

Faith Talk *Activity* - Mar. 15, 2026

Family Activity: "Release and Rejoice" Conflict Resolution Box

This activity provides a tangible, ongoing tool for practicing conflict resolution using Paul's principles, helping families develop habits of releasing offenses, extending grace, and choosing harmony over holding grudges.

Materials needed:

- Two decorated boxes or containers
- Small smooth stones or glass beads (represent offenses/burdens)
- Slips of paper and pens
- Cross or picture of Jesus

Instructions:

1. Set up the boxes:

- Decorate one box dark/gray labeled "OFFENSES & WORRIES."
- Decorate one box bright/colorful labeled "REJOICE IN THE LORD."
- Place the cross/Jesus picture between them

2. Identify conflicts:

- Give each family member 3-5 stones/beads
- Write on paper or just think about:
 - Someone who hurt their feelings
 - A disagreement they're holding onto
 - A frustration with another family member
 - Something they're worried/anxious about
- Place one stone in the "OFFENSES" box for each issue

3. Practice the Four R's:

- **Release:** Pick up a stone from the "OFFENSES" box
 - Say aloud: "I release [name/situation] to God."
- **Rely:** Look at the cross and pray: "God, I'm giving this to You."
- **Receive:** Set the stone down in front of the cross
- **Rejoice:** Move the stone to the "REJOICE" box

4. "Dwell on Truth":

- Think of the Philippians 4:8 categories:
 - TRUE | HONORABLE | JUST | PURE | LOVELY | COMMENDABLE
- Share something about that person or situation that fits the category
 - Example: "LOVELY" → "One lovely thing about them is they love their family"

5. Next week's harmony celebration:

- Count stones in the "REJOICE" box
- Share stories of when you chose grace over holding offense
- Discuss: "Was it easier to release offenses this week?"
- Celebrate growth with a special family treat