- Fill containers to represent Jesus' "fullness" in heaven
- Label them: "Glory," "Comfort," "Rights," "Recognition."
- Slowly pour them out while reading Philippians 2:6-8
- Discuss what Jesus gave up to save us

#### 2. **Identify personal "fullness":**

- Have each family member fill their container with water/sand
- Write on labels what fills their lives:
  - "My free time"
  - "My preferences"
  - "My comfort"
  - "My reputation"
  - "Getting my way"

#### 3. **Create an "Emptying Chart":**

- On poster board, create three columns:
  - "What I'm Full Of" | "Who Needs It" | "How to Empty Myself"
- Example: My free time | Elderly neighbor | Visit once a week
- Example: My preference | Family unity | Let siblings choose the activity

**4. Weekly service acts:**

- Each family member chooses one thing to "pour out" this week
- Physically pour out some of their container when they serve
- At week's end, discuss:
  - How did it feel to give up your preference?
  - How did it help someone else?
  - Was it as hard as you expected?

**5. Refill celebration:**

- When someone completes a selfless act, add something to their jar
- Discuss how Jesus was exalted after He humbled Himself
- Talk about how God fills us when we empty ourselves for others