

Faith Talk Activity - Feb. 8, 2026

Family-Friendly Activity: "Chained to Christ" Challenge

This activity helps families understand how Paul used constant proximity to share Christ and challenges them to see their regular relationships as Gospel opportunities rather than inconveniences.

Materials needed:

- Long piece of yarn or ribbon (about 3-4 feet per person)
- Index cards
- Markers
- Timer

Instructions:

1. Explain Paul's situation:

- Read Philippians 1:13 together
- Discuss how guards were literally chained to Paul
- Explain that Paul used this as an opportunity to share Jesus

2. Identify your "guards":

- Have each family member write on index cards the names of people they spend significant time with:
 - School: classmates, teachers, teammates
 - Work: coworkers, clients, boss
 - Neighborhood: neighbors, friends
 - Family: extended family members

3. The "Chained" Challenge:

- Pair up family members and loosely tie their wrists together with yarn
- Set a timer for 5 minutes
- Try to do normal activities while "chained" together
- Experience how the guards couldn't escape Paul's witness

4. Debrief discussion:

- How did it feel to be constantly with someone?
- What would the guards have learned about Paul during their shift?
- What do the people on your cards learn about you when they're "with you" all day?

5. Gospel Opportunity Brainstorm:

- For each person on the cards, discuss:
 - How does this person currently see your faith?
 - What Gospel opportunities exist in this relationship?
 - What one thing could you do this week to make Christ known to them?

6. Create reminder bracelets:

- Make simple yarn bracelets for each family member
- Wear them as reminders that people are watching your life
- Each time you see it, pray for one person on your cards

7. Weekly check-in:

- Share stories of Gospel opportunities you noticed
- Celebrate when family members make Christ known
- Pray together for the people on your cards